



# Natural Selections

BOUCHER'S STUDENT RUN CLINIC NEWSPAPER

FALL 2017

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## BEAT THE COLD & FLU SEASON, NATURALLY



**Luke Mountjoy**  
2nd Year BINM Student

As the blue skies of summer fill with the clouds and rain of winter, the dreaded flu season often catches us off guard. Symptoms like a light headache, mild aches, runny nose, scratchy throat and a low-grade fever are indicative of a cold, whilst a dry cough, generalized body aches, fever and intense fatigue may mean that you have the flu. When managing these conditions, it is important to remember that symptoms are the body's way of telling you that something has gone awry and its defense system is on the case. Suppression of these symptoms will only slow the body's recovery and prolong infection time. Hence, the maintenance of a healthy immune system is the primary way of protecting yourself against getting sick, and it is important to start treatment at the first signs of an illness.

*Con't on pg 2*

Con't from pg 1

## SO WHAT CAN BE DONE AT HOME TO BOOST THE IMMUNE SYSTEM?

A great place to start is with food and fluid. Contrary to popular belief, when 'coming down' with a cold or flu, it is beneficial to reduce food consumption.

Therapeutic fasting allows the body to save the energy that it would normally use for digestion in order to work on cleansing and detoxification. As the symptoms recede, food can be reintroduced.

While reducing food consumption is beneficial, increasing fluid intake is also essential. Among the most valuable liquids are water and unsweetened herbal teas. Fluids enhance the protective function of mucous membranes, especially in the airway, which directly prevents viral and bacterial attachment. It is important to avoid sugary drinks such as soft drinks and sweet juices, since sugar inhibits the immune system.

In addition, it is important to increase immune-boosting vitamins and minerals. Vitamin C and zinc both support the immune system, and are directly anti-viral. They have been shown to reduce the duration and severity of an illness.

All of the above are fundamental in supporting the body's natural healing capabilities, however, the single most important intervention is REST. The immune system functions better when the parasympathetic nervous system (or the part of the brain that allows us to 'rest and digest') assumes control of bodily functions, allowing the body to focus on healing. Meditation and sleep activate the parasympathetic nervous system and can be useful tools when battling the cold and flu. When it comes to avoiding the cold or flu this season, prevention is key. It is never too late (or too early) to start boosting your immune system. If you do catch a bug this season, be sure to act quickly and try out a few of the above suggestions. For more information, advice and treatments book an appointment at the Boucher Naturopathic Medical Clinic.

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# MEDICINAL MUSHROOMS

## PREVENT THE CHANGE-OF-SEASON SLUMP



### Jessie Short 3rd Year BINM Student

For many of us, the change in season from summer to fall comes with a change in responsibilities and routine, not to mention the cooler weather. Periods of transition can be hard on our bodies, and our immune systems can suffer. One of the fundamental principles of naturopathic medicine is *Prevention*. In addition to the basics (healthy diet, good quality sleep and reducing stress), naturopathic doctors aim to support weakened systems during more taxing times in order to prevent illness before it happens.

Medicinal mushrooms are the superheroes of *Prevention* in the natural medicine world. They contain compounds that directly stimulate and strengthen the immune system, and are packed with nutrients such as essential amino acids, minerals and fibre.

Mushrooms are fungi, which mean that they do not photosynthesize, but get their energy by absorbing nutrients from the ground. They are one of the major recyclers of the plant world, turning old, decaying matter into a source of nutrients for other plants and animals. In botanical medicine, we often take advantage of compounds that plants make to protect themselves. For example, some plants make anti-microbial compounds to avoid being eaten by

pests. We can then isolate these compounds and use them ourselves to avoid infection. Mushrooms tend to occur naturally in areas where they are exposed to disease-causing microbes, such that they must have strong immune systems in order to survive. When we consume mushrooms ourselves, we can use this to our advantage.

**"MEDICINAL MUSHROOMS ARE THE SUPERHEROES OF PREVENTION IN THE NATURAL MEDICINE WORLD"**

The good news is that it is so easy to incorporate mushrooms into the diet, and just eating more of them will give you all of the immune-boosting benefits. Mushrooms such as reishi, turkey tail, porcini and oyster can all be found at local Farmers' markets at this time of year, and can be added to stir-fries, soups, or just eaten by themselves. If you're feeling a little more adventurous, there are many products that incorporate dried or powdered mushrooms too (mushroom hot chocolate anyone?). These can be found at many local health food stores. So, do yourself a favour this fall and give your immune system a little mushroom love!

The good news is that it is so easy to incorporate mushrooms into the diet, and just eating more of them will give you all of the immune-boosting benefits. Mushrooms such as reishi, turkey tail, porcini and oyster can all be found at

# TREATMENTS AT THE BOUCHER NATUROPATHIC CLINIC:

## PATIENTS SHARE THEIR EXPERIENCES

Compiled by Heather Thomson  
4th Year BINM Student

The Boucher Naturopathic Clinic offers a variety of therapies that can help with many different conditions. Have you ever been curious about a particular natural therapy? Have you wondered what it might feel like while you are getting a treatment, or how you might feel afterwards? Though every patient's experience is different, the testimonials below will help to give an idea of the range of treatments available at the Boucher Clinic.

### MYER'S PUSHPUSH

**What is it:** Vitamin and mineral IV infusion

"It was quick and easy and well done at the Boucher Clinic, and well within my budget. It did not hurt. I remember that I woke up the next morning and my skin was radiant and glowing. And I have keratosis pilaris (small red bumps) on my arms, and after the Myer's, they disappeared for 5 days. I'd like to get another one soon!"

- C.L.

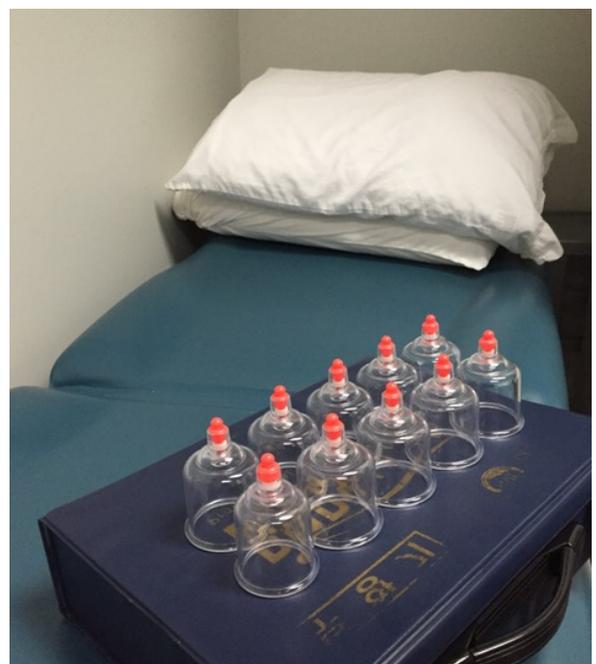
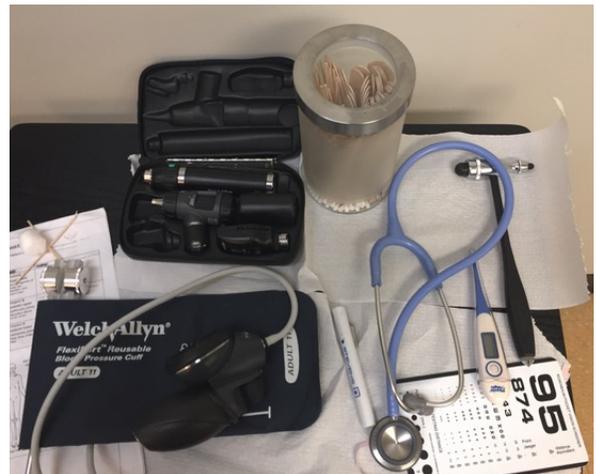
### ACUPUNCTURE

"I find it is much-needed time to myself, to lie down and relax. Sometimes it hurts a little bit as the needles go in, but then it's fine. Some points have a heavy aching feeling, which is the Qi [energy] moving. I sleep so well after a treatment."

- C.B.

"I started coming a year ago because I had gone on a hike and hurt my knee, and was really scared I would never be able to hike again. My clinicians diagnosed me with patellar-femoral syndrome. They did cupping on my IT band, and it was the most painful thing I've ever felt because my IT band was so tight. But it made such a difference! Then I had electro-stim on my quads, and lots of acupuncture - my knees looked like pincushions. But it made a world of difference, and I did a ton of hiking this summer!"

- C.B.





## LASER & INTERFERENTIAL CURRENT (IFC)

"I had both treatments to help with chronic pain. You don't feel anything during the laser treatment. The IFC feels tingly, like a TENS machine, but it is not painful. It was very convenient and very effective for me."

- S.T.

## CONSTITUTIONAL HYDROTHERAPY

**What is it:** treatment of alternating hot and cold towels

"It's amazing! I did six weekly treatments for stress and anxiety. The cold towel is pretty cold, but it's very relaxing and gives you a grounding effect that is hard to explain. It made me feel really clear-minded, calm and very grounded."

- A.S.

"I did a constitutional hydrotherapy treatment when I was coming down with a bad cold. Before the treatment I felt tired and chilled. I loved how cozy the warm towels made me feel, and how the cold towels stimulated my body to warm up. After the treatment I felt completely warmed up inside, and I had a lot more energy."

- J.S.



## OTHER TREATMENTS

"I came in for a pulled muscle, and it was great because there are so many tools in the clinic - lasers and ultrasound and herbs and acupuncture. Not many other clinics have the same variety. It really adds a lot of value to each visit."

- A.M.

## OUR EDITORIAL STAFF



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# SLOW COOKER BISON CHILI

**Cassandra Connolly**  
4th Year BINM Student

With the leaves beginning to fall and the air becoming crisper, it is a perfect time to make warming soups, stews and chilies. This recipe is a winter staple in our house. It is a filling, hearty and delicious recipe that is sure to please everyone's taste buds. It is perfect by itself or served with warm bread and butter. Happy Cooking!



In addition to being the perfect fall comfort food, the ingredients in this chili recipe have several health benefits:

**GARLIC** - combats the common cold

**ONIONS** – high in vitamin C to boost the immune system

**TOMATOES** – high in Vitamins C and K, and reduce the risk of heart disease

**BEANS** - high in fibre and help to control blood sugar

**CHILI POWDER** - high in vitamin C and improves circulation

**CUMIN** - supports the immune system and helps with digestion

**BASIL** - high in antioxidants

**OREGANO** - high in calcium and fibre

## INGREDIENTS

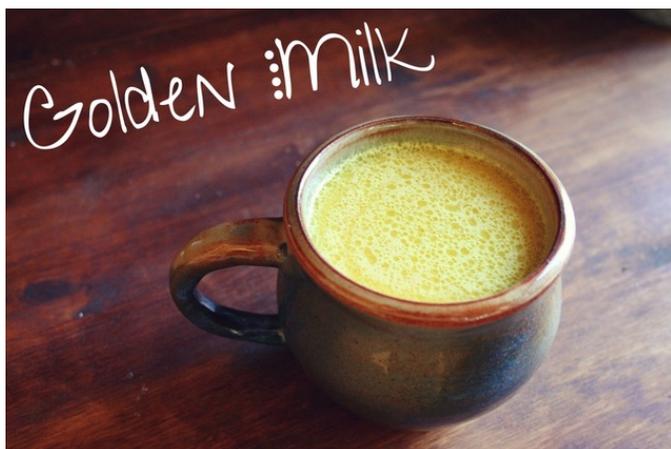
- 2 lbs ground organic bison or beef
- 1 onion, chopped
- 4 garlic cloves, chopped
- 1 cup mushrooms, chopped
- 1 cup carrots, chopped
- 1 cup celery, chopped
- One 28 oz can crushed tomatoes
- One 14 oz can diced tomatoes
- One 15 oz can tomato sauce
- One 14 oz can black beans, drained
- One 14 oz can kidney beans, drained
- 2 tbsp chili powder
- 1 tbsp oregano

- 1 tbsp basil
- 1 tbsp cumin
- Sea salt and black pepper to taste
- ½ tsp cayenne pepper (optional)

## DIRECTIONS

1. Sauté onions, garlic and bison/beef in a saucepan over medium heat. Once meat is no longer pink, add to slow cooker.
2. Add remaining ingredients to slow cooker and mix.
3. Cover and cook on low for 8–10 hours.

Recipe modified from Dr. Josh Axe.  
<https://draxe.com/recipe/slow-cooker-bison-chili-recipe/>



# GOLDEN MILK

## & THE BENEFITS OF TURMERIC

**Amelia Patillo**  
4th Year BINM Student

Turmeric has been used in Ayurvedic medicine for over 6,000 years. It is a fascinating herb with many beneficial actions. Curcumin is the most powerful constituent in turmeric. It is an antioxidant that has been shown to be beneficial in reducing inflammation, fighting infection and supporting the liver.

Turmeric on its own is not easily absorbed by the body, but nature has given us an easy solution for this problem: when paired with black pepper and healthy fats such as coconut oil, the body is able to absorb and use a significantly larger proportion of the beneficial constituents. Golden Milk is an easy and delicious way to incorporate turmeric into your daily routine. The warm colour, earthy scent and peppery taste make turmeric the perfect base for a soothing and delicious warm drink.

## INGREDIENTS

### For the turmeric paste:

- 1/4 cup turmeric powder
- 1/2 tsp ground black pepper
- 1/2 cup water

### For the golden milk:

- 1/2 - 1 tsp turmeric paste
- 1 cup of your favourite milk or milk alternative (almond, cashew or coconut milk work well in this recipe)
- 1 tsp coconut oil
- 1 tsp (or more to taste) honey or maple syrup
- Pinch of cinnamon
- Your favourite mug!!

## DIRECTIONS

1. Make the turmeric paste. Add the turmeric, black pepper and water to a small saucepan and heat on medium-high, stirring constantly until a paste is formed (about 5 minutes). Remove from heat and store the turmeric paste in a glass container in the fridge for up to two weeks.
2. For the golden milk, combine the turmeric paste, coconut oil and milk in a small saucepan and heat on medium until warm (do not let the mixture come to a boil). Once the golden milk is heated, transfer to your favourite mug and add honey (or maple syrup). Garnish with a pinch of cinnamon, pour into your favourite mug and enjoy!

# THERE'S AN APP FOR YOUR HEALTH

## HERE ARE 4 WE RECOMMEND THIS MONTH (FREE!)

**Michelle Ah-Seng**  
1st Year BINM Student

Technology constantly revolutionizes health care and when it comes to our smartphone applications, this definitely holds true. We've compiled a list of the best and most unique free apps to help you on your journey towards health. Go to Google Play or iTunes to check them out!

### ZOMBIES, RUN! – AN EXERCISE APP

The premise: you are one of the few survivors of a zombie apocalypse. Your mission is to find supplies and rescue other survivors, all while evading the zombies. Plug in your headphones and listen to over 200 missions that follow an award-winning storyline, all with the choice to add your own music. This app monitors your pace and gets your heart racing with unpredictable zombie chases (accompanied by sound-effects!) that require you to speed up and maintain a faster pace for a period of time. You can customize the length of time of your mission or incorporate interval training.

### FLO – A MENSTRUAL CYCLE APP

Flo is an easy and beautiful app that lets women log various aspects of their cycle every day. Together with the app's unique algorithm, every log helps the app to better understand and predict each woman's cycle. Data such as days of menstruation, PMS symptoms (from mood swings to breast tenderness), vaginal fluid secretions, basal body temperature, ovulation, libido, and more can all be put into the app. Pregnant? Choose the pregnancy mode to track your pregnancy and get real-time education on your baby's development.

### WYSA – A MENTAL HEALTH APP

Developed by researchers from Columbia and Cambridge, Wysa is an artificial intelligence pocket penguin chat-bot that was developed based on evidence-based techniques such as Cognitive Behavioral Therapy,

Mindfulness-Based Therapy, and more. You can either “chat” with this compassionate pocket penguin or choose resources from a tool-kit of options to get help with sleep, relaxation, low energy, exercise, or self-appreciation. Let this science-based pocket penguin help you in a way that is customized to exactly where you're at and how you're feeling.

### WILDFLOWERS – A MINDFULNESS MEDITATION APP

This app helps customize and narrow down suggested meditations based on how you're feeling. The user chooses from a list of feelings on a two-axis system; from unpleasant to pleasant and intense to mild, and is then given a customized list of meditations that perfectly suit their needs. You can access the full library of meditations to browse through yourself. Wildflowers provides meditations following Mindfulness Based Stress Reduction and has been featured by the Canadian Counseling and Psychotherapy Association.

