



WELLNESS NEWS ~ SUMMER 2018



1 - Sunscreen



2 - Medicine in Nature



4 - Your Happy
Healthy Summer



5 - More on Wheat



6 - Digestive Dance



8 - EVENT

www.cathedralwellness.ca

Dr. Allison Ziegler
Dr. Jennifer Rumancik
Dr. Julie Zepp Rutledge
Dr. Laura Stark

Dr. Marika Geis
Dr. Rachel Lam
David Fernandez (BodyTalk)
Kaylee Woolhether (Nutrition)

INFO@CATHEDRALWELLNESS.CA
2146 ROBINSON STREET ~ REGINA SASK.
(306) 757-HEAL [4325]

Sunscreen

by Allison Ziegler N.D.



It's a hot summer day – not a cloud in the sky or a breeze in the air. You decide to take a trip to the beach to bask in the sun and enjoy the warmth of the day. In preparation, you grab your beach bag and fill it with all the beach necessities - towel and bathing suit, a water bottle, some snacks, sunglasses and hat.

Before you leave you decide to lather on the sunscreen as the morning news indicated a high UV index. All prepared for the day, you make your journey to the beach unaware that the “safety” benefits listed on your sunscreen and what it contains may be causing more harm than good. Sunscreen has long been known as the protective mechanism against sunburns, skin cancer and declining skin health. More recently we know that beyond preventing sunburns, there is little known about the safety and efficacy of sunscreen. In 2011, the Food and Drug Administration (FDA), which is responsible for regulation of products, released sunscreen regulations; however, they still allow the products to contain potentially hazardous ingredients and make exaggerated claims. As a result, it is important to understand what to look for when selecting sunscreen products.

Getting the Facts:

Vitamin A

The common form of vitamin A added to sunscreens is retinyl palmitate. Vitamin A is a popular anti-oxidant used in skin products in order to prevent or slow skin damage and aging. The FDA has recently conducted a study that showed in the presence of sunlight, topical application of retinyl palmitate increases the development of cancerous skin lesions. It is thought that when vitamin A is exposed to sunlight, free radicals are formed, which damage skin cells and predispose them to cancer development. This becomes an issue with the vitamin A content in sunscreens as opposed to other skin care products because of the vast sunlight exposure endured while wearing sunscreen. Furthermore, claims made by sunscreen products that they protect against skin cancer become a concern; as such products may in fact increase risk of skin cancer development.

Oxybenzone

Oxybenzone is added to sunscreen to absorb UV-B and UV-A rays; however, it is known to penetrate the skin and can lead to development of allergies and disrupt hormone balance. It is strongly urged to avoid use of oxybenzone containing products especially in children because of the hormone disrupter properties.

SPF

SPF, or Sun Protection Factor, of sunscreen is a measure of effectiveness of the sunscreen, meaning that the higher the SPF, the more protection against UV-B radiation. The FDA has prohibited companies from indicating SPF 50+ because there is lack of evidence that 50+ exhibits

any additional protection and in fact may promote people to stay in the sun longer, thus increasing radiation exposure and damage. Despite the FDA's efforts, companies continue to advertise SPF50+.

UV-A & UV-B Protection

UV-A and UV-B radiation are both responsible for skin damage; however, many conventional sunscreens do not protect against UV-A rays. UV-B rays only penetrate the outer skin layer and are primarily responsible for causing sunburns and non-melanoma skin cancer. UV-A rays penetrate deep into the skin to cause DNA damage increasing the risk of malignant melanoma. The sunscreens labeled as "broad-spectrum" are designed to block both UV-A and UV-B; however, many do not contain the ingredients to actually protect against the UV-A rays.

Form

Sunscreens in the form of liquid or powder should be avoided because the health effects due to inhalation have not been investigated. Additionally, sunscreens containing bug spray should be avoided and applied separately if needed.

What to Choose

Mineral sunscreens tend to be the safest and effective choice. Mineral sunscreens (zinc and titanium) are stable in sunlight, do not penetrate the skin and tend to be the most effective at blocking UV-A radiation. Those who do not like mineral sunscreens are encouraged to try sunscreens with 3% avobenzone and products without oxybenzone (for reasons listed above).

Sun protection is important; however, sunscreen should not be the first-line protection mechanism.

Use of protective clothing, hats, sunglasses and monitoring time of direct sun exposure are primary in reducing the risk of skin damage and skin cancer. Selecting a sunscreen more carefully can aid in the protection but should not be the sole action to do so.

Finding Medicine in Nature

by Jennifer Rumancik N.D.

Medicine can be found in nature, if you look for it. Simply being outside has been scientifically proven to benefit our health. It raises dopamine (one of our feel good hormones), drops cortisol (one of our stress hormones), increases white blood cells improving immunity, and decreases blood pressure. If you are lucky and find yourself bathed in sunshine you will get a boost of vitamin D and subsequent calcium absorption.



My previous career involved conducting surveys for flowers, birds, and animals. I worked for the government, for non-profit, for researchers, and for consulting companies. I fell in love with Saskatchewan's prairies teaching myself all about the flora that cover its flatlands and rolling hills.

Combined with my naturopathic studies I learnt a few things along the way: Some plants are better picked early in the season as they will start to accumulate constituents in their leaves meant to deter hungry insects (these can irritate our guts) while others are better collected late in the season allowing them time to accumulate healing constituents, nutrients, and vitamins. Some herbs are best eaten fresh, some made into tea, and others into a tincture.

Saskatchewan houses numerous species that have remarkable healing properties found abundantly in nature including dandelion, wormwood, stinging nettle, alfalfa, wild mint, raspberry leaves, yarrow, willow bark, dock, and lamb's quarters just to name a few.

Keep in mind, plants, like us, are as healthy as the soil they "eat." If a plants leaves are turning purple it means there is not enough phosphorous, which is needed in cell replication and results in stunted plants. If the leaves turn yellow it suggests a few different deficiencies ; namely, iron, magnesium, nitrogen, calcium, or sulfur. If the yellowing starts in older leaves found higher up it is likely a magnesium deficiency; if they are found lower down on the plant it is an iron deficiency and if you are seeing small yellow spots it is a nitrogen deficiency. Calcium and sulfur deficiencies can be found in both young and old leaves, but calcium deficient plants often have hollow stems. If you see dead brown spots on the leaves it suggests a potassium deficiency. Additionally if the soil is contaminated with heavy metals plants will confuse them for minerals due to their similar electron spheres. I believe this is why we are finding arsenic in almost all rice (brown, white, organic, and non-organic) :(

So, the next time you are out taking in nature's healing properties and collecting a few herbs remember to always harvest healthy looking plants in areas of organic soil or native prairie. Organic and native land typically have more root biomass, which allows for more bacterial growth, and subsequently more mineral and vitamin production! However, please keep in mind that to preserve these plants for generations to come one should never collect a plant that is not abundant, nor collect more than 30% of the population.

Plants that are safe to eat are: portulaca, mint, dandelion leaves and flowers, violet flowers, lamb's quarters, pennycress, and of course our native berries: saskatoons and chokecherries, which are packed full of antioxidants! Plants that can be safely made into a tea include: plantain, young red raspberry leaves, coltsfoot, hawthorn, and goldenrod. Keep in mind when using these herbs medicinally it is recommended to talk to someone knowledgeable in herbal medicine prior to treatment.

Want to know more about me? Check out my website at: **www.DrJenniferRumancik.com**
If you are interested in a guided herbal plant walk or a medicine making workshop send me an email: **info@drjenniferrumancik.com**

Happy Harvesting!

Tips for a Happy Healthy Summer

by Rachel Lam N.D.



Summer is a time to frolic outdoors. It's the season for barbecuing in the company of good friends and family. It's the weather for exercising outdoors in fresh air. How can you stay healthy and make the most of this time?

Here are some tips!

- Stay hydrated. With the heat of summer on us, our bodies sweat more to keep us cool. Replenish your fluids by drinking water throughout the day. Keep a glass or metal water bottle with you. The amount that you need to drink depends on your weight, body type, and level of physical activity. Generally, aim between 2 to 4 litres per day. Drinking half of your weight in ounces is a good way to estimate (e.g., if you weigh 160 pounds, drink 80 oz daily, or 10 cups). If you're exercising often and/or vigorously, add in electrolytes. Signs of dehydration include thirst, darker urine, less frequent urination, fatigue, dizziness, and headache.
- Use sunscreen. It reduces the chance of sunburn, prematurely aged skin, and skin cancer. Choose a broad-spectrum sunscreen that protects you from UVA and UVB rays. It should have an SPF of at least 30. Apply it 15-30 minutes before leaving your house. If you're sweating a lot or swimming, reapply every two hours (or as per the bottle's instructions).
- Time your outings. Reduce your time in the sun in the middle of the day. UV rays are at their peak between 10 AM and 3 PM. There is a higher risk of sunburn and dehydration. If you have outdoor plans, try to schedule them in the morning or later in the afternoon or evening.
- Wear clothing that protects your skin. Clothes that cover up your skin but are made of "breathable" fabric (e.g., cotton, rayon), can protect your skin and keep you cool at the same time. A hat is a good shield for your scalp, and sunglasses will guard your vision.
- Eat regularly. Appetite can decrease with the heat, so ensure that you're eating regularly. Consuming foods with high fluid content—fruits and vegetables—will help keep you hydrated, as well.

"And so with the sunshine and the great bursts of leaves growing on the trees, just as things grow in fast movies, I had that familiar conviction that life was beginning over again with the summer."

— F. Scott Fitzgerald, *The Great Gatsby*

More Questions Raised About the Modern-Day 'Staff of Life': Japan Refuses to Import American/Canadian Wheat

by Marika Geis N.D.



(I thought I would take this opportunity to dust off an old article as the news of 2013 has again resurfaced, this time on Canadian soil. Japan's farm ministry again discovered genetically modified wheat, thus halting Canadian wheat imports as of June 2018. Can we put the genie back into the bottle?)

The future of the US. wheat industry looks a bit uncertain as of the end of May, 2013. Japan, upon the discovery of a genetically modified strain of 'white wheat' coming from Oregon, announced that all wheat imports coming from the United States were to cease immediately; this pending a thorough investigation as to the extent of the contamination and an assurance by the USDA that no such GM strain will ever make it into U.S. exports again. Why all the uproar? Well, no country in the world has ever approved genetically modified (GM) wheat for sale. What's more is that the strain found in Oregon, developed by the biotechnology giant, Monsanto, between 1998 and 2005 was never approved for sale because growers and buyers opposed Monsanto's intent to seek approval to market the seeds.

People are right to be leery of GM foods. GM soy and corn are implicated in a number of conditions affecting both humans and livestock. No part of the body is left untouched (gut, liver and kidney function, the immune and endocrine systems, blood composition, allergic response, effects on the unborn, the potential to cause cancer, and impacts on gut microflora). What's even more concerning is that over 80% of processed foods contain GM foods with no labelling to indicate them as such. However, despite their presence in processed foods, and the effects notwithstanding, GM soy, corn and more recently hay (alfalfa), are largely intended for animal feed. Wheat would be the first GM crop ever to be consumed en masse by people directly. According to the U.S Food and Drug Administration policy statement on the safety of GMO's, they are essentially equivalent to heritage seeds and crops and need no government regulation. It went on to say that the food producer bears responsibility for assuring safety. This is problematic as government officials from other countries often use FDA assessments to inform their own policies. If it's happening south of the border it's likely happening here (and is). The concern regarding GM wheat is compounded by the problems surrounding the hybridized varieties already being used. Driven by a mandate to combat world hunger, wheat went through a rapid period of cross-breeding resulting in thousands of varieties that dramatically increased yields from 8 to 65 bushels per acre. With each stage of hybridization (repeated thousands of times), 5% of the proteins are new and may have novel characteristics. Gluten seems particularly vulnerable to these structural changes and is therefore inherently more allergenic given that these new proteins have never existed before today.

Clinically, we see time and again how symptoms ranging from total debility to softer syndromes, improve with the elimination of wheat. Celiac disease is four times more common today than it was 65 years ago.

The average person eats 133 pounds of wheat per year, up 26 pounds from 1970. 99% of that wheat is the modern day, high yielding 'dwarf' and 'semi dwarf' variety containing ever changing gluten proteins. This coupled with the discovery of GM strains of wheat making their way into our food supply presents a potentially dangerous combination and necessitates serious examination of our food's safety. Until an unbiased consensus is reached, I think the precautionary principle exercised by Japan is an essential move. The best way to avoid wheat/gluten is simply to avoid using recipes that call for it or provide suitable replacement flours. Better yet, avoid recipes that call for any kind of flour. Eating seasonally and locally is the healthiest way to support your own health, your family's health and the longevity of our environment.

The Dance in Your Digestive System

by Julie Zepp Rutledge N.D.



On the heels of this fantastic article on **wheat**, I decided to include an article on the best way to eat grains and maintain good gut health at the same time!

Nutrition is likely one of the single most confusing topics out there, at least in the field of health. Everywhere you look you will find what appears to be conflicting evidence on this topic, no one seems to be able to agree on what is the "single best diet" though each source will certainly tell you that their way is the right way and it is the only way.

I am not a big fan of absolutes and one thing I can say absolutely is that buying into them can be harmful to us. The reason why there exists so much conflictual evidence in this field is that the journey towards health through diet is an individual one. And it is one that is in a constant dynamic state, even for us as individuals, as our needs for different nutritional strategies vary with where we might be at in our lives.

This is my intro to ask that whatever you read about nutrition, including this article, take it all in as information but understand that it may not apply to you. Try something out, be mindful of and listen to your body and its unique signals. Where a high-protein/ low-carb or a high-fat/ "keto" diet make work wonders for another, for you your body may thrive on a vegan diet. Not one approach is "better" than another, it is about finding the best approach for you as a unique being.

Recently grains and legumes have become a topic of controversy in the nutrition community. Long believed to be essential staples in our diets, we are now starting to see that over-reliance

on these foods can be creating health issues, including a dramatic rise in auto-immune disorders in our culture. Conditions such as Hashimoto's thyroiditis, colitis, Crohn's, lupus, rheumatoid arthritis and many others including many still unknown, unnamed autoimmune conditions plague us in vast numbers and result in fatigue, concentration or memory issues, joint/ muscle pain and a multitude of other symptoms. This has led to the emergence and popularity of the "paleo diet" (lower carbohydrate/ higher protein). The "paleo" way of eating is one that is said to mimic the way our ancestors lived: the basics of this diet. In this "diet" it is recommended to:

Eat: Meat, fish, eggs, vegetables, fruits, nuts, seeds, herbs, spices, healthy fats and oils.

and **Avoid:** Processed foods, sugar, soft drinks, grains, most dairy products, legumes, artificial sweeteners, vegetable oils, margarine and trans fats.

What we are realizing is that the grains and legumes/ beans: nutrient-dense foods we have been long told are healthy (and they are! it's all about the type, quality and amount we consume) also contain certain compounds known to bind nutrients. This group of compounds are known as "anti-nutrients" and so any beneficial nutrients that are contained in the grains and legumes are actually bound up by these other components making them less available to the body. They are also found in nuts, so highly sensitive individuals may have to avoid or soak nuts in order to increase their digestibility and decrease their harmful effects. Anti-nutrients are actually an evolutionary strategy created by plants to assist them in deterring predators – animals, like us, from eating them thus destroying their capacity to reproduce.

The anti-nutrients can also cause some issues with the integrity of the lining of the gut. The major anti-nutrients are: gluten (the protein in wheat and other gluten-grains), phytates (phytic acid) & lectins (found in grains, legumes including peanuts and soy, dairy), solanine (found in nightshade foods – tomatoes, peppers) and chaconine (found in corn and nightshades). Consumption of foods containing high amounts of these anti-nutrients can cause a situation in the digestive system where we experience indigestion, bloating, gas, and malabsorption symptoms (constipation/ diarrhea, low energy due to nutrient depletion, hair loss, cracked/ splitting fingernails, etc.). Over time this can lead to breakdown of the gut wall in a syndrome known as intestinal hyper-permeability or "leaky gut". It is important to note that leaky gut can and does often occur even in those without gut symptoms. As the gut lining breaks down, pro-inflammatory particles from foods improperly digested enter the blood stream and trigger inflammatory and auto-immune reactions.

So what can we do about this? First off all, decrease or eliminate your consumption of anti-nutrient containing foods at least for a period of time – a minimum of six months. Soaking and sprouting your grains, nuts, seeds and legumes/ beans before eating them helps to essentially de-activate the anti-nutrients in them. In the case of nuts and seeds you can dehydrate them again to help them regain their crunch without causing them to regain their harmful constituents.

Next change your gut flora. Studies have demonstrated that the difference between those sensitive to foods containing anti-nutrients and those who aren't is in their gut flora. A healthy balanced intestinal "microbiome" (the living mini-ecosystem in your gut) helps keep us from reacting negatively to the foods we are eating. Caring for our intestinal microbiome includes eliminating processed foods, sugar, alcohol and caffeine; avoiding wherever possible our use of steroids and antibiotics; taking good quality FOS-free probiotics (and commercial yogurt does NOT count as a good probiotic source despite marketing hype!), eating fermented foods (kombucha, sauerkraut, kimchi, etc.), and nurturing the flora through **polyphenol**-rich foods.

Polyphenols are another group of plant compounds – these ones found in foods that nature wants us to eat! These includes those foods whose seeds we either do not eat (like most fruits and vegetables) or that we eat and "excrete" (like the tiny seeds found in berries) without digesting them, thus allowing these plants to propagate. Polyphenols help to create an environment in our gut that makes us less sensitive to the harmful effects of lectins and other anti-nutrients. Nuts and seeds also contain many polyphenols in addition to their anti-nutrients which is why they can be sometimes helpful, sometimes harmful... depending on the person.

Bottom line, we all have to do our own experiments. "Play" with different nutritional concepts in order to determine which combination is the one that works for you. Be willing to be open to the need to change this after a period of time. Perhaps a paleo diet suits you very well for a year and then you are drawn to a more vegan way of eating once. I have experienced this personally and clinically and the more I, and those I work with, learn to get in touch with our bodies' own intelligence the better we feel.

September 1st, 2018
SATURDAY 10am-4pm
2100 Block Robinson St

FREE EVENT

CONNECT Street Fair

"Recasting Reconciliation & Exploring Diversity through Culture and Art"

For a Booth or to Volunteer Contact:
306-347-2273 or thecaringplace.sk@gmail.com

Last year our roommates at 2146 Robinson Street, The Caring Place, hosted their 1st Annual Connect Street Fair. It was a very fun, creative and even therapeutic event!

We at Cathedral Wellness were happy to take part and we have committed to having a booth again this year, Sept. 1, 2018. Mark your calendars and come out to the fair, support mental health awareness, take in:

- Vendor Booths
- Food Trucks
- Escape Rooms
- Tipi
- Live Music, Dance and Drama performances
- And More!