
Integrated Health Clinic®

Hi,

Happening at IHC



Construction on Target!

Our street signs are up at the second IHC location! We are still on target for a July 1st opening, and will be ready to start taking bookings by May 10th. The new White Rock location will open with full laboratory services, an IV therapy/ injection suite, as well as an iron infusion centre. The following doctors will be practicing at both IHC Fort Langley and IHC White Rock come July 1st 2021.

Dr. Gurdev Parmar, ND

Dr. Karen Parmar, ND

Dr. Nicole Duffee, ND

Dr. Alanna Rinas, ND

Alfred Man, R.TCMP, R.Ac

From the General Health Centre

Integrated Health Clinic®

Fort Langley • White Rock

www.integratedhealthclinic.com

Give the Gift of Health

IHC **gift cards** will be available May 10th 2021! The new gift cards will be transferrable to both locations, and fully reloadable. They can be purchased at IHC, or as an e-gift card, which you can have on your mobile device and is transferable to another person as a gift.

For more information, or to purchase an e-gift card, visit our website, [CLICK HERE](#)



Featured Service:

Vaginal Laser Therapies & How They Can Improve YOur Quality of Life

20% off Treatments in May & June

There are 4 non- surgical, non-hormonal Erbium laser solutions for improved vaginal health.

Incontilase: Did you know that 40% of women suffer from urinary incontinence? Did you know that bladder leakage can be helped by lasering

the vaginal tissue? This vaginal treatment is effective because the bladder & the vagina share a wall in the pelvic floor. The Dynamis Erbium laser is a gentle, yet effective laser therapy for women of all ages.

Prolaplast: Prolapses are also a common issue that women encounter. Nearly 50% of child-bearing women develop a prolapse of the bladder, rectum or uterus at some point in their life! A prolapse is when the bladder, uterus or rectum collapses into the vagina causing issues. There are 4 stages of prolapse, which determines the severity of the symptoms. Some symptoms of prolapse include increased bladder infections, bladder leakage, a feeling of fullness in the vaginal area, issues with passing bowel movements & leakage during intercourse.

Intimilase: For improving sexual gratification & improving orgasms by rejuvenating the vaginal canal. (Note this is also a great bonus from doing the other vaginal lasers also)

Renovalse: Is the vaginal laser treatment for vaginal atrophy (when the vaginal walls become very thin). A woman can experience tearing & pain with intercourse & day to day discomfort (like dryness, irritation & itching). Vaginal atrophy is usually caused by low estrogen (like in menopause or when women have hormonal cancers & are prescribed estrogen blocking drugs.)

All treatments are gentle, effective & have little to no downtime.

Dr. Michelle Willis ND

From the IV Suite



I.V. , Is it Really That Much More Effective?

Why do I need an intravenous (IV) infusion or injection of something when I can just take it by mouth? Is it really that much more effective?

The short answer is, Yes!

In the case of vitamin C for example, the maximum serum levels achievable with oral vitamin C is 1.3 to 4.0 mg/dL. In contrast, IV vitamin C can lead to serum ascorbate concentrations of well over 400mg/dL.

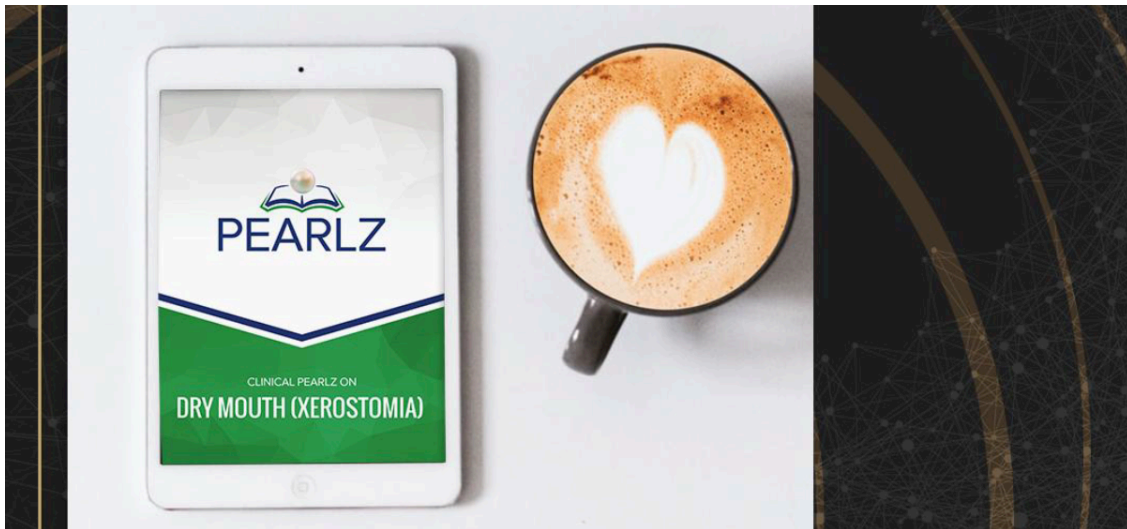
In order to have any effects against cancer, we must achieve serum ascorbate levels of over 400mg/dL, only achievable IV.

At IHC we have now safely administered many hundreds of thousands of IV vitamin C treatments over the past 21+ years. As long as we monitor certain blood parameters and screen for G6PD sufficiency prior, this is a safe and effective treatment for: cell cycle arrest, decreased ATP levels, compromised mitochondrial function, suppression of antioxidant gene expression, cell death, decreases inflammation, improves symptoms related to antioxidant deficiency, and decreases the typical side effects of standard cancer treatments.

Reference:

Parmar, Gurdev et al. (2020). *Textbook of Naturopathic Oncology: A Desktop Guide of Integrative Cancer Care*. Medicatrix Holdings Ltd. ISBN 978-1-7770367-0-6. [Link](#)

From the Cancer Care Centre



Pearlz eBook Series for People Living with Cancer

It is clear that people diagnosed with cancer regularly integrate naturopathic therapies into their treatment plans. Surveys have shown that up to 90% of people being treated for cancer are using other therapies. Unfortunately, these same surveys show that those people often do not inform their conventional providers and seldom use the guidance of a knowledgeable professional.

I sincerely hope that this ***Clinical Pearlz eBook Series***, which has contributions from an incredible team of experienced naturopathic, medical and radiation oncologists, helps cancer patients and their healthcare providers find reliable, evidence-informed information needed today.

The first 26 eBooks review the most common symptoms in a cancer care setting, and their integrative management, including the “go to” clinical pearls that have been time tested by our incredible team of contributors. The next 24 eBooks provide comprehensive reviews of 24 cancer types and the evidence-based naturopathic treatment considerations for each of them. There will be many more symptom and cancer-specific eBooks as the library expands. In order to ensure the most up-to-date information, each eBook will be updated regularly.

Link to the Pearlz website [Click Here](#)

In the News



Vitamin D supplementation could not only save lives, but millions in health care dollars.

"In the United States, distributing a 5-cent vitamin D tablet to persons older than 50 would cost about \$2.2 billion per year but would prevent 78,000 cancer deaths, save \$3.7 billion, and endow older Americans with an additional 870,000 years of life" - Medscape

The original article can be found here:

<https://febs.onlinelibrary.wiley.com/doi/10.1002/1878-0261.12924>

Connect to Our Blog

Bugs and Drugs – How the gut microbiome impacts response to cancer immunotherapy

In the field of oncology, we have learned that certain bacteria can dramatically impact patients' response to treatment and the risk of side effects. This is particularly relevant for some of the newer cancer drugs known as immunotherapies.

Dr. Sarah Soles, ND



[Read More](#)

Food for Thought



Like Carrots?

You're going to *love* this carrot soup recipe. It's luxuriously creamy and full of incredible roasted carrot flavor.

You might be pleasantly surprised to learn that this creamy soup is actually made *without* cream. It's a light and healthy soup, not to mention budget-friendly, too. (and if you substitute the butter with soaked cashews, it's vegan).

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.

CURRIED CARROT SOUP

Recipe curtesy of <https://cookieandkate.com/roasted-carrot-soup-recipe/>

INGREDIENTS

- 2 pounds carrots
- 3 tablespoons extra-virgin olive oil, divided
- ¾ teaspoon fine sea salt, divided, to taste
- 1 medium yellow onion, chopped
- 1 potato, chopped
- 2 cloves garlic, pressed or minced
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 1 tsp fresh grated ginger
- 2 tsp yellow curry powder
- 4 cups vegetable broth (or water)
- 2 cups water
- 2 tablespoons unsalted butter or ¼ cashews (soaked in water)
- 1 ½ teaspoons lemon juice, to taste
- Freshly ground black pepper, to taste

INSTRUCTIONS

1. Preheat the oven to 400 degrees Fahrenheit. Line a large rimmed baking sheet with parchment paper for easy cleanup, if desired.
2. To prepare your carrots, peel them and then cut them on the diagonal so each piece is about ½" thick at the widest part (see photos).
3. Place the carrots on the baking sheet. Add 2 tablespoons olive oil and ½ teaspoon of the salt. Toss until the carrots are lightly coated in oil and seasonings. Arrange them in a single layer.
4. Roast the carrots until they're caramelized on the edges and easily pierced through by a fork, 25 to 40 minutes, tossing halfway.
5. Once the carrots are almost done roasting, in a Dutch oven or soup pot, warm the remaining 1 tablespoon olive oil over medium heat until shimmering. Add the, potato, onion and ¼ teaspoon salt. Cook, stirring occasionally, until the onion is softened and turning translucent, 5 to 7

minutes.

6. Add the garlic, coriander, cumin, ginger and curry. Cook until fragrant while stirring constantly, about 30 seconds to 1 minute. Pour in the vegetable broth and water, while scraping up any browned bits on the bottom with a wooden spoon or sturdy silicone spatula.
7. Add the roasted carrots to the pot when they are out of the oven. Bring the mixture to a boil over high heat, then reduce the heat as necessary to maintain a gentle simmer. Cook for 15 minutes, to give the flavors time to meld.
8. Once the soup is done cooking and let it cool for a few minutes. Then, carefully transfer the hot soup to a blender, working in batches if necessary.
9. Add the butter (cashews), lemon juice and several twists of black pepper. Blend until completely smooth. Add additional salt and pepper if necessary, to taste. Add another tablespoon of butter if you'd like more richness, or a little more lemon juice if it needs more zing. Blend again, and serve.
10. This soup keeps well in the refrigerator, covered, for about four days, or for several months in the freezer

It's a McGee family favourite.

Dr. Karen McGee, 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

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](#).

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