

# APRIL NEWS

Health Education | Health Tips | Health Recommendations

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## Newsletter #3

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

## Advertisement:

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

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

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

[info@wildheartandf.ca](mailto:info@wildheartandf.ca)

## A New Solar Year

Aries is the beginning of the Zodiac so by the SOLAR CALENDAR, this is the first month of the new Solar Year.

A great time to kick start a-fresh!

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## What is Naturopathic Medicine?

Naturopathic Medicine is the lineage of medical support in Canada where a Naturopathic Doctor/Physician (ND or NP) provides medical support to their patient via *individualized and complete medical intakes*. This includes medical questions and medical history, diagnostics -including a variety of laboratory diagnostics, and then treatment. Treatment includes advanced nutrition knowledge, botanical medicine tinctures, teas and foods, nutraceuticals/health supplements, acupuncture, homeopathy, massage techniques, exercise rehabilitation, detoxification techniques, spinal and joint manipulations, minor surgery *and* most ND's also carry their pharmaceutical license. **The motto of any naturopathic doctor is to do no harm.** If we have to put you on a pharmaceutical, it is always going to be the lowest dosages for your particular need and with intention of a short amount of time. **To a naturopathic doctor: health is freedom -freedom from disease *and* medication.** A lot of our work is also helping get people off of pharmaceutical- dependency and into a healthier state. Additionally, we address all the other aspects of pharmaceutical medications such as nutrient depletion and extra monitoring to make sure you stay as healthy as possible.

Naturopathic Doctors must go through a university degree with at least two years concentrated in the Biological Sciences. Once finished a degree, ND's enter another four years of intense medical curriculum focused in anatomy, physiology, biochemistry, pathology, pharmacology *and* we also learn advanced clinical nutrition, traditional Chinese medicine, botanical medicines, nutraceuticals, homeopathy, spinal manipulation, massage and exercise rehabilitation, detoxification techniques and more - many ND's advance into other specialities including aesthetics.

Naturopathic Medicine is partially covered by MSP (\$23 per visit is returned) and some medical plans. Unfortunately, at



**Wildheart  
welcomes  
Lymphatic  
Masseuse:  
Vanessa Barger**

Vanessa Barger is a licensed Massage Therapist and Aesthetician in the United States and a certified Dr. Vodder Manual Lymph Drainage Therapist. The lymphatic system plays a profound role on ones health.

Manual lymph drainage (MLD), was developed by Drs. Emil and Estrid Vodder in the 1930s. This precise technique is a rhythmic, gentle massage that has a profound effects on the immune system, nervous system and connective tissues. Recognized by medical communities and the international spa wellness sect, Dr. Vodder's MLD is indicated for over 60 different pathologies including: Pre/Post Operative Procedures, Fatigue, Chronic and Acute Pain Management, Sport Injuries, Inflammatory Processes, Headaches, Dense and Engorged Breast Tissue, Cellulite, Sinusitis, Burns, Dermatological Concerns, Scars, and much more.

Treatments usually last between 45-90 minutes. The frequency and length of the sessions will be

this time, it is not covered under Canadian general health care but there is great hope in the future that this will change.

## Botanical Medicines for Gentle Spring Detoxification:

### Dandelion: *Taraxacum officinal* -root and leaf

#### BEWARE OF FALSE DANDELION!

Dandelion is one of the best Spring plants for detoxification as its roots cleanse the liver and the blood while its leaves provide a powerful diuretic-action alongside being a natural multi-mineral/vitamin. Dandelion leaves provide potassium, iron, zinc, calcium, silicon, Vitamins A, B, C and D.

Dandelion root is popular for its hepatic, cholagogue, diuretic, laxative and anti-inflammatory actions. These terms mean dandelion root works to make sure your liver, gallbladder, kidney and colon are in healthy working order and thereby decrease systemic inflammation.

### Yarrow: *Achillea millefoium* -aerial parts

Decongests and moves the blood. Known as the **-Master of the Blood-** or **-The Great 'Normalizer' of the Blood-**

Yarrow is a bitter which therefore stimulates digestion by the pathway of the Vagal Nerve (CN10), increasing motility of the digestive tract. Yarrow can be used together with Chamomile to aide digestion by improving assimilation, relieving gas and calming the system.

In the Chinese perspective: Yarrow moves Qi and Blood

### Red Clover: *Trifolium pratense* -flower head

Red Clover is known as a **Blood Purifier** as well as nourishing the blood. Red Clover clears heat from the blood and removes toxins. It is a very important estrogen-balancing medicine for females as it's phytoestrogens are best used in the follicular phase of the female menstrual cycle to support healthy hormones.

based upon individual needs and will be discussed between you and your practitioner. **Heavy pressure will NOT be applied to the tissues.** MLD is a gentle, non-invasive, rhythmic treatment designed to increase lymph flow within the body.

**This article is for education and not intended for medical advice or treatment. Please make an appointment to discuss botanical medicine uses and safety. The City of Fernie sprays pesticides and it is not recommended to harvest these medicines within any city limit.**

**Do you are need Naturopathic and Holistic Therapies and Physicians? Feel Free to visit our website [Wildheart Therapies and Farmacy](#)**