

COMMUNITY HEALTH

Health Recommendations | Health Tips | Education

Aliquam sed eros | Nulla facilisi | Lorem vitae elit

Autumn 2023 Newsletter

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 welcomes alternative healthcare practitioners to join the team. If you know of someone great for our team, please ask them to email: info@wildhearttandf.ca

Happy Fall!

Autumn is a natural time that the body detoxifies. For proper support in a Fall Cleanse, please book an appointment with Marina: 250-531-0154 or online: www.wildhearttandf.ca



PARENTERAL IV THERAPY:

After much demand, intravenous therapy has returned to Wildheart Therapies and Farmacy.

IV therapy is the injection of vitamins and minerals directly into the bloodstream, bypassing the digestive system and allowing greater absorption of nutrients into every cell in the body.

IV therapy is recommended for any and all of the following reasons and conditions:

- Health optimization including mitochondrial function (increasing energy)
- Digestive disorders including malabsorption
- Detoxification
- Increased immune function
- Infections, Cancer
- Alcoholism

An initial visit appointment is required for IV therapy. Please book online or with Marina: 250-531-0154 if interested.

Enhanced Healthy Living Assessment

When was the last time you had COMPLETE blood work?

Do you know -for a fact- that every organ system in your body is healthy?

This is important preventative medicine!

I suggest the Enhanced Healthy Living Assessment for everyone starting at 30 years old and then every 5 years. This is a blood panel and requires a 15 minute phlebotomy appointment at Wildheart Therapies.

The cost of the Healthy Living Assessment is \$350 plus phlebotomy laboratory cost of \$65 and shipping \$14.99

This laboratory is done FASTING - from 8 pm the night before.

This assessment is a complete blood panel and tells everything about your:

- Blood - including any infections or anemias
- Inflammation in your body - markers that show disease processes
- Iron, Ferritin, B12 stores - very important for energy
- Metabolic health
- Thyroid health
- Liver health
- Kidney health
- Cardiovascular health
- Vitamin D status + Electrolytes

*New patients must book an initial appointment

Lung Health

The exposure we have had to smoke in the Kootenay's this summer has ranged from the equivalence to 1/2 pack to a whole pack of cigarettes / day.

It is highly suggested to get rid of the mucous that may have formed in your lungs before cold and flu season comes along.

Mucous is a sign of inflammation in the body and I can't relay enough how important it is to not travel through your life with constant mucous in your lungs or sinuses.

If you have noticed a mucous build up in your lungs, I suggest booking an appointment for support to rid your body of this.

Mucous is made of cysteine bonds. These are the toughest biochemical bonds in the body and difficult to break.

TIPS FOR LUNG HEALTH:

- No smoking! At least use filters.
- Get rid of any synthetic scents in the home, this includes scented products (perfumes, detergents, soaps, lotions), cleaning products, candles and home air fragrances.
- Keep your house clean! Vacuum and dust/wash floors regularly.
- Regular time outside breathing fresh air! Open your windows and air out your house and work space regularly!!
- Practice pranayama exercises: the yoga of breathing and oxygenating the body.
- Prevent infection by making sure your immune system is strong
- Regular cardiovascular exercise
- Antioxidants: lots of bright coloured fruits and vegetables
- Don't slouch! Your lungs need room to breathe properly.
- Practice diaphragmatic breathing and make sure to expel ALL air out of your lungs (this takes conscious practice) - residual "old" air in held in the lungs apex

SIBO: Small Intestinal Bacterial Overgrowth

I have been treating a lot of SIBO in clinic lately and it has inspired me to write this article as so many of my patients lived with CHRONIC BLOATING for so many years and I hope to educate people so they do not have to live like this.

The main signs and symptoms of Small Intestinal Bacterial Overgrowth is CHRONIC BLOATING that is typically daily and typically increases throughout the day. This bloating can be so bad that these people suffering from this infection can actually look pregnant. Other major signs and symptoms are either constipation or diarrhea (can alternate) and/or belching. SIBO is often misdiagnosed as “irritable bowel syndrome” (IBS). SIBO infection, detection and treatment has been pioneered by naturopathic doctors in the last 10 years.

WHAT IS SIBO?

It takes only one episode of vomit to have the potential to develop SIBO. Essentially, the colonic sphincter under pressure during the time of vomiting can allow bacteria from the colon (aka feces) into the small intestine. The small intestine then has no real immune system of its own to eradicate the bacteria AND the bacteria is in the happiest place it could be in the body as it is in the small intestine that food is broken down to be absorbed so the bacteria is happy to stay there feasting. The bacteria in the small intestine then begin to produce a mucal-metalloid layer that essentially keep it from being killed off by antibiotics.

There are three forms of SIBO, which is detected via a 3 hour breath test and classified based on the type of gas that is released. It is not uncommon for someone to have all three forms of SIBO. The cost of this breath test is \$290 and is done from home after following a SIBO diet and a full fast day.

The process of detecting and treating SIBO is approximately a \$1000 process and potentially \$500 of this can be covered by insurance.

SIBO TREATMENT

A low sugar, low starch, low carbohydrate and no alcohol or fermented foods diet must be followed for several months. Each case is completely different and I work one on one with every single patient

The diet is begun before testing and continues for as long as 6 months.

The next step is utilizing different antimicrobials and antioxidants to break apart the metalloid layer so that antibiotics can penetrate the bacterial infection. Testing will tell me what type of antibiotics are required and it is not atypical that three different antibiotics are used for 2-3 weeks.

Post-antibiotic, healthy bacterial flora is then integrated into the gut alongside the re-training of the peristaltic waves that have typically become disrupted, retraining the nervous system of the gut.

A Note on FISH OILS

The first outstanding piece of information I gathered from naturopathic medical school is the importance of “take your fish oils everyday, every day.” The only exception: epilepsy.

This is also NOT any fish oils, you have to budget for these as the low quality fish oils (ie Costco brands, Jamieson’s..) are not necessarily tested for heavy metals and are more importantly often rancid by the time they are on the shelf. Rancid oil is hugely toxic to your liver and heavy metals are something you want to minimize always.

A quality fish oil has a price tag to it, just like ANY quality fat: butter, olive oil, avocado oil, coconut oil. On average, a quality fish oil is about \$45-60 a month.

My professional opinion is nearly everyone should be taking the following supplements to optimize their health:

1. Vitamin D from October- May each year
2. Fish oil
3. Magnesium

Fish oils are important because they shunt you away from the inflammatory cascade that occurs in the body. By and far, inflammation is the main indicator and route to dis-ease and unfortunately nearly everybody in this society consumes a diet that causes inflammation in the body.

We all consume food, now the definition of what is considered “food” is going to be slightly different to each person however the macromolecules of what we are consuming are broken down into proteins, carbohydrates and fats. These are the building blocks of our cells and proper amounts and ratios of these macromolecules are required each day.

Fat, alone, is a major subject. Most know that hydrogenated trans fats are complete garbage for your health and should be eliminated entirely from the diet. Trans fats and hydrogenated oils found in fast foods, preserved foods, salad dressings, margarine, vegetable shortening, baked goods, chips and more, should be absolutely eliminated from your diet if you want to move towards health. The other fats we consume that are formed in nature (not altered by man) are divided into the categories of saturated and unsaturated fats. Butter and coconut oil are healthy forms of saturated fats while unsaturated fats are found in the olive oils, avocado oils, hemp oils and fish oils. Unsaturated fats are further composed of Omega 3, 6, 9 fatty acids and these need to be in a certain RATIO to be considered anti-inflammatory otherwise the body is shunted down the inflammatory (leukotriene) cascade, which is a dis-ease process. Fatty acids are the biomolecular backbone of what makes up a fat molecule.

Omega 3 fatty acids are what are supplied in fish oils and are a crucial component of cellular membranes. This is the fat of salmon, sardines, mackerel, cod, herring and lake trout. Your body CAN NOT make this fat on its own and it must be consumed. The traditional trade amongst the indigenous of Turtle Island had something called “grease” and this was the oil from ooligans. It was amongst the highest “priced” trade good because of its healing quality. The real effects of anti-inflammation occur because of the Omega 3 fatty acids. It is said to have an anti-inflammatory effect that Omega 3:Omega 6 ratio should be 1:1 or 1:4 maximum. The average person in society consumes the ratio of 1:20-25 Omega 3: Omega 6.

Omega 3 fatty acids are then further divided into three main categories:

- Eicosapentaenoic acid (EPA): This 20-carbon fatty acid's main function is to produce chemicals called eicosanoids, which help reduce inflammation. EPA may also help reduce symptoms of depression.
- Docosahexaenoic acid (DHA): A 22-carbon fatty acid, DHA makes up about 8% of brain weight and contributes to brain development and function.
- Alpha-linolenic acid (ALA): This 18-carbon fatty acid can be converted into EPA and DHA, although the process is not very efficient. ALA appears to benefit the heart, immune system, and nervous system.

High EPA fish oils are typically my go-to to help minimize inflammation, alongside eating a hypo-allergenic diet. A basic Food Sensitivity Test (FST) can be done via a blood draw at the clinic and the cost for this is \$350, giving you information on 120 of the most common foods. I suggest everyone to do a FST at least once in your lifetime to immediately know what foods are causing inflammation in your body and to be diligent in removing them.

Other important functions of Omega 3 fatty acids besides fighting inflammation:

Improve cardiovascular health - Omega 3's help control cholesterol, triglycerides and blood pressure

Support mental health: Omega 3's have been shown to help alleviate symptoms of anxiety and depression, while potentially helping prevent Parkinson's disease and various forms of psychosis

Reducing weight and waist size: helping to manage satiety levels and weight

Decreasing liver fat: important in certain liver disease and alcoholism

Supporting infant brain development: particularly high DHA fish oils

Bottom line: Fish oils are important to supplement in your diet and quality is paramount!