



News and Views

Spring Newsletter

Armstrong Clinic for Naturopathic Medicine

Healthy Headlines

- Join the Armstrong Clinic Sauna Club— details inside!
- Detox Programs available
- IV treatment—more information to help you make informed health choices for you and your family
- Lab testing—why mainstream labs are not enough

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Infrared Sauna now available

The Armstrong Clinic Naturopathic Doctors are pleased to announce the addition of an infrared Sauna to our list of services offered at the clinic. Dr. Heidi Armstrong has been researching the evolution of sauna technology for three years and has (finally) decided upon the best infrared emission system. Using the most up-to-date infrared panels for even heat distribution, the sauna is large enough for two people to enjoy a relaxing sauna treatment as part of their health maintenance plan. The sauna is constructed of poplar

wood, which is the most hypoallergenic, and offers the best surface for hygienic cleaning as well. Dr. Sean Armstrong has spent many hours planning and constructing the actual sauna, which you will find in our clinic with access to a shower to rinse off afterwards.

Join the Sauna Club and bring a buddy! The Sauna Club allows you to have a reserved access to the sauna. By reserving your one-hour time with Kelly our office manager, you are ensuring that a regular schedule of sauna detoxifi-

cation is a part of your lifestyle. As the sauna holds two people, we encourage you to bring a friend at no extra charge.

Sauna Club Details

Please first book with Kelly for a short 15 minute visit for the sauna screening examination.

For the price of \$200 you may pre-book 12 one-hour sessions.

Individual sessions are one hour in duration and cost \$20.

Detoxification Programs

Spring is the perfect time of year to do a detoxification program. This is a program aimed at increasing your elimination of any toxins that may have been built up in our bodies over the years (or months since the last detoxification program was completed). Regular detoxification is usually done for varying lengths of time, between 2 and 4 times per year.

The Registered Naturopathic Doctors at The Armstrong Clinic are accepting detoxification program clients. They will tailor a detoxification program for you whether you have never done one before or if you are interested in a different style of detoxification. We offer programs ranging from colon cleanses to whole body treatment.

The benefits of a detoxification program when completed are varied and depend on the individual. Also, as one repeat detoxification programs twice or more each year, the body becomes more efficient at eliminating toxins with each program. It is important to seek the advice of a Registered Naturopathic Doctor if you are doing a detox program for the first time.

*Health is in
our nature*

How Infrared Saunas Work

An infrared sauna uses emissions of light in the infrared wavelength to create a heat source that goes beyond the surface of the skin to the lymphatic tissue and organs beneath. The effect is to warm the body's core temperature level to create a sweating response. Sweating is our body's natural response to external and internal heat. For example, a hot humid day is an external source of heat, while prolonged aerobic exercise or a

fever is an internal heat source generated by the muscles of the body itself. More information about healthy fevers is available from the winter newsletter.

As you sit in the sauna, the infrared wavelengths emitted meet the skin surface and heat up the skin and underlying tissues to a depth of 3.5-4 inches. This creates an increase in lymphatic drainage via sweating, as the lymphatic system is most often

located underneath the skin's surface.

As you begin to sweat, the lymphatic system eliminates any toxins via the skin pores, greatly enhancing the circulation of lymphatic fluid and furthering the toxin elimination. It is important to sweat in this type of sauna in order to facilitate toxin elimination via the skin.

Using Infrared Sauna with Detoxification Programs

Infrared Sauna Health Benefits:

Remove Toxins Removes heavy metal toxins that accumulate in the body.

Improve Cardiovascular Function Regular use of a sauna may be as effective, as a means of cardiovascular conditioning as regular exercise.

Reduce Pain Effective for arthritis, back pain, muscle spasm, headache, injuries and many other pains.

Reduce Stress Excellent for increasing blood circulation to your muscles leaving you feeling more relaxed.

Heal/Prevent Injuries Great for warming up before stretching or starting any vigorous activity to help prevent injuries. Helps improve the healing of sprains, strains, arthritis, muscle spasm and pain.

Increase Flexibility Research indicates that stretching after a 40-minute sauna session should produce a 1-2% permanent increase in your flexibility, and one 20-minute sauna a temporary increase of up to 10%.

Decrease Blood Pressure

A group of hypertensive patients was studied using infrared saunas, resulting in a decrease of blood pressure, cardiac ejection resistance, and total peripheral resistance and an increase of heart rates, stroke volumes, cardiac outputs and ejection fractions in every subject.

Improve your Skin Excellent for increasing blood circulation to the skin, which is essential for beautiful, youthful, glowing skin!

Burn Calories Saunas burn as many calories in just one 30 minute session as swimming, rowing or running!

Functions of The Liver—Why Detoxification is a Good Idea

The liver is responsible for:

- filtering, detoxifying, nourishing, replenishing, and storing blood.
- producing bile to carry away harmful poisons and wastes for GI elimination.
- Controls cholesterol production and levels in the cardiovascular and GI systems.

Reasons for detoxifying your liver

The reasons why people decide to cleanse their systems are numerous, but the potential benefits include helping prevent disease, especially after prolonged chemical/drug or hormone exposure; improving symptoms of low energy, pain (joint, headache or others), anxiety, irritability, heartburn or other digestive issues; and easing some autoimmune diseases, such as arthritis, fibromyalgia and chronic fatigue syndrome.

Lab Testing—Why Blood Results May Not Tell All

Do you get regular lab testing with your MD? Not everyone does for various reasons. For example, not everyone has an MD, or appointments are hard to get with their MD.

The Armstrong Clinic provides lab testing for routine yearly physical examinations including clotting time, cholesterol, PAP cytology, thyroid and hormone panel testing, etc. These labs are the same labs your MD would order to screen for early disease onset. However, the Armstrong Clinic also offers other screening tests such as salivary tests for thyroid, hormonal and adrenal function. There are tests to determine IgG and IgE food allergies, environmental aller-

gies, and additive allergies. Of course, treatment for any condition that arises from an abnormal blood or salivary result can also be amended with the guidance of the Registered Naturopathic Doctors.

There are many types of testing methods, and not all are considered equal in their diagnostic value. Let's consider the female hormone panel of a menopausal woman as an example. If the hormone values found in blood were compared with the hormone values found in saliva, there is a huge difference in the levels of hormones found. This is because the hormones are not active all the time and remain bound when in the blood circulation. In the blood circulating

around the body, the hormone does not actually have any effect on the target tissue. It is only when the hormone becomes unbound and enters the saliva that the hormone level reflects tissue delivery of the hormone. To summarize, blood measures hormones that might eventually get to the target tissue, whereas saliva measures hormone that has made it to the target tissue. Some other favorable points for salivary testing are:

- 1 Saliva is painless to test and easy to do at home.
- 2 Saliva can test some hormones not found in blood such as Estriol.

More information about our lab testing services is available from the ND's or the website www.armstrongclinic.com

Intravenous Therapy

Intravenous (IV) therapy is not for everyone as it involves high dose injectable vitamins directly into the circulation. It offers great benefits for many conditions including chronic and acute viral illnesses such as Mononucleosis, Diarrhea, Herpes Simplex 1 and the common cold.

The training required for a Registered Naturopathic Doctor to be licensed to perform this service is rigorous and requires yearly continuing education. Training occurs after one is licensed to practice Naturopathic Medicine in Ontario. Continuing education involves conferences and seminars worldwide.

As IV therapy is used in conventional medicine as well, it is important to distinguish IV therapy in Naturopathic Medicine. A registered Naturopathic Doctor uses IV therapy to create high concentrations of therapeutic solutions that are drawn into the tissues and cells for therapeutic purposes.

Because Intravenous levels can reach much higher concentrations when injected compared to oral absorption rates, what could have taken months of oral supplementation for the therapeutic result is often shortened to a few weeks.

Other conditions IV therapy is utilized are: Cancer, Multiple Sclerosis, in preparation for surgery, chronic pain, Diabetes, Hypertension, Irritable Bowel Syndrome, Chronic Fatigue and Fibromyalgia.

Is it safe?

Injectable vitamins, minerals, botanicals, homeopathics are all in a liquid format and are prepared by a compounding pharmacist under sterile conditions. They are shipped to our office in sterile containers and are administered in standardized doses using sterile technique by the Registered ND.

Environmental notes—Can you Reduce your Impact?

Take on the challenge to reduce your environmental 'footprint' on the earth by creating a list of 10 things you can do in your lifestyle.

Suggestions to help you get started:

1. Choose organic lawn treatment instead of pesticides and fertilizers. It may take a year

for that green grass to really show up on your lawn, but it will now be a healthy lawn that is balanced in nutrients and nitrogen and will be better resilient to pests and weeds.

2. Choose to walk on your lunch break for a minimum of 15 minutes. This will help you lose weight, improve your heart function, and reduce stress and

its effects on the body.

3. Try a vegetarian recipe each week and increase towards having 3 or more vegetarian meals per week. Reducing meat consumption helps maintain your health over the long term by reducing your risk of cancer and heart disease.



About Us...

Armstrong Clinic for Naturopathic Medicine

Health is in Our Nature

Dr. Heidi Kussmann-Armstrong has been practicing for 5 years and Dr. Sean Armstrong has been practicing for 3 years. Both are Registered Naturopathic Doctors, have successful practises in general family medicine, and have helped many people achieve their health goals.

Your extended health insurance benefits most often covers your visit fees with a Registered Naturopathic Doctor. For example, we are covered by Blue Cross, Green Shield, London Life, Great West Life, and many other insurance providers.

How are Naturopathic Doctors trained?

Training encompasses a minimum of 4 years of pre-medical university education, followed by a four-year full-time program at an accredited college of naturopathic medicine. The education includes training in basic medical sciences, naturopathic therapeutics, and 1500 hours of supervised clinical experience. Obtaining licensure requires successful completion of provincial and North American board exams.

If you would like to know more about the profession, please have a look around the following websites: www.CAND.ca, www.CCNM.edu, www.OAND.ca



Do you have any suggestions?

Please feel free to let us know how we may improve upon anything that has caught your attention. We are always striving to improve upon our programs and level of care offered at each of our clinic locations and appreciate the thoughtful feedback you may have for us.

Please send your comments to:
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Clinic Locations:

55 Kent St South, Simcoe,
62 Bidwell St.. Tillsonburg
15 Grand River St. North, Paris

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Upcoming Events and Seminars

Saturday April 28th 2007

Breast Thermography Clinic Painless breast health examination using non-invasive infrared heat seeking technology.

Cost: \$250

Time: 10am-5pm

Register: 519.426.4275

April 28th—May 5th 2007

Naturopathic Medicine Week

Stop into the clinic for a free tour and complimentary blood pressure check anytime during our regular office hours.

Thursday May 10, 2007

Naturopathic Medicine and Multiple Sclerosis.

Cost: Free

Time: 10am-12noon

Location: Woodingford Lodge, Tillsonburg

Register: 519.688.3613