



**VYANA WELLNESS**  
NATUROPATHIC CENTRE

Happy Spring Everyone! In this Issue we are talking about Spring Cleaning your mind and body. We would also like to welcome Vaishally Thaker (Osteopath) and Michael Cruickshanks (Acupuncture and BodyTalk) to our clinic. My, how we are growing!!

We also have quite a few events coming up...

- A seminar on Stress Management on May 7 from 10am to 12pm
- We are having our 1 year anniversary celebration on May 14 from 1pm to 3pm
- Michael will be holding a talk on Acupuncture, BodyTalk and Qi Gong on June 8
- Michael will be offering a 6 week Qi Gong class starting June 15 from 6:30pm to 7:30pm

If you are interested in Any of the above please call the clinic and Carlye will be glad to discuss it with you.

Now on to the wonderful words from the Practitioners....

**Spring Cleaning  
by Julie Wise, ORSC**

March may herald the first day of spring, but for most of us, it doesn't arrive until the snow disappears, the temperatures warm up, the birds begin to sing and the crocus and tulips emerge. Suddenly we come out of our winter slumber and long to be outdoors. It's a time to do some raking, clean up the gardens, wash windows (and maybe the car!)

It's also a good time to take stock of where you are in your personal and professional life. Was the winter kind to you and are you looking forward to an exciting summer? Or are you dreading the coming months?

What changes would you like to make as you look ahead? What would help you feel happier and more satisfied with your life in general?

As you reflect on those questions, think of it as a form of spring cleaning – dusting off some of your dreams, weeding out what's no longer a good fit, clearing out space for new ideas and opportunities.

This kind of inner tidy-up often has the same effect on me as cleaning out a closet. The more I'm able to let go of, the more excited I get about what I'll find that's even more suitable to the person I'm becoming!

Julie Wise is a Motivational Coach and Mentor and the author of *Dream BIGGER: Reclaiming a Life of Joy and Ease*. She is available for coaching appointments on Tuesdays (afternoon/evening) at Vyana Wellness Centre.

**Spring Cleanse**  
**by Maya Jobanputra N.D.**

**Physician heal thyself, my spring cleanse from electromagnetic radiation.**

The last professional journal of the Canadian Association of Naturopathic Doctors was dedicated to environmental health. Electromagnetic radiation (EMR) exposure and health impacts were discussed. Today's world is filled with wireless, electrical devices which are impossible to avoid, and it can be an overwhelming topic. For that reason, I have decided to summarize what I learned and my plan to begin integrating what I have learned into my everyday life. I hope this information will prove valuable to you and your families. More and more people are growing sensitive to EMR, symptoms are similar in nature to chemical sensitivities in that reactions can vary from mild to severe, onset for mild symptoms can be slow making it hard to identify the cause. Reported symptoms can vary widely including:

- neurological symptoms (headaches, dizziness, nausea, tinnitus, memory loss, joint discomfort, numbness and tingling in extremities etc)
- dermatological (skin itching, burning, tingling, rashes, swelling etc)
- cardio-vascular (arrhythmias, chest pain, shortness of breath etc)
- respiratory (asthma, sinusitis, bronchitis, pneumonia etc)
- digestive (IBS, food allergy etc)
- ophthalmological symptoms (pain/burning of eyes, pressure, floaters etc)
- immune system (allergies, frequent colds and flu, auto-immune disease)
- more severe symptoms include internal bleeding, seizures, paralysis etc
- exposure tends to exacerbate existing conditions (Lyme, autism, chemical sensitivities)

**My personal top 10 Tips to limit exposure:**

1. Try to keep all electrical devices at least 1 meter away from you at home/office, (wherever you spend a lot of time.)
2. **\*\*Keep bedroom free from electrical devices, use battery operated alarm clock.** (this one is my favorite, it is very hard to prevent EMF exposure during the day, but we can ensure a restful and healing, EMR free night!)
3. Stand back at least one meter from operating a toaster, electric kettle, stove or toaster oven when immediate attention is not required
4. Avoid use of electric hairdryers, especially on children
5. Avoid living, working and school within 1.25km from a cell phone base, tower or antenna.
6. If possible sleep on bed systems without any metal and ideally made of natural organic material
7. Limit time on cell phones, use speaker phone and hold away from body, use text messaging over speaking discourage adolescents and children from using cell phones
8. Avoid low voltage lighting, fluorescent light including CFL and LED bulbs. Avoid dimmers or rotary switches.

9. Use a wired land line for internet and phone; if not possible unplug Wi-Fi at night. Avoid wireless attachments such as blue tooth
10. Do not use cell phone when battery/reception is less than three bars to avoid surge of power from the device. Do not carry cell phone on your body.

**SPRING CLEANING FOR YOUR BODY**  
**by Vaishally Thaker B.Ost.Med**  
**Osteopathic Manipulative Therapist**

Sore backs, hurting joints, depressed spirits, and gloomy days all symptoms of the legendary Canadian winters. Finally!!! The shovels, minus temperatures and snow is nearing an end.

Don't fear Spring is near, let me show you a few easy tips on how to spring clean your body and rejuvenate the mind, body and soul just in time for the summer.

Here are 5 easy steps to get your body feeling good again:

1. Body exercise: Keep your body moving, now that Spring is around the corner start your brisk walks, and enjoying the outdoors.
2. Keep Hydrated: The human body is about 60% water and with warmer temperature and increase in activity your body is prone to dehydration so make sure you carry a bottle of water with you.
3. Therapies: Over the winter months your body has suffered from the cold days and snow shovelling get the body back on track with acupuncture, massage or osteopathy all of these will increase circulation, growth and healing.
4. Peppermint oil: If you feeling on the sad side a little depressed this is a wonderful remedy to add a few drops into your drinks or even take a smell of. The menthol in the oil acts as a energy booster making you feel amazing.
5. Nutrition: Is and important element in helping rejuvenate the body as it is often said that you are what you eat is it true?

Foods that helps the body:

Avocados- contain oleic acid which aids in lower cholesterol, and potassium which helps in controlling blood pressure

Ginger- aids in the relief of digestive symptoms

Berries: are rich in anti oxidants and vitamin C which are both helpfully in removing harmful substances from the body

Melons- have a great source of water which is good for cell health

Garlic- known as a wonder food helping strengthen the immune system and combat colds to name a few.

These are few remedies in getting your mind, body and soul rejuvenated and ready for the spring time.