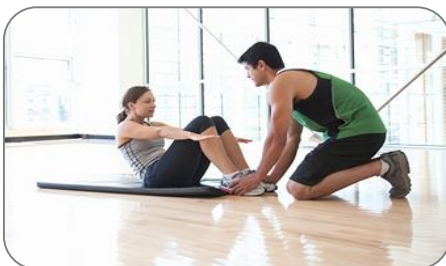


Back to the fitness

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Introducing Naturopathic



Naturopathic Medicine was first practiced in the early 1900's and began with the philosophy that most disease could be treated and prevented through diet and the use of natural substances.

In recent years, patients are seeing the limitations of modern medicine and looking for alternatives to the side effects of their current medications. Modern Naturopaths have training both in mainstream medicine, with a full year of Pharmacology, and extensive training in nutrition and herbal medicine. As a Naturopath, we utilize all tools available to us including pharmaceuticals when needed, herbal medicine, nutrient therapy utilizing supplements, nutrition, and other types of therapy to treat conditions and help patients optimize their health.

Many of us specialize in specific conditions such as women's health, heart disease, allergies/food sensitivities, asthma, immune disorders, digestive disorders, chronic pain, and even acute conditions such as bronchitis, influenza, or sinus infections. We are ideally placed to work with other doctors and therapists to make sure the patient is getting the appropriate treatment when it is needed and support the patient throughout the healing process.

We truly are the new version of the "family doctor" who knows their patient's, spends time to actually listen to and address their concerns, and makes sure the patient is as much of the healing process as can be. We truly offer comprehensive healthcare with a natural flair.

Dr. Erik W Gilbertson, DC, ND

Naturopathic Medicine & Chiropractic / www.pugetsoundnaturopathic.com

Stress and back pain



Stress is a part of life, but so is back pain. Stress is one of the most common causes of back pain. Our body undergoes physiological changes in response to stress that leads to musculoskeletal injuries.

Our body reacts to stressful situations by instinctively activating a primitive survival response, the fight or flight. Unfortunately, the brain cannot distinguish between the type and degree of stress so the body always responds in the same way. Your brain releases hormones that allow for short rapid breathing, sweating, increased heart rate, muscle tension, tightness or stiffness in joints, etc., in preparation for survival. Whether you are chased by a bear, cut off in traffic, or had a bad day at work, the same response occurs. If that response is chronic, there will be negative impacts on your body.

Under stress, your body will protect you by making your muscles tight and joints stiff. It is a reaction similar to someone walking on ice or riding a roller coaster. Can you imagine what will happen if you were constantly walking on ice or riding a roller coaster? Eventually, our muscles will strain, ligaments will sprain and tendons will inflame (the spine can also misalign too). Consequently, pain and weakness is the result.

Controlling and reducing stress is necessary and can make all the difference. There are three types of stress you should work on:

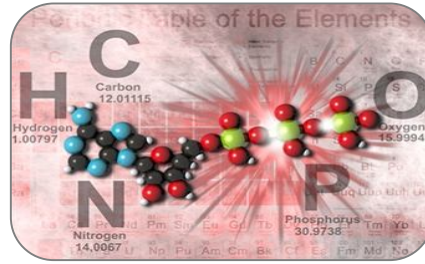
1. Physical stress: Lack of sleep, not enough exercise and poor ergonomics
2. Mental stress: How you deal with life (do you make time for yourself, are you able to relax)
3. Chemical stress: Do you eat healthy, eat enough, eat three meals a day (Poor nutrition will stress your body chemistry)

Like life, don't try to do everything at once. Making improvements to alleviate stress will reduce incidence of back pain, but more importantly, it will make you healthier.

Dr. Kevin Shimizu, DC



Metabolism and Bone Strength



In this issue, I would like to talk a little bit about the two biggest reasons why you should get regular exercise.

Reason 1- Metabolism: I am sure you have come across the term metabolism before somewhere. Metabolism is basically a set of chemical reactions that occur in the body to keep you going every day. It is said that the rate at which these chemical reactions occur determines how quickly we gain or lose weight. This rate usually differs from one individual to another and decreases with age. The good news is that you can slow down this decrease through exercise as the more muscle you gain, the higher the metabolic rate becomes. Remember that even if you are not exercising, you are constantly burning calories. The rate at which you burn calories while you carry out basic functions is called the basal metabolic rate. This rate accounts for about 60-75% of the calories you burn on a daily basis. Aside from this basal metabolic rate, physical activity accounts for a significant portion of the calories you burn. Hence, as you can see here, the short term benefits of exercise is that you burn calories on a daily basis, and the long term benefit is with the muscles you gain through exercise, you are maintaining or increasing your basal metabolic rate.

Reason 2- Bone Density: Bone density is another term you may have come across. It is pretty much a measure of how strong your bone is. Although the rate varies greatly from individual to individual, and between sexes, there is no doubt that our bone density decreases as we age. This is because bones are constantly being remodeled in our bodies, with old bones being replaced by new ones. As we age, an imbalance appears in this process with the breaking down process taking the upper hand. This consequently leads to decreased bone density. A common term associated with this phenomenon is osteoporosis. This is when the density of the bone decreases past a certain level and one becomes prone to fractures. The good news is that weight bearing exercises can either help maintain the current bone density or even increase it to some extent. This is because the bone remodeling process reacts to physical stress, which results in the increase in the rate of bone deposition in that area.

Hence, as you can see, weight bearing exercises are crucial to your well being as it helps with your metabolism and bone density. For those that are not active already, this is certainly something you might want to consider. Remember to seek the help of an expert if you are brand new to exercise so that they can get you started on the right foot. *Good luck!*

References:

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Pumpkin Praline Tiramisu

by Irene Fong and The Test Kitchen / **Source:** Canadian Living Magazine: October 2012

Preparation time: **40 minutes** / Total time: **13 hours** / Portion size: **12**

This twist on an Italian classic combines lightly spiced layers of creamy mascarpone cheese and citrus-flavored ladyfinger cookies in an everyday baking dish. Top with praline dust just before serving so that it keeps its crunch.

Ingredients

1 cup (250 mL) granulated sugar / 4 strips citrus peel / 3 tbsp (45 mL) triple sec / 6 egg yolks / 1-1/2 cups (375 mL) mascarpone cheese, softened / 1/2 cup (125 mL) canned pumpkin purée / 1/4 tsp (1 mL) cinnamon / 1/4 tsp (1 mL) ground ginger / 1 pinch ground cloves / 1 pinch ground nutmeg / 1-1/2 cups (375 mL) whipping cream, (35%) / 36 ladyfinger cookies **Praline Dust:** 1/3 cup (75 mL) chopped pecans or blanched almonds, toasted / 1/3 cup (75 mL) granulated sugar



Preparation

In saucepan, combine 1/2 cup of the sugar with 1/2 cup water. Add peel and bring to boil over medium heat, stirring until sugar is dissolved; boil for 1 minute. Let stand for 1 hour. Stir in triple sec. Set aside. (*Make-ahead: Refrigerate in airtight container for up to 3 days.*) In large heatproof bowl, whisk egg yolks with remaining sugar. Place bowl over saucepan of simmering water; cook, whisking, until thickened, about 5 minutes. In large bowl, stir together mascarpone cheese, pumpkin purée, cinnamon, ginger, cloves and nutmeg; whisk in egg mixture. Whip cream; gently fold into pumpkin mixture. Quickly dip both sides of each ladyfinger in cooled triple sec mixture; arrange half in 13- x 9-inch (3 L) baking dish. Spread with half of the pumpkin mixture. Repeat layers once. Cover and refrigerate for 12 hours or for up to 24 hours.

Praline Dust:

Meanwhile, spread pecans on parchment paper-lined baking sheet. In heavy saucepan, stir sugar with 2 tbsp water over medium heat until dissolved, brushing down side of pan with pastry brush dipped in cold water. Bring to boil; boil vigorously, without stirring but brushing down side of pan, until dark amber, about 8 minutes. Pour over pecans, scraping pan with spatula; let cool until hardened, about 40 minutes. (*Make-ahead: Cover with plastic wrap; store in cool dry place for up to 24 hours.*) Break praline into chunks; pulse in food processor until in coarse crumbs. Sprinkle over tiramisu before serving.

Per Serving: about 434 cal, 8g pro, 28g total fat (15g sat. fat), 38g carb (1g dietary fibre, 30g sugar), 237 mg chol, 62 mg sodium, 90 mg potassium. % RDI: 10% calcium, 9% iron, 36% vit A, 14% folate.



Please welcome our new member – [Tomomi Watanabe, Shiatsu Therapist](#)

She was born in Japan and travelled extensively before choosing to make Vancouver her home. Tomomi graduated from the Canadian College of Shiatsu Therapy in 2007, and has since studied Tao Shiatsu in Kyoto, Montreal and Toronto. As a Tao Shiatsu Therapist, she is committed to her patients and her practice and continues her studies and offers treatments to an international clientele in Vancouver and Japan. Right now she is accepting new patient.