

Integrated Health Clinic[®]

Hi Reader,

Happening at IHC



Construction has begun!

We have finally received our permits and **IHC White Rock** is now under renovation!

We anticipate a July 1st, 2021 opening.

Dr. Soles Maternity leave!

Dr. Sarah Soles ND will be going on maternity leave, as of April 23/21. Her patients will be well cared for by Dr. Alanna Rinas ND, and Dr. Erin Rurak ND. We wish her a continued happy and healthy pregnancy and are all looking forward to meeting the newest addition to the IHC family!

From the General Health Centre



Bone Health Awareness

Maintaining optimal bone health is important throughout all phases of life. There should be a greater emphasis on bone health in midlife when factors such as reducing hormones increase the rate of bone loss for both men and women.

This is especially apparent for women approaching menopause. The

significant drop in estrogen (a hormone that helps strengthen bone) that occurs during the beginning phases of menopause leads to a significant reduction in bone loss. The same is true for men in midlife when testosterone levels begin to drop.

It is best to start thinking about your bone health before your mid 40's as there are a number of protective factors one can undertake including whole food nutrition, weight-bearing exercise, and postural support to support bone before it declines.

Lab testing including c-telopeptide (a bone turnover marker), vitamin D (25-OH-D) levels, calcium (and other minerals), as well as hormone levels can provide helpful markers to better understand a person's current bone mineral health.

Like most aspects of health, it's best to be proactive when supporting bone health. I would be happy to consult with you regarding your bone health and which adjustments could be made to better optimize your bones and prevent loss in the future.

Dr. Erin Rurak ND



Looking for a pick me up this spring?

Looking for a pick me up this Spring?

Dermal fillers maybe just what you need to help get rid of dark circles under your eyes or to provide a much needed lift for those saggy jowls.

Dermal fillers on sale: \$100 off per mL

Reg \$550 Now \$450

Book a consultation with Dr. Rinas or Dr. McGee to see if this is for you.

Sale ends June 30th.



Featured Service:

Intrauterine Devices (IUD) - The Role of Ovulation Preservation in Birth Control Planning

There are two types of intrauterine devices (IUDs) that allow the body to continue to ovulate and cycle while providing 99% effective birth control. These are copper IUDs and the low dose levonorgestrel IUDs (Kyleena). Both IUDs last for 5 years and allow a woman to keep her regular menstrual cycle. How do you know which is best for you?

Copper IUD- zero hormones. Effective for emergency contraception (≤ 7 days

unprotected sex). Inexpensive (\$75). May make periods heavier and cause more cramping.

Kyleena IUD - low dose progesterone. Little to no systemic side effects. Expensive (approx. \$400) - although covered by most drug plans. Will make periods significantly lighter in flow.

The role of ovulation in a women's body is extensive. When you take away ovulation, you prevent the production of a woman's own hormones like estrogen and progesterone. This can lead to symptoms including depression, mood swings, decreased libido, bone loss, hair thinning, dry skin and sleep disturbances.

All other forms of reversible birth control that have > 90% effectiveness work by inhibiting ovulation. These include combined hormone oral contraceptive, mini-pills, patches, rings, and injectables.

I'd suggest all women contemplate the positive role of ovulation and consider a copper or low dose progesterone IUD for safe, effective, reversible birth control.

Dr. Karen Parmar ND

From the IV Suite



I.V. Glutathione Drip

Glutathione is a powerful antioxidant made by our bodies every day. It is a free radical scavenger and a detoxifying agent that is often referred to as

“the master antioxidant.” Glutathione is present in mammalian cells, tissues, and fluids and is essential for optimal health.

Of glutathione’s many important functions, some of the most critical include:

- making DNA, the building blocks of proteins and cells
- supporting immune function
- forming sperm cells
- breaking down some free radicals
- regenerating vitamins C and E
- increases skin elasticity, and lightens skin tone (decreases melanocytes)
- helping the liver and gallbladder deal with fats
- assisting regular cell death (a process known as apoptosis)

Researchers have found links between low levels of glutathione and specific diseases. Glutathione levels can be increased by taking it orally (poorly absorbed), oral N-acetyl cysteine (NAC), via nebulizer (breathing in its mist), and most effectively by I.V. administration.

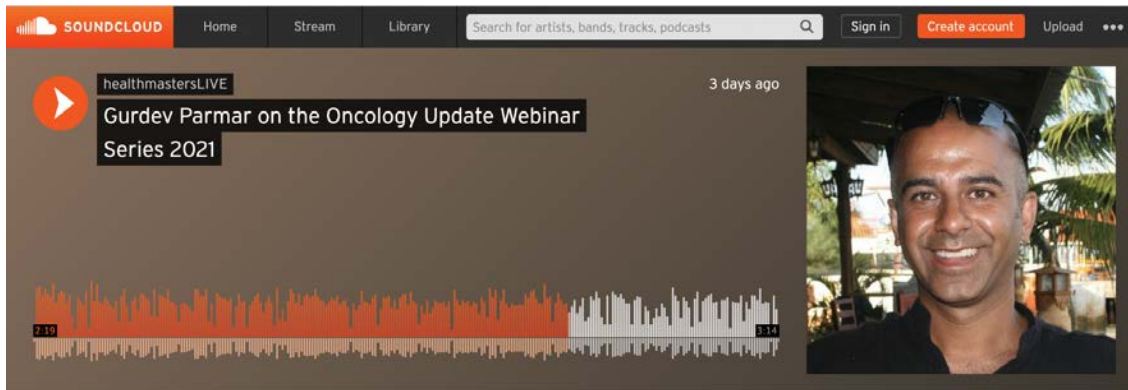
Talk to your IHC naturopathic physician to learn whether this is right for you.

From the Cancer Care Centre

Health Masters Live

Dr. Gurdev Parmar ND just presented an online lecture for the **Health Masters Live** on Monday, April 5, 2021. He lectured on the topic of *Immunotherapy, from fever therapy to modern day immunotherapy*. This was one not to miss, for all interested in how the immune system works, what we know about it today, and what treatments exist for optimizing the immune system’s function. This presentation was also a preview of Dr. Parmar’s upcoming book on this same subject matter, slated to be published late this year in 2021.

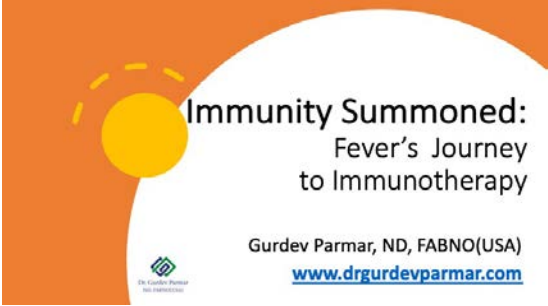
[Link to an INTRODUCTION to the The Oncology Update Webinar Series – Fever Therapy introduction by Dr. Gurdev Parmar: Click Here](#)



Immunotherapy, from fever therapy to modern day immunotherapy

To view Dr. Parmar's blog and access a pdf of this presentation, click the Read More button or the image on the right.

[Read More](#)



In the News



Plate Half Full

If you've checked the food guide recently, you'll know that Canada's food pyramid has been replaced by a PLATE - half-full of vegetables and fruits. <https://food-guide.canada.ca/en/>

It turns out this fruit and veggie-laden diet has a myriad of benefits for our MICROBIOME. Besides being chocked full of nutrients, fruits and vegetables are a really great source of fiber. Why does this matter? More fibre = happy gut microbiome! Two recent studies are shedding light on how great fibre can be in our diet.

In California, researchers found that just two short weeks of adding fibre to a students diet resulted in improved Bifidobacterium. Can you imagine what weeks and months could do?

<https://medicalxpress.com/news/2021-03-high-fiber-diet-significant-human-gut.html>

Other researchers in Illinois focused on avocado as a source of fibre, with 12 grams found in a medium avocado!! They found similar results. An avocado-a-day resulted in greater microbiome diversity and an increase in healthy fermenters. That's good news for all of you avocado toast fans.

<https://www.goodnewsnetwork.org/research-avocado-good-for-gut-health/>

Dr. Nicole Duffee, ND

Connect to Our Blog

5 Lesser-known Causes of Anxiety!

Anxiety is certainly heightened for many due to the global pandemic. Before resorting to prescription medications without ever investigating possible treatable causes for the anxiety consider the following 5 common causes of anxiety I see in my practice:

Dr. Alyssa Fruson, ND

[Read More](#)



Food for Thought

Healthy Dosas

This recipe is easy, peasy deliciousness! And it takes only 5-10 minutes, but it'll keep you going for hours. It's high in protein, fibre, fat, minerals & vitamins—gluten, dairy, & egg free.

In the evening, you'll need: 1 cup of Quinoa, 1/2 cup Mung beans (you can sub chickpeas or lentils or combine all three), 1 tbsp of Apple Cider Vinegar, Warm water to cover

Mix ingredients in a bowl big enough to hold 2 inches of water above the mixture. Cover with a clean dishtowel or cheesecloth and leave on the counter overnight.

In the morning, Rinse and strain mixture and put into Vitamix. Add: 1 tsp of sea salt, 1/2 tsp of cumin seeds (or your fave herbs). Blend on high for 2 minutes. Pour into a bowl.

You can use mix right away or cover and let it ferment on the counter for 1 - 2 days, which makes a more sour dosa.

To prepare, fry: Heat 1 tbsp of coconut oil in frying pan, ladle 1/2 cup of

mixture and from the middle of the dosa, spread and thin it out with a quick swirl. Let brown and slightly crisp, then flip. Remove and add your toppings, like fresh avo, guacamole, curried veggies, or a cashew nut spread.

Dr. Michelle Willis, ND

Hours of Operation

Monday & Tuesday - 9:00 am to 5:00 pm

Wednesday - 9:00 am to 7:00 pm

Thursday & Friday - 9:00 am to 5:00 pm

NEW - Saturday - 10:00 am to 3:00 pm

Give us a call at: 604.888.8325

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