Health is Sovereignty

Health Education | Fitness Tips | Wellness Suggestions

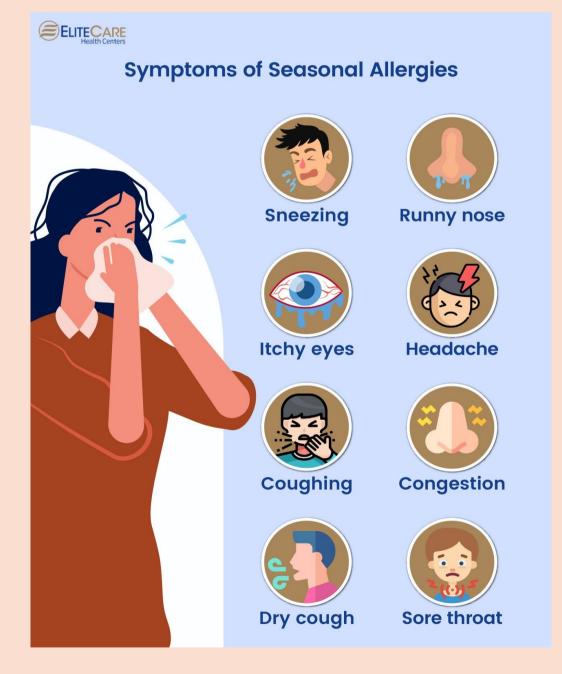


A Seasonal Publication from Wild Heart Therapies – A Centre for Natural Health Located in Fernie, British Columbia, on the unceded territory of the Ktunaxa (pronounced "k-too-nah-ha") Nation Taurus New Moon – Spring 2025 Theme: Health is Sovereignty

As we enter the fresh energy of the Taurus New Moon, we're invited to ground ourselves in the rhythms of nature. This edition offers practical tools and deep reminders: that **health is a form of personal and collective sovereignty**, and that small daily choices can have ripple effects through our bodies, homes, and communities.

Minimizing Allergy Symptoms: Supporting the Body Naturally During Spring

Spring awakens beauty—but also sneezes. As pollen, grasses, and mold spores fill the air, those with **seasonal allergic rhinitis** (aka hay fever) may experience itchy eyes, runny noses, and foggy heads. Rather than suppressing symptoms alone, our approach invites awareness and **whole-body support**.



Environmental Practices:

- Limit Outdoor Exposure: Stay indoors on windy, dry days—opt for outdoor time after rainfall when airborne allergens are lower.
- After-Outside Routine: Change clothing and bathe (especially your hair) after time outside to prevent transferring pollen to bedding or furniture.
- **Pet Practices:** Keep animals out of bedrooms and ideally out of the house if allergies are severe. Pets can unknowingly bring allergens in on their fur.
- Home Hygiene: Vacuum and mop floors daily, and dust regularly. Keep doors and windows closed during peak pollen times.
- Filtration Support: Invest in a HEPA air filter to help reduce indoor allergen load.
- Nasal Rinses: Use a saline nasal spray or neti pot to flush pollen and soothe mucous membranes.

Nutritional Allies:

- Vitamin C: A powerful natural antihistamine. Helps break down histamine, the chemical responsible for allergy symptoms.
- **Quercetin:** Found in red onions and apples, this plant compound stabilizes mast cells and reduces inflammation.

Tip: Eat one organic apple daily and increase red onion in your meals.

By tending to our **internal terrain and external environment**, we build resilience for allergy season—and beyond.

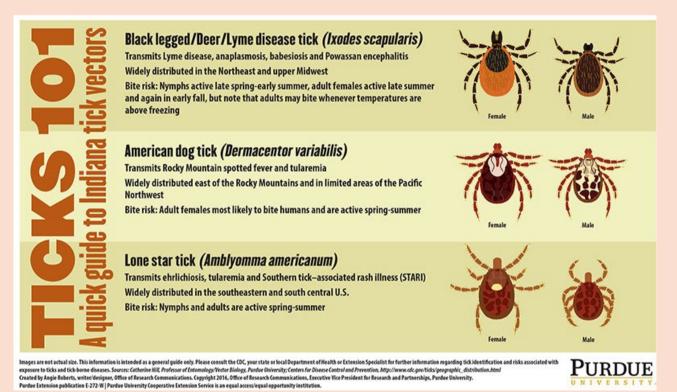
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Revention Tick Awareness & Tick-Borne Disease

- By Dr. Ashley Romanchuk, ND

Q Why We Must Talk About Ticks

Ticks are **not just a nuisance**—they are potential vectors of serious, long-term disease. This spring, the East Kootenays is seeing a **surge in tick populations**, and it's essential that everyone—adults, children, and pet-owners—understands the risks and prevention strategies.



ligh-Risk Time and Regions

Ticks are most active **from early spring to late fall**. Southern British Columbia's ticks **resemble those in the lower U.S.**, and they **can carry many pathogens**.

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Solution Stransmitted by Ticks Include:

- Lyme disease (most well-known)
- Rocky Mountain Spotted Fever (prevalent in our region)
- Babesiosis, Anaplasmosis, Tularemia, Ehrlichiosis, Heartland Virus
- ...and several rare but serious illnesses like Powassan virus and STARI

Many people **do not recall a tick bite or develop the "bull's-eye" rash** (erythema migrans). Up to **50% of Lyme patients** never saw the tick.

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🔽 What You Can Do: Prevention & Vigilance

- **Daily Body Checks** especially before bed. Inspect scalp, ears, armpits, groin, back of knees, and hairline.
- **Check Pets** they can carry ticks into the home. Ask your vet about **preventative medications** (often available without a consult).
- **Stay Educated** especially if you're outdoors frequently, gardening, hiking, or camping.

🚾 If You're Bitten:

- 1. **Remove the tick carefully.** Do not squish it—use fine tweezers to pull it straight out.
- 2. Save the tick in a container or zip bag. It may be tested for disease.
- 3. **Seek care immediately.** Book a visit for **prophylactic antibiotics** to reduce the risk of disease transmission.

Do this even if no rash or fever appears.

The sooner you act, the greater your chances of full prevention.

Spring & Smoking Cessation: A Sacred Time for Shifting Habits

Spring is a time of growth and new beginnings. The **increased light, warmth, and movement in nature** also awaken something in us—**motivation, hope, clarity**. This makes it a **powerful window to step into change**, especially when it comes to long-standing habits like smoking.



Tools That Can Help:

- **Zyban (bupropion):** A dopamine-balancing medication that eases the withdrawal and mood dips often associated with quitting nicotine.
- **Cognitive Behavioural Therapy (CBT):** Explores the thought and emotional patterns behind addiction—helping you understand *why* you smoke and how to change that cycle.
- **Counselling:** Offers support and helps you stay grounded in your intention to quit.

A Holistic Tobacco Perspective

"Tobacco is sacred."

In many Indigenous traditions, **tobacco is a plant spirit** with wisdom and

significance. It was never meant to be a tool of addiction—but a **medicine** for prayer, offering, and communication with the spirit world.

If you're not yet ready to quit fully, consider:

- Switching to additive-free cigarettes (like American Spirit) to reduce toxic exposures.
- Reflecting: What is my relationship with this plant? Am I carrying it with awareness and respect?

Tobacco, like any medicine, calls for **right relationship**.

🌱 Need Help?

If any of the above speaks to you—whether it's **allergy relief, tick protection, or quitting smoking—you're not alone**. At Wild Heart Therapies, we are here to support your journey with grounded, natural, and science-informed care.

Spring and Summer is also the most ideal time to be coming off of antidepressant and anxiolytic medications. If you would like naturopathic medical support in doing this, please book an appointment: <u>+1 250-531-0154</u> or book online:

https://wildhearttherapies.org

🌿 Quick Health Tips

Daily Questions for Long-Term Vitality

True health is built not just through treatments or crises—but through **consistent**, **conscious choices** we make each day. These simple, reflective questions act as a daily **check-in with your body and spirit**, guiding you toward longevity, resilience, and alignment.

Use them as a **morning ritual, journal prompt**, or evening reflection. Over time, these questions help you listen more deeply to your body's signals and create a life that supports vitality and balance.

🔆 Longevity of Health:

Twelve Daily Measures of Inner & Outer Wellbeing

1. Did I wake rested?

Restorative sleep is the cornerstone of healing. Deep rest allows your brain, hormones, and immune system to reset.

2. Am I inflamed?

Look for signs like joint stiffness, bloating, headaches, skin flareups, or brain fog. Inflammation is a key driver of chronic disease.

3. How is my mood?

Your emotional state is a vital indicator of nervous system balance, nutrient sufficiency, and hormonal health.

4. Did I begin the day with 30g of protein?

A high-protein breakfast sets the tone for stable blood sugar, better focus, fewer cravings, and sustained energy.

5. Am I hydrated?

Aim for clear urine and consistent intake of clean water throughout the day. Add a pinch of sea salt or lemon for better mineral absorption.

6. Did I move enough?

Whether it's a walk, yoga, strength training, or dancing—daily movement supports lymph flow, joint lubrication, and mood.

7. Did I spend enough time outside?

Fresh air, natural light, and contact with the earth regulate circadian rhythms, immune function, and mental clarity.

8. What was my caffeine intake?

Notice not just how much—but how it affects your sleep, mood, and stress. Too much can disrupt hormones and drain your adrenals.

9. Could I make it through the day with good energy, all day?

Energy is a sign of mitochondrial health, metabolic flexibility, and nourishment. Fatigue may be a red flag—not just a fact of life.

10.Did I eat enough quality protein, quality fat, and antioxidants (berries)?

These are essential for hormone production, detoxification, and cellular repair. Think: wild salmon, avocados, walnuts, eggs, and vibrant berries.

11.Do I have healthy bowel movements every day?

A clear sign of gut and liver health. Ideally 1–2 easy, complete, well-formed BMs per day—without straining or urgency.

12.What is my stress level?

High or low, acute or chronic—your nervous system deserves daily care. Breathwork, boundaries, joy, and rest are medicine.

Tip: Start with awareness. You don't have to be perfect—just present. Even noticing *where you're at today* is a powerful act of self-care.

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