



Cathedral Village Wellness News

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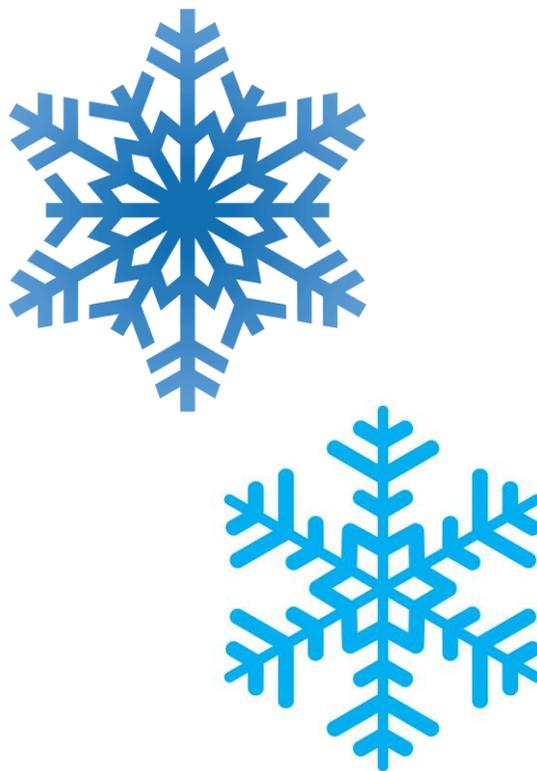
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"It is health that is the real wealth, and not pieces of gold and silver" - Gandhi



Email Policy

Our Cathedral Wellness professionals have instituted a new clinic policy regarding email. Medical consultations can no longer be provided by email. In order to ensure privacy of your information, to provide better and more timely care to you, and to maintain balance in our own personal and professional lives, we are all opting to manage professional communications either in person or over the phone only.

Please call reception at **306-757-4325** to arrange a phone or in- person consult – either booking a 15 minute time that is convenient for you or choosing to have us call you back as the time presents itself through our day.

Phone calls beyond 5 minutes will be billed as consultations at a rate of \$10 per 5 minutes up to 20 minutes. Standard visit rates apply to longer phone consultations.

If you require prescription refills please call or email the clinic at info@cathedralwellness.ca. We sincerely appreciate your understanding and look forward to continuing to work with you on a truly personal, face to face level.

Wipe Out Winter Tiredness

Dr. Allison Ziegler, ND

As the temperature turns cold and the days become shorter, it makes it harder to roll out of bed with an energetic bounce in the step. Rather, curling up under warm blankets and hitting the snooze button become routine during the winter months. Although it is normal to slow down during the winter months, understanding the processes involved can lend to energy-giving solutions.

Sleep-Wake Cycle Imbalance

Many, if not all, processes occurring in our body function on a cyclical basis governed by our natural circadian rhythm or our 'body clock'. This clock is driven by environmental cues based on light, temperature etc. One important aspect of this circadian clock is the hormone melatonin that regulates our sleep-wake cycle.

Melatonin is a hormone produced in our body, which allows us to sleep at night. At night melatonin production and secretion from the brain rises in order to allow us to sleep. In the morning, that level drops allowing us to wake up and be ready for the day. In the winter months, melatonin secretion lasts longer meaning that individuals will feel tired longer during the winter months compared with the summer months.

So why does this occur? Melatonin production in the brain is stimulated in dim light, making sense that it is our go to sleep. In the winter however, when the days are shorter and there is longer periods of darkness, melatonin production begins earlier and takes longer to decline in the morning causing tiredness and a desire to sleep longer and more often.

Neurotransmitter Imbalance

Neurotransmitters are chemicals produced by the cells in the brain in order to communicate with one another – they are the brain messengers. There are many neurotransmitters; however, there are 3 specifically known to be involved in the development of feeling tired, sluggish and down during the winter (serotonin, dopamine, and norepinephrine). Each messenger is responsible for a different task. The interplay of all three and a precise amount of each is required for “normal” mood and functioning.

Serotonin

Serotonin is the brain messenger responsible for feelings of well-being and happiness. Studies have shown in winter months, there is a decrease in the amount of serotonin leading to the feelings of sadness or depression. Serotonin is also involved in regulating appetite. The body is continually trying to achieve balance; therefore, if the body is deficient in something, it will try to gain it somehow, usually through food. Cravings of chocolate, sweets or carbohydrates are common because it is high in tryptophan, an amino acid

sleep hormone. In the evening, we are naturally in dimmer light, melatonin production occurs, we feel tired and we needed for the production of serotonin. In the winter, a person begins to subconsciously eat a diet higher in these foods as the body tries to achieve the balance it is looking for. As a result, the poorer dietary choices associated with the decreased serotonin is responsible for weight gain. A diet lower in nutrients coupled with weight gain contributes to feeling down, sluggish and less energetic.

Dopamine

Dopamine is the brain messenger involved in behavior and cognition, voluntary movement, motivation and reward, sleep, mood, attention and learning. It is involved in allowing us to develop new behaviors because a main role of dopamine is the “reward” system. It is the reason we tend to repeat behaviors that give us maximum reward for our action. Again, dopamine tends to be decreased during the winter months. A decrease in dopamine leads to loss of pleasure in activities of usual interest, decrease in focus/concentration and poor sleep.

Norepinephrine

Norepinephrine is the brain messenger responsible for controlling attention and response. Norepinephrine is a stress hormone that is involved in the ‘fight-or-flight’ response, giving us that immediate energy in a stressful situation. Typically we notice our heart rate increase, which is that “rush of adrenaline” (epinephrine is also known

as noradrenaline). Also during the 'fight-or-flight' response, sugar or glucose is released from the stores in our body to our muscles preparing us to move/run.

During the winter months, norepinephrine is decreased. A decline in norepinephrine contributes to anxiety (heart racing), fatigue and weight gain.

The Vitamin D Connection

Vitamin D3 is needed for adequate production of serotonin in the brain. The way our body produces vitamin D is through sun light exposure. In the winter, Canadians do not receive enough sunlight to produce adequate vitamin D3. With lack of vitamin D3, we have lack of serotonin, which leads to a depressed mood, weight gain and lower energy. Unfortunately, we can't store vitamin D in our body so receiving plenty of sunshine in the summer, will not hold us over during the darker winter months.

Energy-Giving Solutions

Vitamin D

With lack of sun exposure in our frigid winter months, supplementation is often required in order to prevent deficiency. A recommended 2000 IU of Vitamin D3 during the winter months can prevent deficiency and increase mood and energy.

Food sources rich in vitamin D are oily fish (salmon, mackerel and sardines), eggs and meat.

Nutrition

Once the summer ends, salads, vegetables and fruits tend to be replaced by sweets, breads and pastas. A continued effort to select nutrient rich foods in order to supply the body with the nutrients it requires for the proper amount of neurotransmitters and to avoid unwanted weight gain. Winter vegetables such as carrots, parsnips, swede and turnips can be roasted, mashed or made into soup for a warming winter meal. Stews and casseroles are also great options, providing lean protein and vegetables. Including protein sources that favor serotonin production can help to improve energy and mood. Protein sources that favor serotonin production are high in the amino acid tryptophan, which is a building block in its production. These sources include chicken, white flakey fish, lean cuts of pork, veal, cottage cheese, lamb, low fat cheeses, low fat milk and dairy products, and legumes.

Increase Positivity

Dopamine floods into the brain when positive, which makes us more energetic, happier and turns on the learning centers in the brain allowing us to not only learn, but also improve focus and concentration. Some ways to increase positivity are:

3 Gratitudes – Write down 3 new things each day for 21 days. This teaches the brain to scan the world for the positive first, not the negative.

Journaling- Journal about 1 positive experience you've experienced over the past 24 hours. This allows your brain to relive that positive event.

Random acts of kindness- When opening your email inbox, write 1 positive email praising or thanking someone.

Physical Activity

Achieving 150 minutes of physical activity a week can help increase energy levels by improving serotonin and norepinephrine levels. Engaging in physical activity in the late afternoon, early evening can help beat early evening fatigue as well as improve sleep quality at night.

Keep Regular Sleep-Wake Schedule

The production of serotonin for the next day requires at least 7 continuous hours of sound high quality sleep the night before. Try and stick to a regular schedule, going to bed and rising at the same time each day. A consistent sleep schedule helps to improve quality of sleep achieved.

Wearable Sunshine Technology



Dr. Laura Stark, BKin, ND.

The Yumalite is a great tool for remedying poor sleep, seasonal depression, low serotonin levels, and simply boosting energy levels during the day. The Yumalite works by stimulating our bodies' senses to mimic sunshine in periods of darkness to help kick start our day the way that sunshine naturally would. The Yumalite uses safe LED lights to stimulate the sun without the use of UVA or UVB radiation, which makes it safe for everyday use.

I am a 'night owl' by nature: living in Saskatchewan in the winter makes it difficult for me to get to bed earlier and consequently wake up earlier! My favourite way to use my Yumalite to help me maintain a consistent sleep pattern is to wear it first thing when I wake up for 30 minutes during my morning routine. It is best to keep that timing as consistent as possible and between 6-8am. The great thing about the Yumalite compared to other light therapy devices is that it's a visor that you wear! Instead of needing to sit somewhere for 30 minutes with your face within 2 feet of a stationary light, the perfectly positioned Yumalite travels with you through your morning routine. The one caution is that initial use of any light therapy device can cause a headache for some people and because it is resting on your head this may be more true for the

Yumalite. To avoid this issue, ensure the straps are adjusted so your Yumalite fits properly on your head and simply start slow. On your first day, wear your Yumalite for only 1-2 minutes, on day 2, maybe 5 minutes, then 10, etc. Most people are able to work up to 30 minutes within a week without any issue, but go more slowly if your head tells you otherwise.

The remaining Yumalites are on sale!

Remaining Yumalites are \$60 (regular \$90)

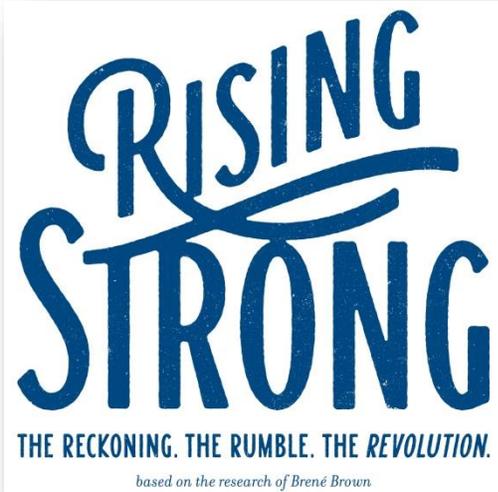
Opened-box Yumalites are \$30

Cancer Centre Trickle Fund



Dr. Laura Stark has a vision of creating a Cancer Centre in Regina. With adequate clinical space and funds, we can make this vision a reality! Simply by using these links to do your regular shopping approximately 8-10% of the sales will be collected to the cancer fund. This money will simply be held in trust until either it is needed for purchasing special equipment for the cancer centre or transformed into a fund for patients with cancer who may not be able to afford their treatments. The dollar amount of funds raised will be updated on the website monthly.

Visit www.LauraStarkND.com and follow the "Fundraising" tab to turn your online shopping into a fundraising opportunity. You will find affiliate links to respected and recommended companies. Links that are currently and soon to be available include: Living Libations - Essential oils, Harmonic Arts - Herbs, VibesUp - Vibrational Energy Products, and Amazon for all the things available there.



Dare To Rise

Dr. Marika Geis, BSc, ND, Facilitator TDW

The physics of vulnerability is simple: if we out ourselves out there often enough, long enough, we will inevitably fall. The process of regaining our footing in the midst of struggle is where our courage is tested and our values forged.

For some, our health is the arena where we 'show up'. The process, despite good intentions, is often fraught with repeated attempts to reach that place of independence, flexibility and vitality.

Unsurprisingly, it's

our emotions that often thwart our ability to make the choices that serve us well.

Join Dr. Marika Geis in this special 8 week offering that explores what it actually takes to get back up. Here, we will reckon with our emotions, get curious about what we're feeling and we will rumble with our stories until we get to a place a truth. If we live this process day after day we will ultimately revolutionize the way we live our lives.

Led by: Dr. Marika Geis, BSc, ND, Facilitator TDW

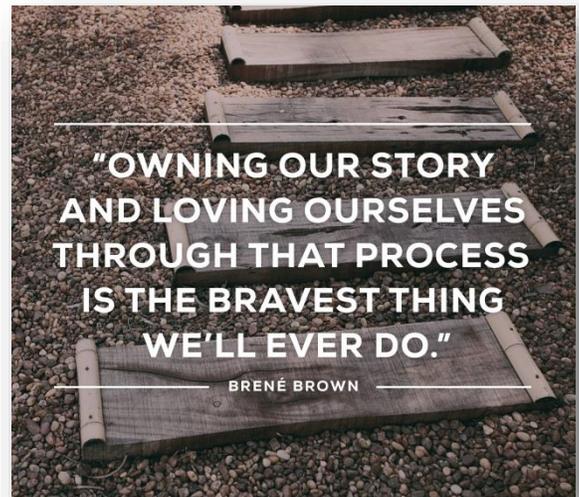
Date: Wednesday evenings, March 16th-May 4th

Time: 6-8:30

Location: 2A-2146 Robinson Street

Cost: \$350 (\$17.50 per hour, includes workbook and journal)

Contact: 306-757-4325 to register (Early registration is strongly encourage due to the limited number of spots available)



For more information on The Daring Way™, Rising Strong or the Research of Brené Brown please visit

www.thedaringway.com

Year-round Wellness

Dr. Julie Zepp Rutledge, ND

The new year is well upon us and many of us are committing to new and fresh starts, setting intentions and goals for our lives and are generally inspired to create positive change.

In order to actualize what we have intended for ourselves, I wanted to share with you some of the things that I do in my own life that help me be successful in creating lasting positive change, in the hopes that you may have an understanding of what it does take to achieve health and perhaps become inspired and motivated to incorporate some of these strategies in your own lives.

First of all, cozy up to the idea that good health requires effort! To be healthy in mind, body and spirit is not something that happens by accident. Sure genetics play a bit of a role, however the new field of epigenetics tells us that we have way more power over the manifestation of our genes than we have historically been led to believe. Depending on our lifestyle habits – and these include nutritional habits, self-care strategies (exercise, rest), mindful awareness in dealing with stress, anxiety, emotional states – we can essentially turn our genes “on” or “off”. For example if we have the gene for diabetes if we consume refined carbohydrates, do not exercise regularly and allow stress to dominate our lives it is quite likely that the gene will be turned on and the proteins will be made that affect the pancreas or insulin receptors in such a

way that blood sugars are poorly controlled and eventually result in a diagnosis of diabetes.

In this way I believe it is essential that we see whatever our genetic predisposition is, or perhaps our acquired “weakness” as our Achilles Heel. That is we all have something – some sort of weakness in one of our tissues or systems - that keeps us honest and on course. For myself I do not have a family history of conditions such as diabetes, or cancer. I do however have a maternal-side family history of psychiatric illness. One of my weak spots is my brain! Which has truly inspired me to do all I can to heal my own brain’s tendency towards manic depression, and learn all I can about the brain and its function and how to heal it, for myself and others. For me I absolutely know how critical it is to get sufficient sleep (at least 8 hours), avoid sugar, and to exercise regularly. Get to know what individual practices you need to do to support your own particular health challenges/ “Achilles heels”. You may know what some of these are already (we often do!) or you may need assistance in determining them, so reach out for help to a qualified helper. These practices may include specific dietary changes, particular lifestyle habits (eg. Stretching, sauna therapy, massage, counseling, energy work, etc.). Together you can develop a strategy that will suit your needs.

Another incredibly transformative point of healing for me has been being able to lean into emotions. Like many I learned very well how to suppress what we call “negative” emotions like sadness, pain and anger. It was ok to show happiness

but the rest were not exactly embraced. Instead of remaining sadness or grief, this is transmuted to depression. By leaning into emotions of all sorts and learning how to feel them, rather than avoid them, I can release any judgment that may exist around these natural human experiences, feel into the pain and realize that what waits for me on the other side is peace, even though the way through may be difficult. Not knowing how to work with emotions actually leads to longer term issues with neurotransmitters.

What has helped me to do this is the practice of self-compassion. Life is tough! It is not easy to be bumbling about on this journey. Sometimes we feel on top of the world, other times we are tumbling down the mountainside. An expression I heard once “some days we are the pigeon, other days we are the statue” most certainly applies. Learning to role with the curve balls of life and being on our own side as they happen is instrumental, at least it has been in my life, to moving forward. Berating ourselves for making mistakes, getting sidetracked, falling off the wagon... all simply serve to move us further from our goals as they fully activate the stress response in us. And when this is activated we either fight (try so hard we burn ourselves out), flee (run away, escape, distract ourselves.. facebook, TV, food..) or freeze (do absolutely nothing, throw the covers over our head and become stuck/ paralyzed). As you can see the only strategy that might result in action is “fight” but this carries with it the need for tremendous amounts of energy and isn’t a great long term strategy.

Instead think of the patient and calm teacher. Think of Annie Sullivan and her work with Helen Keller. Loving, firm, stable, consistent, gentle but slightly tough.. always loving. And how that transformed Hellen from a rebellious kid into the amazing person we know her to be. When we can be that for ourselves – patient, consistent, firm, and loving – amazing results await!

These mental practices are important for all of us, even if our Achilles heel is something like diabetes or cancer, and not mental illness! And this is because stress, and the stress caused by emotional dysregulation or lack of self-compassion, not only in and of itself suppresses immune function, causes blood sugar control to go out of whack, affects our body’s ability to gain or lose weight, triggers inflammation and has many other damaging side effects but it also, if we aren’t coping well, results in us turning towards lifestyle habits such as excessive food consumption, increased sugar, alcohol or “junk” food intake, lack of or over-exercise, lack of or over-work, caffeine, nicotine or drug addiction. All of which will harm our bodies further and continue to lead us further from health and achieving our health goals.

Incorporating practices such as daily meditation, journaling, affirmations, exercise (for the sake of mental clarity and stress reduction and not just physical fitness, though that is a side benefit) can help to nourish our souls which takes us out of auto-pilot mode and helps to increase our focus, awareness and attention. How many times do you find yourself sabotaging yourself by reaching for a second or third “dainty” at an office meeting

before you even realize it? Or you find yourself having distracted yourself with tv or facebook for hours when you had originally decided you would go for a walk. You aren't always even aware until after the fact and then it feels "too late". Daily awareness practices help to keep us "in the moment" more and more often which leads us to healthier decision making and better awareness of our emotional states, providing us with the opportunity to make a different choice, one that may be healthier for us and more in alignment to helping us reach our goals.

Be disciplined. If someone wants to run a marathon they have to follow a program to get to their goal of crossing the finish line. They need to stick to this program whether they feel like it or not, or their goal may not be attainable. It is important that we cultivate discipline in our lives and each day do at least one or two things we have identified as healing tools that would serve us in meeting our goals. Within this discipline is the opportunity to practice gentleness so on a particular day you may be feeling under the weather so here is the chance to be kind and skip the gym, but don't skip self care altogether. Instead go to a yoga class, or go home and cook yourself a hearty bowl of garlic soup, or have an Epsom salt-essential oil bath. Avoid putting that excess pressure on yourself to do everything and do it all perfectly, while at the same time don't let yourself completely off the hook! (although if you are someone who *never* lets yourself off the hook, perhaps this would be exactly the practice you need – curl up in front of the tv and indulge in a mind-numbing hour or two of relaxation)

Getting to know yourself is what I perceive to be the most important strategy that leads to long term health through sound, loving self-decision making. In each moment we have a choice and each choice leads us in a direction. What direction do you choose for your health?

Summary:

- Get to know your Achilles heel. Discover what practices you need to implement in your life in order to avoid this from manifesting.
- There will likely be many such practices if you are honest with yourself, including nutritional, exercise, rest, time for reflection/ meditation, sleep, etc. Notice if this feels overwhelming.
- Reach out for help.
- Learn to lean into emotions of all sorts, including the overwhelm of understanding what it might take to be healthy! E-motion is "energy in motion" and when acknowledged, they do pass and leave us more peaceful and with more clarity.
- Practice self-compassion every step of the way.
- Incorporate daily reflective practices (even 5 minutes in the morning or evening makes a difference) to keep you grounded and focused on your goals.
- Practice discipline. Do at least one or two things each day that will contribute to your health goals.♥