



Newsletter, Volume 2, Number 1 – January 2010

In the News

Info about current health news and naturopathic treatment and/or perspective

The clinic will be closed from December 24-January 3rd, 2010. As such, I am sending you our monthly newsletter in advance of Christmas and New Years!! With the holidays looming, undoubtedly the stress of Christmas shopping, menu planning and yes, even family visits will no doubt be upon us. While stress comes in many forms, the body interprets it and responds to it in the same physiological manner – namely in the form of ‘sympathetic dominance’ whereby the sympathetic nervous system takes over. This shows up as shallow breathing, chest tightness, cold sweats, dilated pupils and irritability among others. While acute stress is a normal and necessary physiological response, chronic stress sets us up for inflammation and accelerated aging – and no one wants *that* to occur!

Naturopathic Options:

Some common suggestions to manage stress over the holiday season include the following: taking deep slow breaths into your belly (inhale through the nose, exhale through your mouth); attending your favourite yoga class; 5-10 minutes of quiet meditation or prayer; and my personal favourite – taking a long hot bath with Epsom salts and about 3-5 drops of lavender essential oils. These suggestions will no doubt keep your spirits up, clear your mind and help you to enjoy the holidays.

Dr. Hoo's suggestion:

I've formulated a special blend of herbs called “Dr Hoo's Stress Buster Formula”. This blend includes Bacopa, Schisandra, Passionflower and Skullcap. Together, this potent formula is designed to tonify your adrenal glands (this helps you to manage stress), reduces anxiety, improves physical performance and mental concentration, reduces tension headaches, and reduces insomnia.

Additionally, you may want to consider applying lavender essential oils just beneath your nostrils, and a few drops on your pillow to help you to drift off to sleep.

Advice from Dr. Aaron Hoo

Tips and tricks from Dr. Hoo regarding the season/health/wellness/things to try/services to come in for. If you or someone you know is experiencing symptoms associated with stress, I encourage you to discuss it with me in order to treat and manage the underlying causes. Foods options to provide anti-oxidant activity during periods of high stress and the ensuing inflammatory response include the following: include colored vegetables like carrots, sweet potatoes and yams, bell peppers and tomatoes. Fruits like mandarin oranges are a treat in Winter months and provide a great source of Vitamin C. Additional options to manage stress may include as always, a healthy diet, regular exercise, optimal hydration, avoidance of caffeinated beverages, and at least 8 hours of sleep. Some common sense tips include: separate large tasks into smaller ones, learn how to say “no”, and taking short breaks during work.

Featured Recipe


CAROB AND PUMPKIN SEED BARS (serves 16)

Ingredients: 2 eggs, separated; ½ cup apple juice; 1 tsp. vanilla extract; ¼ tsp vitamin C crystals; 3 ½ tbsp. carob powder (sifted); 1/8 tsp. salt; 1 cup pumpkin seed, ground into meal in food processor; ¾ cups walnuts or pecans, coarsely chopped.

Oil a 8x8 inch square pan. Cut a square of wax paper to fit bottom, lay it in place and oil it. Put egg whites in a separate bowl from yolks and set aside. Put yolks in a medium bowl and add salt, vanilla and Vitamin C crystals. Whisk a few minutes until light. Gradually add juice, then carob powder, while whisking. Using a spoon, stir in seed

meal and nuts for 1 minute. Preheat oven to 350 degrees. Beat egg whites with a mixer from low to high until stiff & shiny. Spoon ¼ of whites into batter with spatula until all white is gone. Scrape batter into prepared pan and bake for 20 minutes or until top springs back when touched lightly. Use a knife to loosen the edges, then turn out onto a cooling rack. Peel off wax paper before continuing to cool. Cut into squares when cool.

Clinic Savings

 <p>Doctors' Choice NUTRITION</p> <p>Newsletter, Volume 2, Number 1 - January 2010</p>	<p>Bring this portion into the clinic to receive <u>15% off</u> your next supplement purchase.</p> <p>*This offer is not to be used with any other discounts or in-store promotions*</p> <p>1190 Thurlow Street, Vancouver, BC, Canada V6E 1X3 - 604 688 1169</p>
---	---



Dr. Aaron Hoo

Doctors' Choice Nutrition

1190 Thurlow Street Vancouver, BC V6E 1X3

Phone: 604-688-1169 Fax: 604-688-1176

www.doctorschoicenutrition.ca