



# BE WELL NATURALLY

## Newsletter

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### Did you Know.....

- > The World Health Organization has recommended the integration of Naturopathic medicine into the conventional health care systems since 1983.
- > Graduates of Naturopathic medical schools receive more hours of study in basic and clinical sciences than graduates of Yale or Stanford medical schools
- > Although it is not currently covered by OHIP, most extended health insurance plans provide coverage for Naturopathic Medicine.

## Detoxification: Spring Cleaning for the Body

In a healthy environment you would not need to detoxify. However, with the world's heavy use of pesticides, heavy metals, hormones, pharmaceuticals, and other pollution, we are all carrying some degree of a toxic load within our body. Fortunately nature has provided us with a system to deal with toxicity. This system is the detoxification process and includes your gastrointestinal system, your liver and your skin.

These organ systems are constantly working to process and eliminate toxins safely from the body. But when the toxic load is too much for the body to handle, excess toxins can accumulate in our organs, fat tissue, nerves, and can interfere with the normal function of our bodies. This can lead to symptoms like skin rashes, weight gain, hormonal imbalances, neurological problems and others.

Detoxifying helps your body to process these toxins efficiently and get rid of the accumulated toxic load in a safe way. Most people also notice an increase in energy, vitality and well-being.

### **Liver Detox — Phase I & II**

The most important organ of detoxification is the liver. Virtually everything that enters the body passes through the liver and is metabolized by it in 2 phases.

Phase I consists of chemicals being processed in a way that makes them highly reactive to cells and DNA. This is normally not a problem because the body is able to neutralize the reactive chemicals with molecules called anti-oxidants to prevent cell and DNA damage.

In phase II, these reactive chemicals are further processed so that they can be excreted safely from the body

in either the urine or stool.

Phase I requires many vitamins (particularly B Vitamins) and minerals in order to proceed normally. Phase II also requires many nutrients (particularly protein) in order to make the toxin safe for removal. This is one of the many reasons why it is so important to eat a healthy diet with adequate high quality protein as well as fruits and vegetables to provide your body with the right amounts of anti-oxidants, vitamins, minerals and protein.

### **Making it work for you**

One problem with detoxification is that phase I normally works faster than phase II. Therefore phase II is what we call the rate-limiting step. If phase I is producing these modified and highly reactive molecules faster than phase II can safely deal with them,

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## Naturopathic Medicine Week 2009: May 2-10

Are you interested in improving your overall health and wellbeing? Are you interested in finding out more about what Naturopathic Medicine is and what it can do for you?

During the week of **May 2-10th, 2009**, Naturopathic doctors (NDs) are hanging up their lab coats for a day or two to teach patients and members of the community about health promotion and disease prevention. NDs across Canada will be conducting free seminars in local book stores, community rooms, and in their own clinics.

**Where?**  
Chapters Book Store  
 1783 Stone Church Rd E  
 Stoney Creek, ON

### **When?**

Monday May 4, 7-9 pm  
**A Proactive Approach to Preventing Breast Cancer**  
 with Karen Simatovic, ND

### **When?**

Thursday May 7, 7-9 pm  
**The Naturopathic approach to Perimenopause**  
 with Michael Frosina, ND

Saturday May 9, 1-3 pm  
**Natural Solutions to Stress**  
 with Michael Frosina, ND and Karen Simatovic, ND



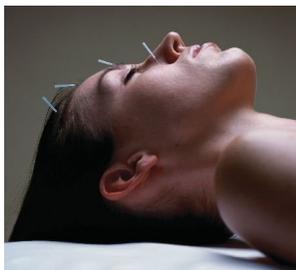
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## Looking Younger with Acupuncture

Facial Rejuvenation Acupuncture is a painless, non-surgical method of reducing the signs of aging. Though it can sometimes be referred to as an Acupuncture Facelift, it is more than a cosmetic procedure. It is a rejuvenation and revitalization process designed to help the whole body look and feel younger.



Facial Rejuvenation Acupuncture treatment is based on the principles of Chinese Medicine and involves the insertion of hair-thin needles into particular areas of the face, and body along channels or meridians of energy called Qi (pronounced chee).

Specific points are chosen to

manipulate the movement of energy in the body according to the individual's needs. Practitioners of Facial Rejuvenation Acupuncture know how to specifically effect the face while simultaneously treating the underlying factors that contribute to the aging process

Facial Rejuvenation Acupuncture may erase as many as five to fifteen years from the face, with results apparent after just a few treatments. Fine lines may be entirely eliminated and deeper wrinkles diminished. Bags under the eyes can be reduced, jowls firmed, puffiness eliminated, and droopy eyelids lifted. Other likely results include: moisturizing of the skin with increased local circulation of blood and lymph to the face, increased collagen production, and muscle tone, tightening of the pores, brightening of the eyes, and improving of hormonal balance to help acne.

While not a replacement for

surgery, Acupuncture Facial Rejuvenation is an excellent alternative. Acupuncture cannot reshape one's nose or chin, but it is a more subtle rejuvenation that takes years off one's face safely and naturally while improving overall health. It is far less costly than cosmetic surgery and is safe and virtually painless. Unlike surgery, which may have an extended recovery period with swelling and discoloration, there is no trauma from Facial Rejuvenation Acupuncture.

Generally, a course of treatment consists of 11 treatments with effects becoming most noticeable and lasting on or about the seventh session. However, each person responds differently, depending on his or her condition and lifestyle prior to and during treatment.

For more information or to make an appointment, contact our Stoney Creek office at (905) 662-5604.

Michael Frosina, ND

## Detox (cont'd)

then there is a potential problem; more reactive molecules sitting around that are able to do damage to cells and DNA.

A prescribed detox program will focus on decreasing the body's overall toxic load, supporting phase II detoxification so that it is working fast enough to meet the demands from phase I and ensuring regular and efficient elimination of urine and stool so that your body does not reabsorb the processed waste products.

Caution: A 'detox' is not recommended for pregnant or nursing women, or young children. Seniors, individuals with an inflammatory bowel condition, bowel obstruction, diabetes, heart disease or cancer should consult with a naturopathic doctor or other qualified health practitioner before attempting any detox program.

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## Dieting + Calcium Deficiency = Failure

Calcium and Vitamin D in addition to a low calorie diet may play a key role in a successful weight loss program.

A recent study published in the British Journal of Nutrition compared the effect of a low calorie diet combined with either a daily calcium + vitamin D supplement or a placebo. At the end of 15 weeks, researchers found that in women with low calcium intake, the addition of a daily calcium and vitamin D supplement led to greater weight loss.

The researchers believe that the increased weight loss of the supplement group can be explained by something called Calcium-Specific Appetite Control.

Basically this means that in a person with low calcium intake, the brain releases a signal telling the body "I need calcium", which then triggers hunger so that they will seek out calcium-containing foods.

While this evolutionary cue may have worked well for our hunter-gatherer ancestors, modern dieters most often satisfy these cravings by snacking on foods that are high in fat and calories, but low in nutrients. Not only does this approach make weight loss more difficult, but it does little to satisfy the body's initial trigger. For a more successful weight loss diet, the researchers recommend a supplement providing adequate calcium intake for

those who are deficient.

A more holistic approach would be to ensure adequate intake of all nutrients, including calcium, by consuming a diet that is rich in a wide variety of nutrient dense foods such as fruits, vegetables and whole grains. Choosing healthy, nutritious snacks between meals is important to help reduce cravings as well. Food sources of calcium include milk and other dairy products, vegetables such as broccoli, kale and bok choy, or beans and tofu. Smart and simple dietary choices will help you Be Well Naturally, leading to healthier weight loss and a healthier you.

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### We're on the web!

[StoneyCreekNaturopath.com](http://StoneyCreekNaturopath.com)

### Contact us!

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### In The Next Issue:

What's all the fuss about Probiotics?