



NURTURE YOUR SELF NEWSLETTER

FROM THE OFFICE OF JACKIE YURKO, DOCTOR OF NATUROPATHIC
MEDICINE

AUTUMN 2001

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WELCOME TO THE NURTURE YOURSELF NEWSLETTER!

The idea of a newsletter has been growing and developing in my mind for awhile, and recently I have been able to direct my energy towards breathing life into this project. The result is this first issue of the Nurture Your Self Newsletter. My vision for this newsletter is to provide a resource for people that allows them continued contact with Naturopathic Medicine. I view Naturopathic Medicine as a journey. The first step on this journey, the initial consultation, is essential; however, it is equally important to continue to move forward towards our individual health goals. My hope is



that this newsletter will inspire you to continue to work with Naturopathic Medicine and provide you with support and information as you do. The content of this newsletter will focus on ways you can nurture all different aspects of your self. The Nurture Your Body section will look at ways you can help improve the health of your physical

body. The Nurture Your Mind and Nurture Your Spirit sections will overlap because, for me, it is often difficult to draw a concrete distinction between the mind and the spirit. These sections will focus on various different topics that help to nourish us on an emotional and spiritual nature, to release stress, and to strengthen our own self healing mechanisms. This newsletter is a work in progress that will grow and develop as time passes. Look for the next issue in the new year. If there is anything you would like to see highlighted, feel free to let me know. Enjoy!

NEW MONTHLY INFO SESSION ON NATUROPATHIC MEDICINE

Would you like to continue to learn about Naturopathic Medicine? If so, please drop by the new free information and discussion session on Naturopathic Medicine I am offering each month. I will be talking about the basic foundations of Naturopathic Medicine and I also hope to focus on a different aspect of women's health each month. The format of each session will be very fluid with the direction being largely decided by the people attending. There will be opportunities for learning, listening, discussing, and question-

ing. I am very excited to be offering a monthly opportunity for people to learn about Naturopathic Medicine. I am hoping the sessions will be beneficial in a number of different ways: to introduce new people to Naturopathic Medicine, to support people as they continue to work with a Naturopathic healing plan, to create an environment that nurtures self growth and healing. You can attend one session or many. The sessions will be occurring the first Monday of each month, starting November 5, 2001. They will run from

7:00PM to 9:00PM at the Parkallen Community Hall (11104 65 Avenue). Please pass along the word to anyone you know who may be interested—everyone is welcome. Feel free to call 430 4553 with any questions or suggestions for topics you would like to see discussed.



NURTURE YOUR BODY

IMPORTANT DAILY ROUTINES THAT SUPPORT OPTIMAL HEALTH



LOVINGLY PREPARING WHOLE FOODS NOT ONLY NURTURES OUR BODY ON A PHYSICAL LEVEL, IT ALSO REPLENISHES OUR SELF HEALING ABILITIES AND OUR ENERGY RESERVES. IT IS AN ESSENTIAL PART OF SUSTAINING OPTIMAL HEALTH.

There are a number of simple steps that we can incorporate into our daily routine that help to support our overall level of health. The most important step to take is eating a healthy breakfast. It is essential that we fuel ourselves with nutrients in the morning to prepare us for the demands of our upcoming day. Protein is an especially important nutrient at breakfast because it helps to stabilize our blood sugar and provides us with energy for a longer period of time than carbohydrates alone (such as fruit). Healthy breakfast foods that provide protein include tofu scramble, toast with almond or cashew butter, or oatmeal or cereal with nuts and raisins. If you are short on time or lack an appetite for solid food in the morning, a smoothie can be an excellent alternative. It is best to build a smoothie with good quality ingredients (see recipe). It is especially important to get a good quality protein powder. Look for a rice or soy based protein powder that does not contain any artificial colorings, flavorings, or sweeteners. Genestra's ProRice is an excellent quality protein supplement.

Another important aspect of general health support is ensuring

we are ingesting an adequate amount of nutrients each day. Even as we move towards a more whole foods based diet, it is still a good idea to support our bodies with a daily multivitamin. It is best to take a multivitamin in a powder or liquid form as they are most easily absorbed and integrated into the body. It is also best for most people to take a multivitamin that does not contain iron or copper as they are difficult for the body to process in a supplemental form. Genestra's ViteMin mix is an excellent quality powder multivitamin.

An additional essential part of routine health maintenance is a daily intake of essential fatty acids. Essential fatty acids are compounds that our body requires to function properly. They are an essential part of every cell membrane in our body, they produce anti-inflammatory compounds, they have anti-oxidant properties, and they are supportive of healthy heart and thyroid function. Although essential fatty acids are found in nuts and seeds (such as flax, sunflower, and hemp seeds) and cold water fish (such as salmon, sardines, haddock, herring, and rainbow trout), it is very

difficult to get our daily requirements by eating these foods. Instead, as a part of our daily routine to support our health, it is recommended most people introduce Flax Seed Oil/Essential Balance/Udo's Choice/Hemp Oil into their diet.

By incorporating each of these three things into our daily routine, we can help to support and strengthen our body's overall level of optimal health.

SMOOTHIE RECIPE

- 1/4 block soft tofu
- 1 cup rice or soy milk
- 1/2 banana
- 1 tbsp protein powder

Place all ingredients in a blender and mix thoroughly.

*This is a basic recipe so feel free to add other varieties of fruit, multivitamin powder or liquid, flax seed oil etc.

*It is important to use only certified organic soy products as soy is an extremely heavily sprayed crop and is often genetically modified.

SCRUMPTIOUS SQUASH AND WILD RICE



Autumn is one season that provides us with an abundance of squash. There are many different varieties of squash, each with their own distinct flavor, color, and form. All types of squash are packed full of nutrients such as vitamins A, C, E, B6, folic acid, magnesium, and potassium. Baked squash is a simple and delicious meal that can keep us warm as the weather begins to cool.

To prepare squash (any variety),

wash it and remove stem. Preheat oven to 350 degrees. Slice squash in half and hollow out the inside. Place 1 tbsp of olive oil, and 1 clove of crushed garlic into each half and sprinkle with sea salt. Place each half into its own casserole dish, fill bottom of dish with 1/2 cup of water, cover casserole dish and place in oven. Bake covered for 45-60 minutes. Squash is ready when it is easily pierced with a fork. To eat, scoop squash out of its skin.

While squash is baking,, prepare wild rice. Bring 3 cups of water to a boil and add 1 cup of wild rice. Boil for 5 minutes, then reduce to a simmer for 45 minutes or until rice has split open. Also while squash is baking, prepare a stir-fry with your choice of vegetables (such as onion, garlic, zucchini, tomato, cauliflower etc.) and tofu. Season with oregano and sea salt.

Serve wild rice topped with stir-fry and squash. Enjoy!

NURTURE YOUR MIND

BREATH—THE LIFE-FORCE OF OUR BODY

Oxygen is one of the most abundant elements in the human body, and it is the most basic requirement for human life. Therefore, if we are not breathing fully, we are not providing our body with the life-force it requires. The depth, length, frequency, and rhythm of our breath has a huge impact on the balance of our health. In her book *Yoga Mind, Body and Spirit*, Donna Farhi notes that when we restrict our breathing, we also restrict other processes, such as the movement of our body and our flexibility to adjust to different situations. She also states that by breathing freely, we allow ourselves to be open to and accepting

of what life presents us. This has a great effect on our health—by being open to situations, we allow our body to have the ability to adjust and rebalance itself. When we restrict our breath and we restrict our openness, we can increase our susceptibility to imbalance which can manifest as various concerns including, headaches, skeletal pain, muscular tightness, and digestive difficulties. In addition, because oxygen is our body's most important food, by breathing fully we are nurturing ourselves on many different levels. This is one relatively simple step we can all make to nourish our self healing mechanisms. To begin

to learn how to free our breathing,, sit in a comfortable position, with your spine straight if possible. Place your palms on your abdomen, below your navel. Breathe in through your nostrils, into your abdomen, causing your hands to move outward. Once your abdomen is filled, continue to breathe into your upper chest. Hold for 1 - 2 seconds and then exhale through your nose causing your hands to move inward. Wait for a few seconds before repeating this cycle. By checking in with our breathing throughout the day, we can begin to improve the quality of our breath and our basic level of nourishment.



AS A SOCIETY, WE
MUST
ACKNOWLEDGE THAT
EMOTIONAL SUFFERING
IS A SIGN OUR PAST IS
SEEKING RESOLUTION—
NOT A SIGN OF
WEAKNESS BUT OF
STRENGTH AND
HONESTY, NOT
SOMETHING TO BE
KEPT HIDDEN OR
CAMOUFLAGED...
HONESTY CREATES AN
OPENING THAT CAN
LEAD TO FREEDOM OF
EXPRESSION IN EVERY
CELL OF OUR BODY.

Michael H Taylor

"Straight Talk"

Yoga Journal Sept/Oct

2001

EMOTIONAL CONNECTIONS TO PHYSICAL CONCERNS

Within the philosophy of Traditional Chinese Medicine, the energetics, or qi, of various organs is associated with and affected by different emotions. The lungs are associated with sadness. The heart is associated with anxiety. The spleen (which is responsible for healthy digestion) is associated with worry. The kidneys are associated with fear. The liver is associated with anger. If we have an abundance of any emotion or if we suppress any emotion, the qi of

the associated organ can become compromised. With excess sadness, we can see difficulty breathing and asthma. With excess anxiety, we can see heart palpitations and panic attacks. With excess worry, we can see bloating and digestive difficulties. With excess fear, we can see incontinence and adrenal depletion. With excess anger, we can see headaches and menstrual concerns. It is important to explore emotional connections to any physical concerns we

may have. It is also essential we develop methods to begin to express our various emotions in health supporting ways. For each person this method will be different—it can include conversations, journaling, letter writing, meditation, visualization, exercise, art, music. It is important to find a method that resonates with you and then commit to integrating it into the fabric of your daily life to support your overall emotional and physical health.

THE FOUNDATIONS OF YOGA

The benefits of yoga are endless. Yoga nourishes our physical body by helping to increase our flexibility, our strength, and our muscle tone. It is also very therapeutic for the mind and the soul. It can help us connect to our essential self. It strengthens and supports our self healing mechanisms. It can tune us into and free up our breathing patterns. It can help to release suppressed feelings. All of these benefits of yoga ultimately are possible because of the eight foundations from which yoga has grown. The eight foundations

include Yama and Niyama which is the practice of ethical and moral living. Asana is the practice of different poses. Pranayama is the practice of breath work. Pratyahara is the practice of focusing on silence. Dharana is the practice of focusing on inner awareness. Dhyana is the practice of developing awareness in all situations. Samadhi is the practice of returning to the original silence. One aspect of Yama is the practice of Ahimsa, or compassion for all living beings. This foundation of yoga teaches us to treat

all living things with respect, starting with ourselves. It is essential that we have compassion for our selves—it is a core well of nourishment for our self healing mechanisms. By treating our selves with love, understanding, and respect, we nurture our body, mind, and spirit. The study and practice of yoga can support us, in many ways, to increase our kindness towards our selves. Search out a yoga class in your local area if you are interested in learning more about yoga.





NURTURE YOUR SPIRIT CHAKRAS-THE ROOT OF HEALTH

Our bodies are filled with numerous different forms of energy that have an enormous effect on our health. There are seven noted major energy centers within our bodies called chakras. The chakras are centers of concentrated energy that affect the way our bodies function on a wholistic level. The chakras function together, synergistically, to support the overall health of the body. Therefore, when a single chakra's health becomes compromised, it inevitably places a strain on the other chakras as they attempt to rebalance the body. As our chakras' health is further depleted, the strain grows larger and the body will move away from its centre of balance. At this point, we can see a number of different physical and emotional concerns develop. Because each chakra is associated with different emo-

tions and different body areas, the concerns that develop will shift depending on which chakra is most compromised. The first chakra, or root chakra, is located at the base of the spine. The color associated with the first chakra is red. The emotions/qualities of this chakra center around safety and groundedness. The first chakra's health is affected by our level of safety/security in our body, identity, beliefs, relationships, home, job. Our ability to remain grounded or connected, to envision dreams, to set goals, to follow through on our plans also directly affect the first chakra. Each of these qualities, safety and groundedness, are basic core issues. They help to form an essential foundation for our health to develop from. When these qualities are not immediately present in our life, we can

see physical health concerns centering around our lower back, hips, legs, adrenals, and pelvic organs. When any of these physical concerns begin to impact our life and health, it is important to explore the level of safety and groundedness we have and see if we can draw any connections. We can nourish our first chakra by drawing our awareness to the area at the base of our spine. Sit in a comfortable position, with a straight spine if possible. Focus red energy on the base of your spine. Envision blockages being dismantled or harmful emotions being released. Explore the levels of safety and groundedness in your life. In subsequent issues of the Nurture Your Self Newsletter, I will explore the remaining six chakras. In the mean time, take some time to nourish your first chakra.

FEAR IS A NATURAL
REACTION TO
MOVING CLOSER TO
THE TRUTH

PE MA CHODRON

WHEN THINGS FALL
APART

NEW DEVELOPMENTS

E-MAIL ADDRESS

jjurko@telusplanet.net

COMING SOON

A WEBSITE IS IN THE
WORKS!

INFORMATION WILL BE
SENT OUT WHEN IT IS UP
AND RUNNING

ALL INFORMATION IN THIS
NEWSLETTER IS INTENDED
FOR GENERAL INFORMATI-
ON PURPOSES ONLY. IF
YOU ARE INTERESTED IN
LEARNING MORE ABOUT
ANY OF THESE TOPICS,
PLEASE DROP BY THE
MONTHLY INFORMATION
SESSIONS.

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HAVE YOU BEEN PUTTING OFF A FOLLOWUP VISIT? HERE IS A PERFECT REASON TO BOOK!



25%

OFF NEXT FOLLOWUP VISIT

THIS COUPON EXPIRES JANUARY 30, 2002