

# COMMUNITY HEALTH

Health Recommendations | Health Tips | Education

## Newsletter #2

Wildheart Therapies and Farmacy operates on the unceded traditional territory of the KTUNAXA people known at the Qat'muk - home of the Grizzly Bear Spirit

## Advertisement:

Wildheart Therapies and Farmacy would like to provide the following care:

- Registered Massage Therapists
- Traditional Chinese Medical Doctor
- Craniosacral Therapist
- Bowen Therapy
- Homeopath

This is a non-conclusive list. If you know of someone great for our team, please ask them to email:

info@wildhearttandf.ca

## Happy Spring

March blessings as we wind up the astrological year and the sun is reborn for Spring Equinox. It's a great time for a Spring cleanse and liver detox.



## Health Recommendations:

1. **Teeth cleaning and dentist check up every six months** - the health of your mouth greatly affects your gut health which eventually affects your mood, immune system and hormones.
2. **Regularly monitor your blood pressure!** - there is a BP monitor near the pharmacy at Independent Grocery Store. I have seen different cases of abnormally high blood pressure recently. We do not know the aftermath of Covid affecting the body. Ideal blood pressure is 120/80 mmHg and blood pressure above 135/85 mmHg is recommended to seek treatment. Hypertension (high BP) is silent and often does not have symptoms, even at alarmingly high states, but it can





## Food As Medicine

Did you know:

- Organic Tomato Paste is the best food source of Vitamin A and the first signs of Vitamin A deficiency are poor night vision or light-sensitivity.
- 3-5 Brazil nuts/day provides your daily dose of selenium, an important mineral for Thyroid Health and Integumentary (skin and collagen) Health.
- Cacao is the highest food source of magnesium which is required for the healthy functioning of *hundreds of biochemical reactions in the body*. Magnesium is important for heart health in particular blood pressure and blood sugar regulation, mood, hormone health, regulating nerve conduction and muscle contraction/relaxation, deep sleep, bone health and the health of your DNA. It is also supportive to minimize anxiety.
- Nettles are full of minerals and are a good way to provide needed nutrition for optimal health. Wildheart provides many medicinal tea blends.

cause stroke or heart attack if left untreated and thus is important to know about. It is advised to check out your blood pressure occasionally either by booking an appointment for a check up or next time your in Independent. For more information: <https://guidelines.hypertension.ca/>

### 3. 2023's Dirty Dozen and Clean 15:

Organic food is important: it minimizes toxins, antibiotics and hormones into YOU. If you are not fully organic, it is recommended to buy the "Dirty Dozen" organically.

#### DIRTY DOZEN:

- Strawberries
- Spinach
- Kale, collard, and mustard greens
- Nectarines
- Apples
- Grapes
- Bell and hot peppers
- Cherries
- Peaches
- Pears
- Celery
- Tomatoes

For more information and the list of the "Clean 15": <https://www.mindbodygreen.com/articles/ewg-dirty-dozen-and-clean-15-lists>

#### 4. Gynecology:

**A PAP at 21 and every 3 years:** Cervical Cancer screening guidelines in Canada recommended women to have a PAP at 21 years old and then to have a gynaecological exam every 3 years (unless otherwise told) until age 70 years.

**STI Testing:** A reminder that sexual ethics means testing after unprotected sex. Unfortunately Fernie does have a prevalence of sexually transmitted infections. Please make sure your testing is up to date.

DID YOU KNOW That you do not have to interact with a doctor to do this and can simply fill out a form and go into Lifelabs in Kimberly to have this done nonchalantly and without cost? Please spread the word: <http://www.bccdc.ca/our-services/programs/getcheckedonline>

**Mammogram at 50 and every 2 years:** Mammogram screenings are recommended to start at 50 years old for women without any familial medical history of breast, uterine or ovarian cancer. Mammogram screening is then recommended every two years. Clinical breast exams are not often occurring with allopathic care and are recommended with cervical cancer screening (PAPs). Home breast exams are recommended regularly. If there is family medical history of breast, uterine or ovarian, it is recommended to book into a mammogram starting at 30-40 years depended on personal medical history.

**Prostate health:** A simple blood test of PSA (prostate specific antigen) can inform of risk of prostate cancer and is recommended to start measuring at 45 years old.

**5. DEXA bone scans for women at 50:** A bone scan is recommended for women at 50 years old to assess your bone health. For more information: <https://www.cdc.gov/nceh/radiation/dexa-scan.html>

**6. The Enhanced Healthy Living Assessment:** is a serum (blood) laboratory provided in the clinic that will literally tell me the health of your body in every aspect and if I need to investigate anything deeper. The cost of this laboratory is \$320 plus a \$50 phlebotomy fee. It tests many blood markers that are not being tested by the government medical system and is recommended to do at 30 years old and then every 5 years minimum.

**7. An Enhanced Thyroid Panel:** a complete check up of your thyroid includes many blood markers that the government medical system is often not measuring. If you are feeling unwell, there is a strong chance that your thyroid has not been investigated properly by the government system and is recommended to investigate. The cost of this laboratory is \$182 plus a \$50 phlebotomy fee.

**8. Vitamin D Status:** is so very important to your health! The only way to know if you have healthy levels is by a serum (blood) test. Vitamin D measurements are covered in the Enhanced Healthy Living Assessment and we can also just test your Vitamin D Status alone. The cost of this is \$60. Vitamin D is imperative to mood (seasonal affective disorder), immune health and resiliency, hormone health, libido and fertility - for both men and women - and to the entire gastroenterological system (digestive tract and organs). Latest news in the last five years is the discover of how many Vitamin D receptors are all over the digestive tract. It absolutely plays a role in digestion and absorption and acts as a hormone in the body.