

In this issue:

Therapies available at the Boucher Clinic

Are you prepared for the cold and flu season?

PMS, Menstrual Cramps and Naturopathic Medicine

Relieving Heartburn

Nutrients for Men's Health

Butternut Squash Soup

Herbal Medicine for Resilience

How herbs can help you adapt to stress

Briana Lutz, 4th year BINM student

With summer winding down and school back in session, the stress of change sets in. Adjusting to a new schedule, trying to set up a new routine and weathering the seasonal change means your body requires extra care to get through the Fall transitional period. One of my favourite means of offsetting this stressful time is the use of herbal adaptogens.

When I think adaptogens, I think

resilience. Adaptogens are a class of herbs that change our stress response, regulating the nervous, hormonal and immune systems. They have a normalizing effect, allowing the body to achieve a sense of balance. Basically, they increase and support our ability to adapt to life's challenges.

How exactly do adaptogens work? Although the constituents (specific chemical compounds) vary from plant to plant, many adaptogens contain compounds that look similar to our own steroid hormones, such as cortisol, our main "stress hormone". These compounds bind weakly to cortisol receptors, either blocking the effect of too much cortisol, or acting like cortisol in those who are deficient. Interestingly, one action of the adaptogen *Glycyrrhiza glabra* (licorice) is preventing the breakdown of cortisol so your adrenal glands do not have to work as hard to make more.

Adaptogenic plants are hardy; they have

often adapted to grow in harsh and stressful environments, including cold temperatures and high altitudes. With most of these plants, the root is commonly used, which reminds me energetically of the desired action of these herbs: a grounding quality that both anchors and allows one to withstand the harsh stress-storm surrounding us.

Examples of adaptogen herbs include, but are not limited to:

-*Withania somnifera* (Ashwagandha, Indian 'ginseng'),
Ocimum sanctum (Tulsi, Holy basil),
Asparagus racemosus (Shatavari)

- *Glycyrrhiza glabra* (Licorice), *Rehmannia glutinosa* (Chinese foxglove), *Astragalus membranaceus* (Astragalus), *Schisandra chinensis* (Schisandra)

- *Rhodiola rosea* (Rhodiola, Arctic rose)

- Ginsengs: *Eleutherococcus senticosus* (Siberian ginseng), *Panax quinquefolius* (American ginseng), *Panax ginseng* (Korean ginseng)

- Medicinal mushrooms: *Ganoderma lucidum* (Reishi), *Cordyceps sinensis* (Cordyceps)

It is very important to note that each adaptogenic herb has a specific action on the body and is most appropriate when used for either a specific illness or constellation of symptoms. Not all stressors on the body will cause the same response and the same goes for the medicine used to help.

Adaptogens are considered generally safe, with almost all meant to be taken long-term. According to some herbalists, they should be included in every herbal formula. The best
Con't pg 3



Photo: Briana Lutz

Editorial Team



Heather Thomson, 3rd year BINM student, Managing Editor



Peyvand Fralick, BA, Advertising and Distribution Manager



Dr. Taylor Seier, ND, Medical Consultant

604.540.2873
 www.boucherclinic.org

320 - 425 Columbia St.
 New Westminster, BC V3L 5N8

What's offered at the Boucher Clinic?

An explanation of naturopathic modalities

Robin Lewis, 3rd year BINM student

Boucher's Naturopathic Medical Clinic is staffed with experienced naturopathic doctors (NDs) who supervise student interns in their third and fourth year of the 4-year naturopathic doctor program. NDs have a wide scope of practice, and many patients are not aware of all the therapies,



Photo: Shutterstock

also called modalities, that NDs may use. Below is a brief overview of the modalities offered at the Boucher Naturopathic Medical Clinic.

Diagnosis: Thorough history-taking, questionnaires, physical examinations, orthopedic tests urine and stool analysis, and saliva and blood tests can all aid in investigating underlying dysfunction, helping determine the root cause of an ailment and conventional diagnosis. These tools allow NDs and student interns to assess variables such as thyroid function, food allergies, heavy metal toxicity, hormone levels and spinal alignment. The initial 90-minute appointment allows for an in-depth analysis of each patient's case. From there, NDs and student interns carefully plan the best treatment from a variety of options.

Traditional Asian Medicine: NDs spend a large amount of their training learning

"An NDs training is deeply rooted in the structure and physiology of the body."

Traditional Asian Medicine. This includes acupuncture, acupressure, tongue and pulse diagnosis, and Chinese herbs. Acupuncture (which uses needles) and acupressure (which does not use needles) stimulates specific points on a person's body that correspond to their illness, helping bring the body back into balance.

Hydrotherapy literally translates into "water therapy". It is one of the oldest, simplest and safest naturopathic modalities. It involves using warm and cold applications of water to move blood and lymph and optimize every function within the body. This facilitates self-healing mechanisms. It often includes alternating hot and cold applications, such as foot baths, wet sheet wraps, shallow baths (called sitz baths) and constitutional hydrotherapy, which uses electrotherapy to stimulate healing.

Herbal medicine, also known as botanical medicine, is another large part of an NDs training. Herbal medicine applies the biochemical compounds and properties of the leaves, flowers and roots of various plants to treat specific illnesses or imbalances in the body. The Boucher Clinic has a large herbal dispensary where interns can create personalized medicinal teas, tinctures (alcohol-based liquid extracts), and salves (topical creams).

Nutrition is one of the foundations of naturopathic medicine as food is a

medicine we are exposed to several times per day. What we eat literally becomes who we are. A patient's food intake is assessed in accordance with their current health status and level of dysfunction, which leads to individualized nutrition advice and a dietary plan. When the body needs additional support to heal, nutrition in the form of supplements or intravenous medication may be used to restore health.

Homeopathy is a highly individualized form of medicine that is safe and beneficial for every age group, disease or medical

"Acupuncture stimulates specific points on a person's body that correspond to their illness, helping to bring the body back into balance."

condition, and is not contraindicated with any medications. Homeopathy has been in use for over 200 years and uses dilute forms of natural substances to treat the root cause of health complaints and dysfunction. It is given either via small pellets or liquid and is prescribed in a very specific manner to match a pattern of symptoms. It is both a gentle and powerfully effective form of medicine.

Physical medicine: Although most people will think of a chiropractor when needing a spinal or joint adjustment, NDs also perform these physical therapies. An NDs training is deeply rooted in the structure and physiology of the body, both of which must be taken into account and evaluated when treating any complaint. NDs are thoroughly trained and licensed to assess and adjust all the joints of the body in a safe and effective manner. From digestive

Con't pg 4

604.540.2873

www.boucherclinic.org

320 – 425 Columbia St.
New Westminster, BC V3L 5N8

Have a health question? Ask a naturopathic medical student! Email pfralick@binm.org, and your question may be answered in the next edition of Natural Selections.

Are You Prepared for Cold and Flu Season?

3 easy tips to combat the bugs

*Shabita Nathwani-Teja,
3rd year BINM student*

Every year the cold and flu season, from November to April, brings with it fatigue, runny noses, sore throats and for those with influenza, body aches and pains. As the bugs that cause the common cold and the flu are transferred through contact and surrounding air, simple actions can provide benefit. These actions include frequent, proper hand-washing with soap and water or alcohol sanitizer, covering your mouth and nose when coughing or sneezing, and staying home while sick until at least 24 hours after a fever has subsided. Beyond reducing stress levels, eating healthy food and getting enough sleep, how can we safely navigate this time of year and give our bodies the best chance of staying healthy? Here are three easy things you can do this cold and flu season:

1. Fire cider - Hippocrates said, "let food be thy medicine and medicine be thy food," and fire cider is a perfect example of this statement. It is made up of ten synergistic ingredients including apple cider vinegar, oranges, lemons, onions, horseradish, ginger, habanero/chili pepper, garlic, turmeric and honey. Beyond providing anti-inflammatory and anti-microbial qualities, fire cider supports immune function, digestion and detoxification.



Reishi mushrooms, Photo: Shutterstock

2. Probiotics - Interacting with immune cells in the gut, which holds 80% of the immune system in our bodies, these beneficial bacteria may be able to shorten the duration of the common cold. The *Lactobacillus* and *Bifidobacterium* strains are associated with shorter illness episodes, reducing the duration of the cold by an average of one day.

3. Medicinal mushrooms - Shitake (*Lentinula edodes*), maitake (*Grifola fondosa*) and reishi (*Ganoderma lucidum*) are a few of the immune-boosting mushrooms that contain polysaccharides, compounds that support and regulate the immune system. Reishi, also known as the Herb of Immortality, is a deep immune tonic, and helps combat bacterial and viral infections. Adding medicinal mushrooms to bone broth and soups provide benefits such as increased tissue repair and healing, hormone and energy production and immune balance.

It is important to remember that although having an illness is uncomfortable, a regular cold or yearly flu provides the immune system with the stimulation it needs for staying healthy over a lifetime. It is best not to suppress your symptoms, but to work with the body to develop the best outcome and long-term health benefits. ~

604.540.2873
www.boucherclinic.org

320 - 425 Columbia St.
New Westminster, BC V3L 5N8

Herbs for Stress Con't

adaptogen for you should be individualized to not only your constitution, but also to your level of stress. This can range from mild daily stress to severe debility from cancer and chemotherapy treatment.

Secondary actions of the adaptogenic herb should also be considered to support other symptoms associated with your stress, or additional health concerns. This can include actions on the heart, liver, thyroid, other hormones, and cognitive function, to name a few. Lastly, other properties and energetics of the herb should be considered - such as the warming, drying, or bitter properties, as they benefit the body in different ways.

Herbal capsules or supplements isolate and concentrate desired constituents, making them both more potent and incredibly easy to take. While this is easy and efficient, I prefer "whole herb extracts" to utilize both the plant's secondary action as well as to taste and experience the energetics of the plant. An example of this is an herbal tincture (a liquid alcohol herbal extraction) where alcohol is necessary to pull out the compounds from whole plant material. Other herbs can be added to customize your tincture, allowing for a holistic, individualized medicine and a synergistic effect between herbs. Adaptogens such as *Astragalus membranaceus* root can be simmered in soups and bone broths for a fantastic adrenal and immune food, or my personal favorite is a daily cup of Tulsi tea (*Ocimum sanctum*, Holy basil/Tulsi).

This Fall, why not adapt and become resilient with the herbal help of adaptogens? Visit the Boucher Naturopathic Medical Clinic to learn which herbs are best for you and your health needs. ~



dutch
Advanced Hormone Testing

**NOW A SINGLE TEST GIVES
YOU THE FULL PICTURE!**

Simply. Better. Testing.

www.rmalab.com



Modalities con't

and lung complaints, to chronic back or muscle pain, including naturopathic bodywork and joint adjustments is an important factor in restoring health.

Treatment: A combination of the above modalities is most often used to restore health. A treatment plan is agreed upon in collaboration by the supervising ND, student intern and patient, and may include, for example, acupuncture with an herbal tincture. Or it may be spinal adjustments, hydrotherapy, and homeopathy. Sometimes simple dietary changes can suffice. The wide variety of treatment options available at the Boucher Clinic allows for a unique, personalized and effective treatment plan for each patient. ~



PMS, Menstrual Cramps and Naturopathic Medicine

Balance your hormones and improve your health

Cecilia Stevens, 3rd year BINM student

Many women experience monthly menstrual symptoms such as changes in mood, cramps, and breast tenderness. Conventionally, these symptoms are treated with birth control pills, painkillers, or a combination of the two. How can naturopathic medicine help?

Naturopathic medicine evaluates a health problem from the perspective of a body out of balance. A naturopathic doctor (ND) considers monthly menstrual symptoms as an indication of an internal imbalance, which should be supported and gently moved towards health rather than suppressed with harsh drugs and chemicals. PMS, cramps, and other monthly symptoms are most commonly caused by a hormonal imbalance - but not just estrogen and progesterone. Another class of biochemicals, called prostaglandins, is usually also out of balance. Prostaglandins

are associated with increased levels of inflammation, which makes it reasonable from a conventional perspective to use the "anti-inflammatory" painkilling medications to control this process. Painkillers are often used in conjunction with oral contraceptives, which provide symptom relief by overwhelming your natural hormonal rhythm with an artificial one.

When a woman visits an ND for help with monthly menstrual symptoms, the ND will usually develop two treatment plans with her: one short-term, and one long-term.

In the long term, they will work to guide the body back into balance, resolving symptoms. This takes time: usually at least three months until significant improvements occur.

Restoring a healthy balance is more complex than suppressing the symptoms of imbalance. This is why there has to be a short-term plan as well, for immediate symptom relief.

Con't pg 5

Are you bloated, with a burning sensation in the chest after eating?

These are symptoms of a condition commonly known as heartburn

Alan da Rocha Brum, 2nd year BINM student

Gastroesophageal Reflux Disease (GERD), also known as heartburn, is a common condition that affects many Canadians. GERD is characterized by irritation and inflammation of the esophagus - the tube that carries food from your mouth to your stomach. It is believed that heartburn occurs when the valve between the esophagus and stomach, called the lower esophageal

sphincter, relaxes inappropriately and allows acidic juices from the stomach to

"It is believed that heartburn occurs when the valve between the esophagus and stomach relaxes inappropriately."

flow upwards into the esophagus. These acids irritate the tissue and cause heart burn. If left untreated, GERD can cause complications such as chronic inflammation, ulceration, bleeding, and even a progression to cancerous cells known as Barret esophagus.

Common causes of GERD include obesity, cigarette smoking, and food allergies or sensitivities. Hiatal hernias, where the stomach moves upwards

towards the esophagus, have also been linked to GERD.

The traditional treatment for GERD is the administration of various acid-blocking drugs. Common acid blockers include Prilosec, (omeprazole), Prevacid (lansoprazole), and Protonix (pantoprazole). However, studies have

"Demulcent herbs work by forming a protective barrier, which prevents further tissue damage."

shown that in many patients with GERD, acid-blocking drugs fail to reduce symptoms. This may be because the root cause of GERD is not an over-abundance of acid, but improper opening of the valve between the esophagus and stomach. Use of acid-blocking drugs, and consequent

Con't pg 6

604.540.2873
www.boucherclinic.org

320 - 425 Columbia St.
New Westminster, BC V3L 5N8

PMS and Menstrual Cramps con't

How does this work? NDs are trained in a wide variety of medical practices, and most importantly, in how to use them together for each patient's unique state of health. Depending on the needs and choices of the patient, an ND treating monthly symptoms may use any or all of his/her skills. These skills include herbal medicine, nutrition, homeopathy, acupuncture and spinal joint mobilization. Your ND has a broad knowledge of these safe and supportive treatments as well as the ability to work with conventional pharmaceuticals, allowing treatments to fit together to provide what is best for you

and your body.

For example, dietary changes can greatly reduce inflammatory prostaglandin

"Good core strength and flexibility have been proven to greatly decrease menstrual cramps."

levels for some patients. There are herbs that gently balance hormones over the long-term, and other herbs that can be used for immediate symptom relief - a great option with fewer side effects than

conventional painkillers.

Good core strength and flexibility have been proven to greatly decrease menstrual cramps; your ND can evaluate your body mechanics and make sure your exercise regime is providing you what you need. If you choose to try acupuncture or homeopathy, your ND will personalize the treatments for your unique health picture.

What can naturopathic medicine do for women's monthly symptoms? A lot. Make an appointment and ask your ND what naturopathic medicine can do for you. ~

From Macro to Micro

Nutrients for men's health

Khadijah Haji, 4th year BINM Student

Men's health and nutrition are popular topics these days, but when you search the internet for nutrition tips for men, it can get quite confusing. Often, the best way to approach nutrition is with the basic rule of: "Simplicity is key". What do you really need to know about the foods you eat? How can you best optimize these foods for your body? What nutrients are specific to male health, and how can you incorporate them into your daily life? This article will explore specific nutrients and foods that can benefit men, as well as discuss basic nutrition principles you can follow to achieve an optimal healthy lifestyle.

Macronutrients

Macronutrients are your basic building blocks of life. The three main macronutrients are: carbohydrates, fat and protein. These macronutrients and their roles in the body are often misunderstood;

each macronutrient has been criticized, however each has a specific and vital role in the body.

Protein is a valuable nutrient, and functions in the body to build and repair tissues, and form a backbone for enzymes and hormones. Although it is true that your protein needs are increased when you exercise, the most important macronutrients required for increased activity levels are actually carbohydrates and fat. Protein is in fact, an *inefficient* fuel source for exercise. Protein is required for increasing muscle mass during periods of growth and repair, while carbohydrates and fats are more specific to energy needs during exercise or exertion. Some plant sources of protein include: nuts and seeds (eg. sunflower seeds, sesame seeds, almonds), chlorella, spirulina, quinoa, buckwheat & nutritional yeast. Greens and other vegetables (eg. broccoli, romaine lettuce, spinach) also contain small amounts of protein. If you prefer meat sources, aim for grass-fed, free-range, and hormone- & antibiotic-free meat. The catch with plant-based protein is that it is not a source of complete protein. A complete protein contains all of the essential amino acids. In other words, it contains all the amino acids that your body cannot make on its own. Animal sources of protein on



the other hand, are complete proteins. For exercise and recovery, animal based protein is more adequate than plant-based protein.

Carbohydrates are the best source of quick energy. Although carbs should be a conservative part of every large meal, it is important that they are paired with either a protein or a fat to avoid spikes in your blood sugar levels. Aim for complex carbohydrates such as wild & brown rice, oats, vegetables (eg. potatoes, sweet potatoes, pumpkin, etc.), beans, and lentils. Avoid simple carbs such as breads, fruit juices, candy, table sugar, refined flour, pop, etc. Complex carbohydrates take longer to break down in the body and are therefore considered "slow" carbohydrates, and will not raise your blood sugar level as quickly as will simple carbs.

Fats are important as precursors of hormones and for the structure and function of cells. Healthy fat sources include: olive oil, coconut oil, flax oil, fish, Con't pg 6

604.540.2873
www.boucherclinic.org

320 - 425 Columbia St.
New Westminster, BC V3L 5N8

Bloating and burning after meals con't

suppression of stomach acid results in many nutritional deficiencies. Stomach acid is also crucial for the breakdown of food in the stomach before it passes to the small intestine. Other side effects of acid-suppressing drugs include: increased chance of infection, osteoporosis, overgrowth of bacteria in the stomach and intestine, and food allergies. Naturopathic medicine addresses the underlying cause of the digestive complaint, instead of simply suppressing the symptoms. Naturopathic treatments include acupuncture, nutrition and lifestyle changes, homeopathy, hydrotherapy, spinal adjustments, and herbal medicine. As each person is unique, addressing concerns on an individual basis with an individualized treatment plan provides the best outcomes.

Tissue healing and digestive improvement are often achieved with herbal medicines. Herbs with mucilage, known as demulcents, are used for their soothing effects on irritated and inflamed tissue. Demulcents work by forming a protective barrier, which prevents further tissue damage. Examples of demulcents include *Ulmus fulva* (slippery elm), *Althea officinalis* (marshmallow) and *Aloe vera* (aloe).

Elimination of GERD often starts with simple lifestyle changes, such as removing irritating foods, avoiding excess fluids with meals, avoiding lying down after a meal, and improving stomach, liver and pancreas function. Spinal and hiatal hernia adjustments may also provide relief in many cases. ~

Crabby Road 2-10-12



Parent and Baby Wellness Week



Sept 26 - Oct 1, 2016

Book a visit to the Boucher Clinic for a **FREE comprehensive well baby exam** for your little one(s).

Patients will be offered 4 visits for \$99 during the wellness week, only available to purchase during the wellness week, one per person per wellness week.

Men's Health con't

avocado, nuts, seeds, and nut butters.

Micronutrients

We tend to focus on our macronutrients so much that other nutrients are often forgotten. Here are some examples of micronutrients that are specific to male health and vitality.

Zinc is a powerful antioxidant and for men, is beneficial for reproductive and prostate health. Foods high in zinc include: whole grains, lentils, nuts, pumpkin & squash seeds, sesame seeds, quinoa, oysters, meat (eg. beef, lamb, liver).

Omega-3 fatty acids (ie. fish oil) play a role in protecting against cardiovascular disease, reducing inflammation and as a foundation for healthy hormone production. Some sources of omega-3s are: fish – the best sources are from wild cold-water fish like salmon, mackerel, cod, and herring; flaxseed; chia; walnuts; pumpkin seeds; sunflower seeds & hemp seeds.

Selenium is another potent antioxidant and is important for many vital enzymes in the body. Selenium may also

play a role in reducing the risk of prostate cancer. Some sources are: brazil nuts, pumpkin seeds, sunflower seeds, mushrooms (eg. shiitake, cremini), whole grains, and meat.

Prevention

We have all heard this one before: Prevention is crucial! This includes understanding that you, as an individual, will require different nutrients at different stages of your life. Proper diet and nutrition are foundational to good health and a strong vitality. Therefore, it is important to keep your health in check, know your individual risks and work with a health professional to ensure that you are living your optimal potential. ~

604.540.2873
www.boucherclinic.org

320 – 425 Columbia St.
New Westminster, BC V3L 5N8

Seasonal Flavours

Curry Butternut Squash Soup with Coconut Lime Crème and Toasted Seeds

Compiled by Samantha Bowen, 1st year BINM student

With an abundance of squashes coming into season in the Fall, nothing quite beats a classic, flavourful bowl of butternut squash soup. Alongside its sweet and wholesome flavour, butternut squash is a nutritional powerhouse. The orange colour is due to high levels of carotenoids, which promote better vision and eye health, and can be converted to vitamin A, essential for immune system function, and growth and development. In addition, the carotenoid and vitamin C content provides anti-oxidant support within the body.

Butternut squash also contains a variety of B vitamins, manganese, calcium, magnesium, and potassium. And don't forget about the seeds, which are rich in protein and iron!

Below is a recipe for a delicious butternut squash soup, loaded with warming and immune-supporting onion, garlic, ginger and curry.

Recipe: Serves 3

Soup:

- 1 medium butternut squash
- 1 small onion
- ½ head of garlic
- 1 tsp minced fresh ginger
- 1.5 tsp curry powder
- 2 tbsp olive oil or coconut oil
- 4 cups water
- Fresh juice from ½ a lime
- Sea salt and pepper to taste

Toasted Seeds:

- ½ tsp olive oil



Photo: Samantha Bowen

- Washed and dried seeds from butternut squash
- Pinch of salt

Lime Coconut Crème:

- ¼ cup full fat canned coconut milk
- Fresh juice from ½ a lime

Instructions:

1. Preheat oven to 350°F
2. Cut butternut squash in half, scoop out seeds with spoon and put seeds into a bowl.
3. Lightly coat each butternut squash half in olive oil and place cut side facing down on baking sheet. Cut the top off the 1/2 head of garlic, lightly drizzle in olive oil, wrap in tin foil and place on baking sheet. Bake

squash and garlic for 30-40 minutes until golden and tender.

4. While the squash and garlic bake, wash and dry the seeds. Heat a fry pan on low-medium heat and add ½ tsp of olive oil, seeds and a pinch of sea salt. Keep stirring until seeds are lightly toasted. Turn off heat and set aside.

6. Dice the onion and mince the ginger.

7. When the squash and garlic are done baking, take out of oven. Scoop out squash from the skin and squeeze roasted garlic into a

8. Heat 2 tbsp of olive oil in large saucepan on medium heat. Add diced onion and stir occasionally until onions become translucent. Add minced ginger and curry powder, stirring together for 30 seconds. Add squash, garlic, and water. Let soup cook on low-medium heat for 10 minutes.

9. While soup simmers, combine coconut milk and lime in a small bowl. After 10 minutes, use a hand blender or regular blender to blend soup into a smooth texture. Add sea salt and pepper to taste.

10. Serve soup in bowls and top with drizzled coconut lime crème and toasted seeds. Enjoy often! ~

Did you know?

The speed at which each of your nails grow is related to the length of each finger (determined by bones called terminal phalanges). Your index nail grows faster than your pinky nail, and the middle finger nail grows the fastest. This is true of all mammals.

604.540.2873
www.boucherclinic.org

320 – 425 Columbia St.
New Westminster, BC V3L 5N8

Our Meriva® rendition of curcumin makes possible a 23-fold improvement in absorption. Fortified with Enostix® grape seed extract and MSM, this exceptional formulation eases the pain & discomfort of arthritis arising in the past.

KINOMAI® CURCUMIN
Joint Pain Relief

Meriva®
Enostix®
MSM

St. Francis
Pharmacy

Twitter Facebook YouTube

7

References

Are you Prepared for Cold and Flu Season?

1. Flu Advisory Accompanied by a Drug Warning. *Running & Fitnews* [serial online]. January 2016;34(1):1-3.
2. Hancock M. holistic COLD AND FLU REMEDIES. *Alive: Canada's Natural Health & Wellness Magazine* [serial online]. February 2015;(388):65-69.
3. Seasonal Influenza (Flu). Centers for Disease Control and Prevention.
4. What NDs Do for COLDS & FLU. *Better Nutrition* [serial online]. December 2015;77(12):32-35.
5. Fritz H. IMPROVE IMMUNITY naturally: Strategies for cold and flu season. *Alive: Canada's Natural Health & Wellness Magazine* [serial online]. December 2012;(362):59-63.
6. Marciano, M. Ganoderma lucidum. The Naturopathic Herbalist. 2014.
7. Hoffmann, D. (2003). *Medical Herbalism: The Science and Practice of Herbal Medicine*. Rochester, Vt.: Healing Arts, 2003. p.44,153, 441-7
8. Ulbricht, C et al. Reishi Mushroom (Ganoderma lucidum): Systematic Review by the Natural Standard Research Collaboration. *Journal of the Society for Integrative Oncology*. (2010). 8(4): 148-159
9. Crain E. Your Ultimate Cold and Flu Survival Guide. *Health* [serial online]. October 2015;29(8):91-96.
10. Lepe-Camacho, A. NATURAL WELLNESS ESSENTIALS SOLUTIONS.

Curry Butternut Squash Soup with Coconut Lime Creme and Toasted Seeds

1. Oregon State University. (2009). *α-carotene, β-carotene, β-cryptoxanthin, lycopene, lutein, zeaxanthin*.
2. World's Healthiest Foods. (2015). *Squash, winter*.

Men's Health

1. Gaby, A.R. (2011). *Nutritional medicine*. Concord, NH: Fitz Perlberg Publishing
2. Pizzorno, J. E., & Murray, M. T. (2013). *Textbook of Natural Medicine* (4th ed). New York: Elsevier
3. Wright, C., Milne, S., & Leeson, H. (2014). Sperm DNA damage caused by oxidative stress: modifiable clinical, lifestyle and nutritional factors in male infertility. *Reproductive BioMedicine Online* 28: 685-703

PMS, Menstrual Cramps, and Naturopathic Medicine

1. Hudson, T. (2008). *Women's Encyclopedia of Natural Medicine*. New York, New York: McGraw-Hill. Trickery, R. (1998).
2. *Women, Hormones and the Menstrual Cycle*. Australia: Allen & Unwin. Berek, J. (2012)
3. *Berek and Novak's Gynecology* Wolters Kluwer

Are you bloated, with a burning sensation in the chest after eating?

1. Fedorak, R. N., Zanten, S. V., & Bridges, R. (2010). Canadian Digestive Health Foundation Public Impact Series: Gastroesophageal Reflux Disease in Canada: Incidence, Prevalence, and Direct and Indirect Economic Impact. *Canadian Journal of Gastroenterology*, 24(7), 431-434. doi:10.1155/2010/296584
2. Robbins, S.L., Kumar, V., Cotran, R.S. (9th Edition). *Robins and Cotran Pathologic Basis of Disease*. 2015
3. Hosseini, M., Salari, M., & Salari, R. (2015). Psyllium seed may be effective in the treatment of gastroesophageal reflux disease (GERD) in patients with functional constipation. *Journal of Medical Hypotheses and Ideas*, 9(2). doi:10.1016/j.jmhi.2015.11.002
4. Patrick, L. Gastroesophageal Reflux Disease (GERD): A Review of Conventional and Alternative Medicine. *Journal Alternative Medicine Review*, 16(2), 116-133
5. Gaby, A., R. *Nutritional Medicine*. 2011: Concord, NH. Published by Fritz Perlberg Publishing
6. Hershcovici, T., & Fass, R. (2010). Management of gastroesophageal reflux disease that does not respond well to proton pump inhibitors. *Current Opinion in Gastroenterology*, 26(4), 367-378. doi:10.1097/mog.0b013e32833ae2be
7. Dickman, R., Schiff, E., Holland, A., Wright, C., Sarela, S. R., Han, B., & Fass, R. (2007). Clinical trial: Acupuncture vs. doubling the proton pump inhibitor dose in refractory heartburn. *Alimentary Pharmacology & Therapeutics*, 26(10), 1333-1344. doi:10.1111/j.1365-2036.2007.03520.x
- [8] Yarnell, E., & Abascal, K. (2010). Herbs for Gastroesophageal Reflux Disease. *Alternative and Complementary Therapies*, 16(6), 344-346. doi:10.1089/act.2010.16611



BOUCHER INSTITUTE
of Naturopathic Medicine

604.540.2873
www.boucherclinic.org

320 – 425 Columbia St.
New Westminster, BC V3L 5N8