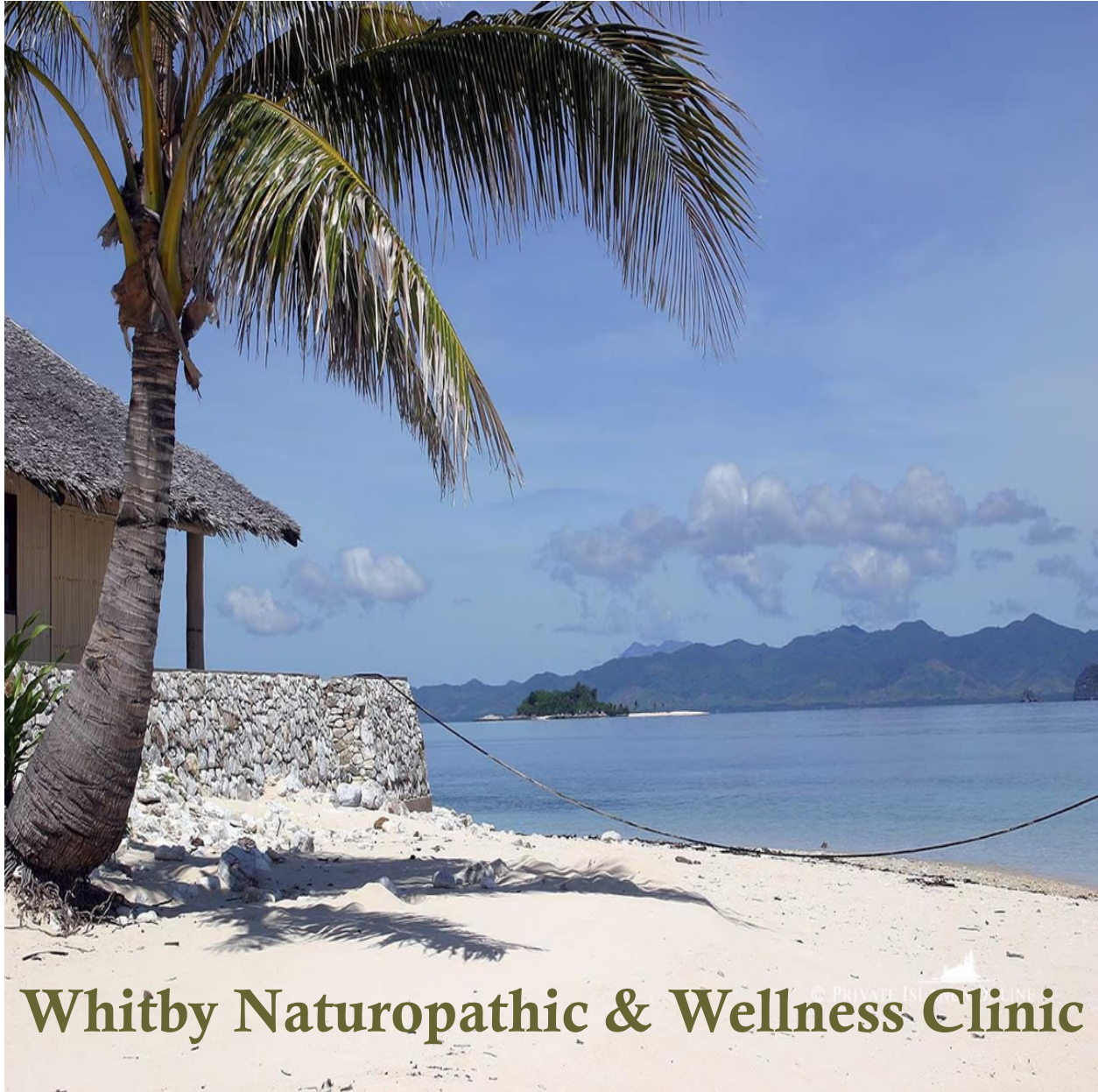


Since the days have turned colder...

Just Imagine....



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Tofu is pretty dull on its own & a little intimidating when trying to figure out how to use it. Those large white blocks look awfully mysterious, if not a bit unappetizing, yet this seemingly bland food can miraculously take on the flavor of its surrounding ingredients making it a highly versatile as well as highly nutritious part of a healthy diet.

Tofu (a soy product) is an excellent source of protein & has shown that regular intake of soy protein can help to lower total cholesterol levels, lower LDL (bad cholesterol) levels, lower triglyceride levels, reduce the tendency of platelets to form blood clots, and possibly even raise levels of HDL (good cholesterol). **Additionally**, tofu is also low in calories, contains beneficial amounts of iron (especially important for women of child bearing age), has no cholesterol (a risk factor for heart disease) & depending on the coagulant used in manufacturing, the tofu may also be high in calcium (important for bone development and maintenance) and magnesium (especially important for athletes) & provides 14.4% of the daily value for omega-3's in just 4 ounces.

From stir-fry's to shakes to replacing eggs in baking, tofu can be enjoyed in a variety of ways.

<http://soyfoods.com/soyfoodsdescriptions/tofu.html>

<http://en.wikipedia.org/wiki/Tofu>

www.melissawest.com & <http://cooking-delights.blogspot.com/>



Hydrotherapy

Hydrotherapy is the therapeutic use of water in its three forms, ice, steam, or liquid, either internally or externally, for health benefits. Simple forms of hydrotherapy include cold packs, hot towels and footbaths.

Today, a wide variety of water-related therapies are used:

- Immersion in a bath or body of water (for example, the ocean or a pool)
- Placement of wet towels (hot or cold) over the skin
- Water birth
- Arm and foot baths
- Sitz baths (soaking in hot or cold water below the hips)
- Steam baths or saunas
- Rubbings with cold, wet towels
- Spa, hot tub, whirlpool or motion-based hydrotherapy
- Purifying mineral baths with additives such as sea salt, Epsom salt or

Hydrotherapy also takes advantage of water's unique ability to store and transmit both cold and heat. **Cold-based hydrotherapies**, such as ice packs and cold compresses, have what is known as a "depressant" effect: Cold decreases normal activity, constricting blood vessels, numbing nerves, and slowing respiration. On the other hand, **heat-based hydrotherapies**, such as whirlpools and hot compresses, have the opposite effect. As the body attempts to throw off the excess heat and keep body temperature from rising, dilation of blood vessels occurs, providing increased circulation to the area being treated. **Contrast Bath Hydrotherapy** calls for the *immersion of a body part* in a hot basin for 1-2 minutes, then immediately transferring it into a cold basin for 30 seconds, repeating the process for 5-10 transfers and ending the bath in the cold basin. The contrast of hot-cold creates a pumping of the blood in and out of the body part. Blood vessels dilate in the heat and constrict in the cold. Any stagnating swelling is reduced as it is pumped out of the body part. Inflammation is reduced as fresh blood and healing agents are pumped into the injured area. Pain is also reduced, as both hot and cold have anesthetic effects. Contrast baths are effective in treating carpal tunnel syndromes and hand / forearm tendonitis.

Hydrotherapy...cont'd

Icing: Ideal for strains, sprains, and bruises, icing can easily be done at home if the injury isn't too severe. If you sprain your ankle while jogging, for example, the best thing you can do is go right home and ice it to minimize the swelling and internal bleeding. Be sure to wrap the ice--whether it's ice cubes in a plastic bag or a gel pack--in a towel. Putting ice directly on your skin can cause nerve damage. Keep the ice in place for 20 minutes. Depending on the severity of the injury, repeat the ice application every two hours for 24 hours. After this time, taking a hot shower or bath, or applying a hot compress, can increase circulation to the injured area and speed the healing process.

Compresses: To make a compress, a cloth is soaked in hot or cold water and then wrung out so the desired amount of moisture remains. Single or double compresses may be used. A single compress simply involves placing one layer of the wet cloth over the affected area. A double compress involves putting a dry material such as wool or flannel over the wet compress. When using **hot** water, the double compress serves to retain the heat. When using **cold** water, the body gradually warms the compress and the transition from cold to warm adds to the therapeutic value. A cold compress can be used to prevent or relieve congestion, reduce blood flow to an area, and inhibit inflammation. A hot compress can have an analgesic effect, thereby decreasing pain. Hot compresses can also be used to lessen the discomfort from menstrual cramps and irritable bowel syndrome, and to increase blood flow to a particular part of the body. A hot or cold compress (depending on individual preference) can relieve a headache.

Baths: You can use baths to either immerse the entire body or simply the affected body part. Hot full-immersion baths can help with arthritic discomfort and conditions where muscles are in painful spasm, such as fibromyalgia. For a neutral (or tepid) bath the temperature should be neither too hot nor too cold. These are mainly used for relaxation purposes and to treat stress-related ailments such as insomnia, anxiety, and nervous exhaustion. Cool baths can relieve irritation and itching caused by hives or other skin disorders.

Cold friction rubs: A friction rub involves massaging a particular area of the body with a rough washcloth, terry towel, or loofah, that has first been placed in ice water. Friction rubs have a toning effect on the body, increasing circulation and tightening muscles.

Skin Exfoliation



- the removal of dead skin cell accumulation by the use of dry brushes, loofah sponges, salts, etc.

Exfoliation has more benefits that you might know. Besides leaving your skin softer and smoother, the friction also boosts your circulation (blood & lymph) and helps unclog pores. It eliminates dead skin cells and allows the skin to detox (skin is the largest organ of elimination).

A salt glow, also known as a salt scrub, consists of using fine sea salts or Epsom salts to exfoliate & hydrate the skin.

<http://www.whitbywellness.ca//salt.html>

What will I need (to do it myself)?

You can use a brush with soft bristles, a loofah sponge or Epsom/Sea Salts

Instructions

- 1. Ideally, when showering or bathing:** Starting at the soles of your feet & continue upwards. This will ensure that you're working against the direction of circulation. Just like in massages, you will massage with the brush in circular motion with light pressure against the circulation, in other words, always in the direction towards the heart.
- 2. Avoid the face and any areas with cuts, broken capillaries, varicose veins or any sensitive areas**