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**PACIFIC WELLNESS QUARTERLY** promotes health and wellness by providing the latest health and nutrition news, healthy cooking recipes and important updates on insurance and office information. Please pass this newsletter along to your friends and associates so that they can enjoy the information on good health as well.

This newsletter is not to be used as a substitute for medical advice.

## Survival Tips for the Holiday Season

*Meera Dossa, ND*

Decadent chocolates. Flowing wine. Mouth-watering desserts. Sound like the typical indulgences of the holiday season? No matter where we turn, it seems that around this time of year, temptation is thrown our way from every angle! And who wouldn't want to give in? After all, we all deserve to enjoy the finer things in life. So here are a few tips to help you get through the sugar-laden, caffeine-loaded, festive season.

### 1. Love Your Liver

Through the good times, and the bad, in sickness, and in health, this is the organ that is going to be your best friend! We ingest thousands of toxic chemicals and harmful foods on a daily basis - an assault that only increases over the holiday season. As this is the time of year that your liver kicks into overdrive, any help you could offer it would be much appreciated.

Start your day with a cup of warm water containing the juice of half of a fresh lemon. This soothing drink, gives the liver a nice kick start and helps cleanse the liver toxins.

Foods that aid the liver and support the pathways of detoxification should also be incorporated as much as possible. These include: onions, garlic, beets, carrots, kale, broccoli, brussel sprouts, cabbage, and turmeric.

### 2. Obey Your Thirst

The liver isn't the only organ responsible for clearing toxins from your system. The kidneys also play a vital role in this process, filtering our blood numerous



times throughout the day and excreting wastes through the urine. Be sure to stay adequately hydrated in order to support the flushing of toxins from your system. If you are unsure about how much water you should be consuming, a good general rule of thumb is to drink half your body weight in ounces (ie: if someone weighed 140 lbs, half their weight would be 70 ounces - which would equate to approximately 8 glasses of water per day.)

### 3. Make a Move!

Ensuring activity over the holiday season is a must! Everyone knows just how hard it can be to shed the "seasonal seven"! So why wait until the New Year to start losing the weight? It's very easy to throw your workout regime, along with your eating habits, out the door. But moderation, in terms of what you put into your body and how much energy you expend, is the key. Cutting your exercise routines in half is far better than extinguishing them altogether. Take the stairs at the mall instead of the escalator and park just a little bit further away. These minor investments will pay in dividends come the New Year!

### 4. Have a Spa Day

Ever wonder where all of those toxin-laden pounds are stored? In your fat and muscle cells! Keeping active enables these foreign invaders to be mobilized



## Thank You for Your Comments

Here are some of the comments we received recently from our clients. We would like to express our special thanks for their comments and kind permission to display them.

*“After several sessions with Joanna, I feel so much more relaxed and peaceful than I ever thought I would be! Joanna is an extremely skilled, attentive, focused, pleasant therapist and I would not hesitate recommending her and The Pacific Wellness Institute to anyone. Thank you very much for contributing to my wellbeing and relaxation.”*

~ Dubravka

*“Yoshio is the most terrific acupuncturist. His professional manner and accurate techniques make me feel at ease. He always listens to my neck issues and responds accordingly.”*

~ MB

*“Very pleasant experience. The Pacific Wellness Institute is really clean and comfortable. Professional team.”*

~ Javier Fernandes

from these cells, but they still have to find their way out of your system. Enter the environment of the calming spa where you will surely find a sauna to warm you up, allowing you to sweat out the toxins from within. Saunas combined with exercise are the sure fire way to clear those toxins and relax your system.

### 5. *Just Dance!*

It's the holidays...get out and have a good time! Not only is dancing a great way to unwind, but it's also a great way to get physically fit! According to the Mayo Clinic, dancing is a great way to socialize while burning anywhere between 200 – 400 calories, similar to other forms of physical activity.

All in all, enjoy the holiday season. Relax, eat and be merry...within MODERATION!

Happy Holidays!

**Meera Dossa, ND** is a licensed naturopathic doctor at The Pacific Wellness Institute. She is certified and licensed to perform vitamin injection therapy in the province of Ontario. To book an appointment for intravenous therapy and naturopathic treatment with Dr. Dossa, please contact The Pacific Wellness Institute at 416-929-6958.

## Notice:

### Insurance and Holiday Alert

If you still have some insurance coverage available for this year and would like to maximize your benefits, consider the following tips:

1. Call your insurance company to check the amount of unused coverage.
2. If you are planning to have therapeutic sessions longer than one hour, find out from your insurance company if there is a daily limit on the duration and total cost of the visit.
3. Keep in mind that insurance companies will not reimburse you for visits that are scheduled for the next year. Unused coverage may not be transferred to the next year.
4. There will only be three weeks in December for appointments as **our clinic will be closed from December 25th to January 2nd for the holidays.**

## Hypnosis: It *Can* Be Mind Over Matter

*EeVon Ling ND, CH*

Since announcing my certification as a hypnotherapist in the last newsletter, there has been a positive response from patients wanting to use this therapy to improve their health and well-being. However, I am sure there are many of you who may know very little about hypnosis and know even less about how you can benefit from it.

My interest in hypnosis stems from my experience in helping individuals overcome the internal hurdles that keep them from achieving their goals. As a naturopathic doctor, I believe very strongly in the mind-body connection - that physical issues are influenced by your mental and emotional state and vice versa. While making diet changes, following supplementation plans and taking herbs are indeed useful and required in many health conditions, for some people, the larger need is help in implementing and sticking to changes. Smoking, overeating, being overstressed, having fears - these are all conditions that we know we must do something about; however for many, there seems to be a block or obstacle that keeps them from transforming "knowing" into "doing". This is where hypnosis can help.

### **What is Hypnosis?**

Hypnosis is a state of focused attention in which the individual becomes receptive to suggestions. Hypnosis allows the individual to gain insight into their subconscious mind while still maintaining a degree of conscious awareness. Individuals in the hypnotic state are still aware of their surroundings and are able to make their own decisions.

To further explain, the brain normally produces various electrical brain wave patterns throughout the day: Beta, Alpha, Theta and Delta:



**Beta waves** (14 - 30 Hz) occur while we are alert, conscious and/or under stress, (such as while we are working, actively thinking and problem solving).

**Alpha waves** (9 - 13 Hz) occur while we are calm, perhaps relaxed, but still lucid. We produce alpha waves when resting after completing a task, when taking a "mental break", while taking a deep breath after having been in a beta state for a long time. Simple breathing exercises can produce an alpha state.

**Theta waves** (4 - 8 Hz) occur during deep relaxation, meditation and focused visualization. We produce theta waves while daydreaming in class or during a meeting. Long distance runners are often in a theta state when they are "in the zone" or experiencing a "runner's high". Even driving on long stretches of highway can produce theta brain waves; this explains the experience of being unable to recall the last few kilometers you have passed while driving.

**Delta waves** (1-3 Hz) occur during sleep and dreaming.

While under hypnosis, the brain fluctuates between the alpha and theta states. So, in these states, the brain feels relaxed but is still consciously alert when it needs to be. Therefore, most of the general population has experienced being in a hypnotic state at some time or another. Unfortunately, because modern life is very stress inducing, many people spend a lot of time in a Beta state (which increases the stress response) and they have a hard time producing their own alpha and theta states.

During a clinical session, you are guided into an alpha or theta state through hypnosis to increase your ability to relax and influence your own subconscious mind to make positive changes. Furthermore, you will eventually learn

how to self-hypnotize and control your own beta, alpha and theta states - thus improving your overall health.

**What conditions can hypnosis help with?**

Dr. Ling is currently offering the use of hypnosis as a treatment option for:

- Weight Loss
- Stress Management
- Anxiety
- Fears and Phobias
- Quitting Smoking
- A More Natural and Comfortable Childbirth

Hypnosis sessions are 45 to 60 minutes long and may be scheduled on a weekly to monthly basis depending on your main concerns. The Pacific Wellness Institute currently offers packages for multiple sessions. If you are new to hypnosis and interested in how it can help you, please make an appointment by contacting the clinic at (416) 929-6958.

**Evon Ling, ND, CH** is a licensed naturopathic doctor and Certified Hypnotherapist at The Pacific Wellness Institute. Please contact The Pacific Wellness Institute at 416-929-6958 for an appointment.



*Holiday Gift Certificates*

*As the calendar year winds down, we often find ourselves caught up in the hustle and bustle of the fast approaching holiday season. We can all relate to the chaos of shopping, and commuting around the city at this busy time of year. Why not save yourself the time and stress of holiday shopping by giving Pacific Wellness Gift Certificates to your loved ones this Christmas! Certificates are available in any denomination for registered massage therapy, shiatsu, and reflexology. Give the gift of relaxation! Ask the receptionist for details.*

**Dr. Tanaka Gave Presentations in Hungary and China**

Dr. Tanaka made two overseas trips during the last two months and presented his research papers at international conferences.

From October 10th to 12th, 2008, Dr. Tanaka was in Budapest, Hungary for the ICMART XIII World Congress 2008: Medical Acupuncture – Science and Techniques Bridge between East-West. During the conference, he presented his research entitled, “Potentiating the Autonomic Effects of Acupuncture by Proactive Use of Respiration” in front of an audience manly consisting of Western Physicians (MDs) who practice acupuncture.

From November 7th to 9th, 2008, he was in Beijing, China attending the World Health Organization (WHO) Congress on Traditional Medicine. He presented a paper entitled, “Enhancement of Acupuncture Effects with Auditory Assisted Slow Breathing”. The following week, he visited the Shanghai University of Traditional Chinese Medicine, along with the Internal Medicine departments at three different university affiliated hospitals in Shanghai.

Dr. Tanaka is pleased with the outcomes of his presentations in both Hungary and China. His lectures were well received on both occasions and attracted curious discussion from the intrigued audience during and after his speeches.

# Seasonal Recipe

## Hearty Quinoa Salad

Meera Dossa, ND



Quinoa (pronounced keen-wah), an ancient grain discovered by the Incas, is only recently gaining the notoriety that it so well deserves! Also coined the “nutritional powerhouse” by many, this grain has shot to fame, garnering attention for its myriad of health enhancing properties.

Quinoa is considered a complete protein as it is a source of all of the essential amino acids, making it a great addition to any vegan diet. In addition to its amino acid profile, quinoa is also a source of magnesium, manganese, iron, copper and phosphorus. And best of all, quinoa, unlike other popular grains, is gluten free! This makes it an ideal substitution or addition to the diets of those suffering from digestive ailments such as IBD (Inflammatory Bowel Disease), Celiac Disease, or general gluten intolerance. With such an attractive nutritional profile, quinoa is sure to be a fabulous addition to any meal!

### Ingredients:

- 1 cup quinoa
- 2 cups water
- ½ tsp sea salt
- ½ cup chopped cilantro
- ½ cup cooked green lentils
- ¼ cup finely chopped broccoli
- 2 sprigs fresh green onion
- 2- 4 tablespoons olive oil
- 1 shredded carrot
- juice of 1 fresh lemon

### Directions for Quinoa:

Rinse the quinoa under cold water in a fine mesh strainer for 3 minutes.

- In a pot, heat the water and quinoa until boiling.
- Let quinoa boil for 3-5 minutes, then reduce the heat and let the quinoa simmer until the water has been absorbed and the quinoa has a fluffy appearance. This should take approximately 15 minutes.

### Directions for Salad:

- In a separate bowl, mix green lentils, broccoli, and carrot together.
- Stir these ingredients along with the sea salt into the cooked quinoa.
- Drizzle the olive oil and lemon juice over the salad, stirring to make sure it is evenly distributed.
- Stir in some of the cilantro and serve garnished with the remaining cilantro.
- Can be served as a warm or cold salad. For an added kick, drizzle with fresh tahini!