

Integrated Health Clinic[®]



Hi Reader,

Happening at IHC

Annual Free PAP Clinic!

Believe it or not, March marks the one-year anniversary of our national shut down for the global Covid-19 pandemic. Everyone was affected significantly in their own ways by the past year. For many, it has been a year of putting

things “on hold”, retreating into our homes to do our part to help manage this viral pandemic. Cervical cancer screening via pap test is one of the many routine health screenings that have been put on the back burner by many.

As restrictions continue to lift it’s time to get this important cancer screening test crossed off your list and marked as done. To help celebrate International Women’s Day (March 8), we are offering a limited amount of **free pap tests**, *during the month of March*, to help get this initiative started. Call the clinic @ 604-888-8325 ASAP to book as space is limited.

We are (Re-Opening) on Saturdays!

We reduced our hours of operation during the peak of the Covid restrictions, closing on Saturdays and two evenings during the week. We did this out of necessity. We are VERY happy to announce that we are now re-opening Saturdays from 10am to 3pm, starting this coming March 20, 2021.

From the General Health Centre



Weight Loss Series - Dr. Karen McGee, ND

*Biology's a B*tch! – Why is it so hard to lose weight and keep it off?*

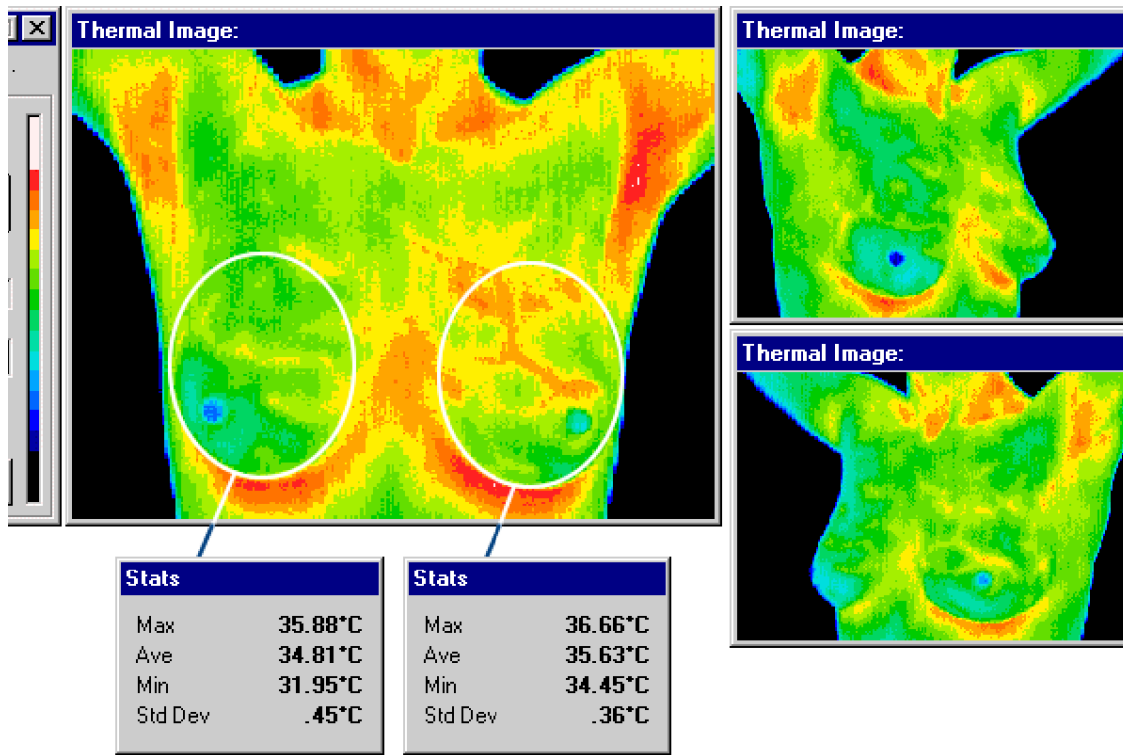
This is Part One(1) of a Six(6) Part series on weight loss written by Dr. Karen McGee, ND of IHC

Here's a quick sneak peek:

“Do you find it hard to stick to your weight loss plan? Have you tried to lose weight and found the pounds won't come off easily — or they come right back?! You are not alone.

The fact is, when we shed pounds mechanisms are triggered that make it hard to both lose weight and keep it off. Some factors are within our control, but many are not. Understanding how the biology of weight loss works will allow you to be patient with the process and kinder to yourself.”

For full access to article, [click here.](#)



Featured Service:

Health Breast Program

Thermography or Digital Infrared Thermal Imaging or (DITI) is an integral part of Integrated Health Clinic's **Healthy Breast program**.

DITI is a highly sensitive, non-invasive and painless imaging tool that measures heat patterns in the body. It can be used as part of a comprehensive breast health program to evaluate and monitor for changes in breast tissue.

DITI is a physiological test. Abnormal and inflammatory tissues are more metabolically active which requires additional blood flow, increasing heat patterns in the affected area(s).

In order to establish a baseline DITI exam, the first DITI is followed by another scan 3-months later. DITI is then recommended annually thereafter to best monitor for asymmetries or other changes from the initial baseline reading.

Our breast health program includes an annual consultation, appropriate laboratory assessment, a breast examination, and DITI. We offer this program to all women concerned about their breast health. We recommend our patients 49 to 74 years of age also follow the Canadian Task Force recommendations on mammography screening. We also counsel our patients on the use of self-breast exams, ultrasound, and MRI; and their potential in their individualized breast health program. DITI is not a replacement for mammograms, rather a valuable physiologic and functional tool providing a more robust, multi-modal approach to breast health monitoring.

From the IV Suite



Essential Hydration IV

Chronic dehydration is incredibly common. A chronic lack of balanced salts, electrolytes and various minerals important to proper hydration are estimated to be found at in a majority of western adult populations. Chronic dehydration can cause symptoms of dry skin and tissues, fatigue, foggy headedness, irritability, anxiety, insomnia, muscle cramps, and many more.

Our fast paced, caffeine driven lifestyles are of course predisposing factors. Athletes due to water and salt loss, and the elderly due to inadequate intake, are most at risk for chronic dehydration, but it's certainly not limited to these groups.

In addition to counselling on how best to manage hydration through diet and intake, IHC provides I.V. hydration with saline, electrolytes, vitamins and minerals to put a halt to the chronic dehydration.

IV screenings are required for anyone not already a patient of IHC. Already a patient of IHC? Ask your ND if this treatment would be good for you.

From the Cancer Care Centre

OK, hear me out here. This is worth the read... you won't believe this ____!!

Two recently published (Feb/21) small Phase 1 trials have shown that some patients with malignant melanoma who did not initially respond to immunotherapy treatment, did respond once that same anti-PD1 drug was

paired with a fecal transplant. Yes, a fecal transplant, or a fecal microbiota transplantation (FMT). In a clever twist, the researchers chose those patients with melanoma who DID respond to the anti-PD1 treatment as the donors of the FMT specimens. The FMT was administered by colonic infusion and/or oral capsule.

There was proof of principle to justify this study:

- There have been studies had previously shown that certain probiotics made certain immunotherapy treatments more effective
- Past studies have also shown an association between certain types of bacteria in the guts of patients and whether immunotherapy is effective
- It has also been shown, and has become a clinical standard, that antibiotic therapy is to be avoided before or during immunotherapy treatments in order to maintain the treatment's efficacy

These FMT studies point to the inextricable connection of our guts, our gut health, our microbiome, and our immune systems. These are the first clinical trials to suggest that changing the microbiome could affect anti-PD1 immunotherapy response in humans.

So, friends of IHC, work with your ND's to ensure your guts are healthy, your microbiome is optimal, and that your immunity is primed from this guttural perspective. This has long been a naturopathic understanding and in fact a point of focus.

Perhaps TMI for some of you, but Karen and I are about to run the **GI MAP** (Diagnostic Solutions Lab – we offer this) test on ourselves, curious to see what our personal ecosystems looks like.

By Dr. Gurdev Parmar, ND



In the News

Oral Birth Control Pills

“The use of oral birth control pills (BCP) in the teen years is not good for life-long bone health. In 885 teen-women—ages 12-19 years from China, the USA, and Canada—we found that there was 0.02 g/cm² more spine/back bone loss, or less bone gain, over two years among the adolescent women taking BCP (n = 558) than in the teen women (n = 327) who were not taking BCP.”

[Read More](#)

Connect to Our Blog

4 (free) Ways to Improve your Blood Sugar Starting Right Now!

If you're my patient, we've probably spent a good amount of time talking about blood sugar.

Dr. Alanna Rinas, ND

[Read More](#)



Food for Thought

Food Energy Balls

1 cup sunflower seeds, toasted

1 cup sesame seeds, toasted

2 cup rolled oats (not quick cook)

1/2 cup hemp hearts

1 cup semi-sweet chocolate chips or carob chips

1/2 cocoa powder

2 cups peanut butter or almond butter

1/2 cups honey

2 Tbsp Dandy Blend (coffee substitute) *optional

1Tbsp melted coconut oil

Put all ingredients in large bowl. Mix thoroughly with your hands, and roll into approx. 1 inch balls.

Store in tupperware in freezer.

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

Saturday - 10:00 am to 3:00 pm

Give us a call at: 604.888.8325

Or Click Here to Visit Our Website



We care about you. We approach every patient as a unique individual with needs specific to your health. Expect a caring approach from us all. Visit our website to [learn more](#).

Email sent to: patrick.smith@example.org

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