



**Did you know that
we offer acupuncture?**

As part of your naturopathic medical care, Dr. Guthrie can give acupuncture treatments to promote health and well-being.

✓ Remember that naturopathic medicine, including acupuncture, is often covered by your extended health benefits insurance plan.

How Healthy is your Sunscreen?

The Environmental Working Group's Sunscreen Guide (<http://www.ewg.org/2010sunscreen/>) tells you which sunscreen brands are best, and which ones you should avoid.

CAUTION: Many of the most common sunscreens on the market have received a very low rating! The reason? A surge in exaggerated SPF claims above 50 and new disclosures about potentially hazardous ingredients.

The best sunscreen is a hat and a shirt. No chemicals to absorb through the skin, no questions about whether they work. But when you can't get away from exposing your skin to the sun, use a top-rated sunscreen to provide broad-spectrum (UVA and UVB-sunburn) protection with fewer hazardous chemicals that penetrate the skin. All top-rated products contain either zinc or titanium minerals to help cut UVA exposures for sunscreen users. Protect your skin in a healthy way!

Local Organic Veggies

It's not too late to join our Park Road Organic Harvest Program! This Community Supported Agriculture (CSA) Program is a mutually beneficial partnership in which we receive fresh, local, organically grown produce weekly, while supporting local farmers and sustainable growing practices. The Cutting Veg Organic Farm grows and sources local, organic produce, and community members will come to our clinic on Wednesday afternoons, from June to October, to pick up their weekly share.

→ For more information, please see: <http://www.thecuttingveg.com/organic-produce/community-supported-agriculture.html> contact our organic farmer himself, Daniel Hoffmann, at daniel@thecuttingveg.com, or 647-388-7444.



Acupuncture



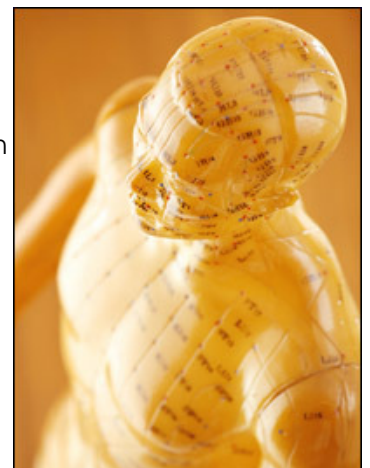
Naturopathic medicine incorporates Traditional Chinese Medicine, which has been used successfully for 3,500 years to diagnose, treat and prevent illness. According to Traditional Chinese Medicine, the normal functioning of the body depends on a balance of yin and yang energy.

The flow of the body's energy takes place along lines on the body called meridians. There are over a thousand acupuncture points along these meridians. Stimulation of these points by acupuncture needles can correct the imbalance of energy, releasing blockages of energy and enhancing the body's natural capacity to heal.

How Does Acupuncture Work?

As an analogy, think of Toronto traffic. When an accident occurs, cars are backed up and traffic flow ceases ahead of the blockage. Since people try to find other routes to travel on, the traffic on other roads also becomes heavy and traffic flow can slow on these roads as well. When the police arrive, they're able to clear the accident and finally restore proper traffic flow through the city.

Consider that the roads are like the energy channels in our bodies and the cars move along the roads just as Qi (the energy in our bodies) moves along meridians. Blockages on one meridian in turn affect the energy flow in other meridians, just as a traffic jam affects many roads. Acupuncture works like the police who clear the road blockage and restore proper energy flow. Once the proper flow of energy is restored, the body's healing response can eliminate most symptoms and in time, with appropriate lifestyle habits, overcome illness. As part of a healthy lifestyle including proper diet, sleep and exercise, acupuncture can be used as a tune-up just as we maintain our cars with tune-ups and oil changes.





Modern Medical View of Acupuncture

Conventional Western medicine is becoming increasingly accepting of acupuncture treatment. From a modern medical perspective, there is evidence that acupuncture points are strategic conductors of electromagnetic signals. Stimulating points along these meridians enables electromagnetic signals to trigger the release of endorphins.



Research has also found that several types of opioids (our own natural pain killers) are released into the central nervous system during acupuncture treatment. In addition, acupuncture can alter brain chemistry by changing the release of neurotransmitters and neurohormones, thereby positively affecting parts of the central nervous system which regulate blood flow, blood pressure, and body temperature.

What is Acupuncture Used for?

Acupuncture can be used to treat many health conditions. The following are some of the most common health conditions successfully treated by acupuncture:

- headaches
- PMS
- menstrual cramps
- problems with digestion
- infertility
- pregnancy concerns
- post-partum depression
- pain relief
- addiction (smoking, eating, drugs, alcohol)
- arthritis
- fibromyalgia
- carpal tunnel syndrome
- sports injuries
- stroke rehabilitation



How Can Acupuncture Help Me?

1. Relieve anxiety and nervous tension
2. Aid proper digestion
3. Support the immune system
4. Improve concentration and other mental functions
5. Eliminate or reduce pain
6. Decrease the craving for addictive substances
7. Release emotional blocks and improve emotional stability

What Does Acupuncture Feel Like?

Acupuncture treatment involves the insertion of hair-fine, sterile, single-use, disposable needles into specific points. Often patients don't feel anything upon insertion of the needles, or sometimes it can feel like a quick pinching sensation. As the needle accesses the underlying Qi (energy) in the meridian, you may feel a warmth, cooling, dull ache, or a sense of pressure. The treatment may last from ten to forty minutes, depending on your health concerns. At our clinic, Dr. Guthrie uses mind-body therapies during your acupuncture treatment to aid relaxation. After an acupuncture treatment, most people feel calm and relaxed, while others feel energized.

Treatment Plans

Typically, patients receive treatment once a week for at least 6-8 weeks, after which they are reassessed, and prescribed a treatment plan that will help maintain their progress and support ongoing health.

More on Local Organic Veggies...

I encourage you to consider becoming a part of our Organic Harvest program. I myself have been a member of a CSA for a number of years and find it a convenient and economical way to ensure my fridge is always stocked full of healthy organic veggies!

For example, the produce available this week: Snap Peas, Salad Mix, Green Onions, Green Garlic, Turnips, Spinach, Bok Choy, Kale, Asparagus, Apples, Potatoes, and assorted herbs.

Introducing our Donation Partner:

We have chosen to donate our extra veggies to the [Community Environmental Alliance](#). CEA will be running a kitchen learning circle, in which folks-in-need will be able to cook the produce we provide, learning cooking skills, and then eat the meal. We feel very good about this partnership, and confident it'll be a major success. Thank you for helping to support people-in-need in our community, through your participation in Park Road Organic Harvest.