



# Dr. Cecilia Ho's Naturopathic Health Wisdom

## Naturopathic Health Wisdom

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### Spring is finally in the air!

Spring has finally arrived and many of us are thinking "THANK GOD!" but for others, as lovely as spring time may be, it also means...it's allergy season again.

Cough, sneeze, sniffle, wipe, moan, and scratch but I have got GOOD NEWS! Naturopathic Medicine can offer a solution!

An allergy is an exaggerated immune reaction to substances that are generally not harmful but perceived by the body as foreign. This is caused by an over-sensitive immune system which will release histamine to fight off the "allergen" which the body perceives as a foreign invader. The release of histamine then causes your body to respond with several allergic symptoms.



#### Inside this issue:

Convention medicine tends to focus their treatments on relieving the symptoms without tackling their underlying cause. Your medical doctor may have prescribed an anti-histamine medication (or even shots) to decrease the immune reaction. Although effective, anti-histamine medications certainly don't differ from other conventional drugs, in that they too can cause several side effects which can include: drowsiness, poor concentration, fatigue, blurred vision, mood changes, palpitations, chest tightness, tingling or weakness in the hands, dizziness, hallucinations, coughing, insomnia, etc. (and the list goes on).

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A Naturopathic approach aims to address the underlying cause and can even help prevent seasonal allergies.

Allergies often stems from immune dysregulation in the small and large intestines. Together, the gut and our airways comprise between 70 and 80 percent of our body's immune system and the majority of histamine is produced in our digestive tract. Thus, Naturopathic therapies for allergies begin by bolstering the health of the intestinal tract, identifying and removing food sensitivities that can trigger an overactive immune system, and re-regulating the body to be less reactive to improper stimuli.

Here are 3 simple steps you can follow for an allergy free season:

#### 1) Strengthen the immune system.

This can be done by eating the right foods and taking the right supplements.

As mentioned 70-80% of your immune system is found in your gut. Optimizing digestion and making sure nutrients can be properly absorbed is necessary to maintain a strong immune function. A diet high in fibre and fresh vegetables is recommended and individualized diet protocols are offered during treatment.

Certain foods are especially indicated to be beneficial in treating seasonal allergies because they provide essential nutrients that help strengthen the immune system and relieve inflammation.



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## Spring is finally here continued

Here are some examples:

Nutrient	Action	Food Sources
<b>Omega 3</b>	Reduces inflammation and inhibit histamine release	Fish, fish oils, flaxseeds, walnuts
<b>Vitamin C</b>	Important for regular function of the immune system. Natural anti-histamine	Lemon, broccoli, kiwi, strawberries
<b>Quercetin</b>	Reduces inflammation and is a natural anti-histamine	Citrus fruits, apples, onions, parsley, green tea, dark cherries and dark berries-such as blueberries, blackberries, and bilberries
<b>Probiotics</b>	Regulates inflammation and the immune system	Plain yogurt, kefir, fermented cabbage (sauerkraut), fermented soy (miso, tempeh)



Quercetin Smart berries such as blueberries, blackberries, and bilberries

### 2.) Ease the symptoms with a homeopathic remedy

Homeopathy works on the principle of “like cures like” - whereby, a substance that would cause symptoms in a healthy person is used to cure those same symptoms in an ill person.

Below are some commonly used homeopathic remedies used in treating seasonal allergies:

**Allium cepa:** Indications for this remedy include nasal inflammation, watery burning eyes and a clear nasal discharge that irritates the upper lip, along with harsh bouts of sneezing and an unpleasant tickling cough which can be also felt as an annoying tickle in the ears. The patient is usually thirsty, and feels worse indoors and in warm rooms, and is ameliorated in fresh open air.

**Natrum muriaticum:** Allergy attacks with sneezing, watery eyes, clear nasal discharge that resembles egg white, and a loss of taste and smell will suggest a need for this remedy.

**Sabadilla:** Hay fever with tremendous sneezing where constant long fits of sneezing is the main complaint. There can be itching and tingling in the nose with a thin irritating runny discharge, a feeling of a lump in the throat, and watery eyes can suggest a need for this remedy.

### 3.) Remove the causes and repair the gastrointestinal track.

Naturopathic Medicine aims to address the root cause of the disease. Allergies often stem from immune dysregulation in the small and large intestines. (As 70 and 80 percent of our body’s immune system lies within our digestive tract). Thus, Naturopathic therapies begin by bolstering the health of the intestinal tract, identifying and removing food sensitivities that can trigger an overactive immune system, and re-regulating the body to be less reactive to improper stimuli.

Also speak to your naturopathic doctor prior to the start of allergy season to start a desensitizing program to prevent seasonal allergies before they take a foot hold!



# WE NOW OFFER BIOPUNCTURE THERAPY:

A complimentary therapy that merges the concept of Acupuncture and Homeopathic Medicine



## What is Biopuncture?

Biopuncture is a safe and effective therapy in complementary medicine that combines the concept of acupuncture and homeopathic medicine. It is a new innovated technique in natural medicine consisting of injecting natural remedies under the skin or into the muscles.

Biopuncture is injected into acupuncture and trigger points to stimulate the body's own healing mechanisms thus speeding up the process of injury recovery, natural rejuvenation/repair and also lowers pain and inflammation.

## What is Injected?

Low dose ampoules (homeopathic) of plant extracts are injected. Products commonly used are, for example, arnica, Echinacea, nux vomica and chamomile. Arnica is used for muscle pain, nux vomica is injected for digestive problems. Cocktails of natural products are also often used, for instance, traumeel is used for inflammation and sports injuries, spascupreel is used for muscular cramps and lymphatic drainage.

## How does a small dose of substance influence the body then?

When you receive a tetanus vaccination, only small amounts of a product are necessary to stimulate the immune system (= your defense system) against lockjaw. A few injections can protect the body for several years against such a serious disease! Biopuncture injections are not real vaccinations of course but the idea of the mechanism of action is similar: small doses of the right product can have a stimulating effect on your body to restart its healing capacities.

In Biopuncture, small doses of products are injected in order to stimulate the natural healing processes. These micro doses "wake up" mechanisms which are available anyway. So, the healing effect comes from "inside: your body-not from the products themselves. It's the reaction of your immune system which will produce the proper reactions to regain natural healing. The reaction of the body may vary from better local blood circulation to relaxation of muscles or a local detoxification of tissue.

## What conditions are treated by Biopuncture?

Biopuncture is not only used to treat pain problems, but can also be used as a treatment for allergies and inflammation including asthma, eczema and hay fever as well as patients suffering from arthritis.

Some other examples include:

Lower Back Pain	Knee Pain	Tennis elbow
Neck Pain	Carpal tunnel syndrome	Joint pain
Frozen Shoulder	Ankle sprains	Arthritis
Muscle strain and tears	Hip pain	Rotator cuff injury

Biopuncture is also very effective in stimulating the immune system to fight off flu and other illnesses.

If treatment is started upon the first feeling of symptoms, you can be assured that the duration and intensity will be greatly reduced.

## Media Reports on Calcium Increases Risk of Stroke and Heart Attack are Misleading –It's Lack of Magnesium Not To Much Calcium That Is The Problem.

Over the past few months CTV has been reporting that calcium supplementation may increase cardiovascular events. I felt the need to comment on this finding.

If you look closely at the research recent medical and media reports suggesting that calcium supplements increase risk of stroke or heart attack are misleading, and do not accurately represent the bigger picture. The problem isn't calcium per se, rather it's taking large amounts of it, on its own, over a long period of time., without being balanced by other important minerals, namely magnesium. Taking straight calcium without adding magnesium, if not a multivitamin and/or trace minerals as well, may do more harm than good.

Calcium and magnesium oppose each other in numerous functions in the body, including muscle contraction/relaxation, and across cell membranes where magnesium often acts as a natural calcium block to regulate calcium entry into cells. Therefore, when someone is deficient in magnesium, calcium has a much greater tendency to precipitate and deposit into soft tissues, such as kidneys, or arteries which then harden-and the formation of atherosclerosis.

To make matters worse, vitamin D, which is often recommended, is known to increase the amount of calcium absorbed, adding it to isolated calcium supplementation while in a magnesium deficient state only worsens the situation.

Yet, this is exactly what conventional medicine has been advising for years, i.e. 1500 mg of elemental calcium per day, (a large dose), with vitamin D. Many times when someone has brought in this recommendation from their doctor, upon inquiring whether the M.D. mentioned magnesium, people have told me that they asked, but the doctor said it wasn't necessary.

The fact that calcium supplementation in the absence of magnesium caused deleterious effects has been known for years. In fact, this offsetting relationship between calcium and magnesium was noted over 50 years ago. And when magnesium was added, the problems abated.

A colleague once said "Simply adding more calcium to make more bone is like adding more eggs to make more cake". It doesn't work. Building bone is a complex process, and directly or indirectly, more than 16 nutrients have been shown to play a role including magnesium, vitamin D, vitamin K, and other minerals.

The pertinent question then is how much of each or what ratio of the two minerals to use?

A standard 2:1 ratio of Calcium to Magnesium is generally recommended, however for some people this may not provide enough magnesium to be optimal. I commonly also recommend a 1:1 ratio in the range of 500mg to 1000mg of each, (more or less depending on the person or the situation). But if your bowels are sensitive to magnesium, at minimum, regardless of how much you take, I would say that usually at least 2 parts of magnesium should be taken for every three of calcium (3:2 Cal/Mag ratio)

So before you throw away your calcium supplement all-together think again!



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