



THE  
NEIGHBOURHOOD  
CLINIC



NEWS

## PAIN FREE LIVING

## Relaxation = Flat Belly?

Just when you thought you were doing everything right – eating a healthful diet, running, doing crunches – scientists have found another lifestyle change to help you in your battle of the bulge: Stress reduction.

Researchers measured the waists of 59 women and then subjected them to a series of stressful tests – from difficult puzzles to public speaking. Throughout the testing, researchers monitored the women's levels of cortisol, a stress hormone. Result: The women who produced the most cortisol also had bigger bellies.

Though the researchers don't know exactly why stress contributes to abdominal fat, one thing is clear: Fitness is one of the best ways to reduce stress.

Research shows that fit people have lower overall levels of cortisol and generally feel less stressed out, says Mark A.W. Andrews, Ph.D., a runner and physiology professor at Lake Erie College of Osteopathic Medicine in Pennsylvania.



Another stress-busting tactic: meditation. Once a day – and especially when you feel frenzied – sit quietly, breathe deeply, and concentrate on the sound your breath makes as you draw it in through your nose and deep into your belly. Do this for five minutes.

## TIPS

### Foods to boost Immunity:

Foods with high levels of vitamin C, beta carotene, zinc, and folates are essential for increasing your white blood cell count and boosting immunity.

1. Garlic
2. Mushrooms
3. Oysters
4. Carrots
5. Spinach
6. Oranges
7. Yogurt

## Dietary Fibre and Longer Lives

Dietary fibre has been linked to a reduced risk of heart disease, diabetes, and digestive problems, so it is not surprising that a long-term Dutch study has found that people who eat a lot of fibre tend to live longer.

For every additional 10 grams of daily fibre (the amount in about  $\frac{3}{4}$  cup of beans or two cups of vegetables), researchers found a 9% reduction in overall mortality rates and a 17% drop in coronary death rates, regardless of factors such as body weight and fat intake.



## Reasons to Drink Water

**W**ater is fundamental to our health. It revives, rejuvenates and regulates our body systems and is responsible for maintaining a healthy body and a lively mind.

Try not to rely on caffeinated or carbonated beverages to feel hydrated; they are effectively tricking your body into feeling it has an adequate fluid intake.

1. Promotes weight loss and curbs appetite
2. Maintains clear and supple skin
3. Flushes impurities from systems
4. Improves muscle tone
5. Aids in resistance to stress and fatigue
6. Dehydration can lead to fat deposits
7. Prevents water retention



## It's Fall – Avoid the Flu



**T**he combination of the increased activity and the cooler weather makes it prime time for cold and flu viruses.

**Frequent hand-washing** is the best way to avoid transmission of these bugs, but there are other things you can do minimize your risk of getting sick.

**Good nutrition is essential.** Your immune system relies on an adequate intake of vitamins and minerals to

fight germs, and is suppressed by sugar, alcohol and caffeine; a plant-based diet full of fruits, vegetables, good fats and lean protein supplies your body with everything it needs.

**Staying hydrated** provides the immune cells with transportation so they can provide surveillance within your body – so be sure to drink plenty of fluids.

**Get enough sleep.** Your body recovers and regenerates while you dream, so going to bed early and getting sufficient rest is vital.

**Gentle exercise** and intentional stress-management allow your hormones to aid the immune system.

**Naturopathic medicine** can also promote wellness through the use of herbs, nutrients, and other therapies individualized to your unique needs. Come and visit us to build your defences for a healthy and happy season!

## THANK YOU

to all  
who  
voted us

**Best Massage  
in Town!**



## BRAIN FOOD

**A high protein breakfast  
contributes measurably  
to learning**

Children who started the day with high-protein foods gained 7 months in reading achievement in a four month period.

Children who had mainly sugary foods for breakfast gained only 5.25 months in reading achievement in the same period of time.

*Congratulations to  
Lise and her family.  
It has expanded to  
include Allison, a  
very healthy girl who  
punctually arrived on  
her due date.  
Lise will return  
to the clinic in  
December 2009.*

THE NEIGHBOURHOOD CLINIC

674 Mount Pleasant Road

Toronto, Ontario, M4S 2N2

T: (416) 483-2273

F: (416) 489-6998

www.theneighbourhoodclinic.com

