



HEALTHY WAY
HEALING

UPCOMING
COURSES AT
ASSINIBOINE
COMMUNITY
COLLEGE

HERBAL GIFTS
& NATURAL
SPA

April 19th-20th



Trisha Coleman CHT, RH
Clinical Herbal Therapist

TO BOOK AN
APPOINTMENT WITH
TRISHA:

Phone: 728-7973
info@healthywayhealing.ca

Looking Forward to
Helping You Achieve
Your Health Goals!!

THE HEALTHY WAY

VOLUME III, ISSUE II

APRIL - MAY, 2011

XENO...WHAT?!!

XENOESTROGENS...are environmental chemicals which mimic the hormone estrogen in our bodies disrupting the reproductive health of both men and women. Xeno- means foreign therefore xenoestrogens literally means "foreign estrogens".

How do they work? Xenoestrogens bind with same cellular receptors as our body's estrogen. Once bound to these receptors these concentrated endocrine disrupting chemicals result in hormonal imbalance leading to early puberty, affecting menstrual cycles, prostate health, fibroids, endometriosis, uterine cysts, and polycystic ovarian syndrome. They activate an enzyme which converts our body's natural estrogens into toxic estrogens that damage DNA and increase risk of cancers including breast and cervical cancers.

As with other environmental toxins, we come into contact with xenoestrogens every day in our food, water, air, and products we use. The following is a brief list of common

chemicals linked to hormonal disruption:

- **Organochlorines:** Insecticides (DDT), PVC, Spermicides
- **Organophosphates:** Insecticides, Herbicides, Plastics
- **Benzene:** Rubber, Detergents, Plastics
- **Lead:** Hair dyes, Tap water, Batteries
- **Xylene:** Rubber, Paint & Paint thinners, Varnishes
- **Nonylphenols:** Detergents, Spermicides & diaphragm jellies
- **Aluminum & Formadehydes**

Our society makes it nearly impossible for us to completely avoid exposure however there are some easy adjustments we can make to our everyday life to decrease the impact of environmental estrogens on our health:

- ✓ Use glass or ceramic instead of plastic
- ✓ Never use plastic in the microwave
- ✓ Biodegradable cleaning & laundry detergents; no chlorine

- ✓ Avoid fabric softeners & dryer sheets
- ✓ Use all natural cosmetics – beware of labels!! (www.safecosmetics.org)
- ✓ Use a Diva Cup (amazing!) (www.divacup.com)
- ✓ Unbleached fragrance free tampons & menstrual pads
- ✓ Avoid condoms that contain spermicide nonoxyl-9

Indole-3-carbinol is a phytonutrient naturally found in cruciferous vegetables which has shown to promote a healthier more balanced estrogen level in the body. It helps to metabolize and eliminate harmful estrogens. This nutrient used in supplement form is particularly important in the treatment and prevention of estrogen dominant cancers such as cervical or breast cancer.

As mentioned above, it is nearly impossible to completely avoid contact with xenoestrogens, however there are very easy steps we can implement in our daily life to reduce our exposure.

~Trisha Coleman CHT, RH

CHECK US OUT ON FACEBOOK!

HEALTHY WAY PAMPER DAYS

April 16th & 30th; May 14th

Time: 1:00 - 4:30pm

CALL EARLY TO RESERVE! 728-7973

Come & Enjoy...

Infrared Sauna, Reflexology, Whole Body
Vibration, Make All-Natural Foot Scrub,

HEALTHY BRAINS!!

The brain is a powerful organ that enables you to think, make decisions, control body movements and processes including all senses. Ideas, planning and emotions start in the brain, and it stores memories our ability to reason and solve problems.

The brain has nonstop work to do and to function well this control centre needs quality fuel.

The brain's main source of fuel is glucose. The brain requires 8 – 10 times more glucose and oxygen than the rest of the body's organs. Glucose is sugar and the end result of all types of sugars that are broken down by the body. The main sources for sugars are carbohydrates. We often grab for a simple carbohydrate snack during that mid afternoon slump like chips, chocolate or a highly sweetened beverage, while

these foods often give the brain what it wants (glucose/fuel) they can wreak havoc on the rest of our body systems. By choosing a complex carbohydrate option combined with protein like fruit with nuts or seeds or vegetables and hummus you will not only provide your brain with necessary fuel to make it through the afternoon you will help to provide your body with fiber, antioxidants, vitamins and minerals to keep the whole body healthy.

The brain is composed of around 60% fat so you need it in your diet. The amount, types and balance that you eat have a considerable affect on brain power and health. A variety of foods contain the types of fats which are good for the brain. While fish is one of the best sources of omega-3s, they can also be found in a variety

of polyunsaturated nut and seed oils, avocados and leafy greens.

30% of your brain matter is protein, made up of various amino acids mostly used to make and maintain the neurotransmitters. Lean protein sourced from animals or vegetarian options such as legumes, nuts and seeds will provide your brain with proper building blocks.

Adequate fluid intake is also required for proper brain function as the brain is approximately 77% water.

Diets high in saturated and trans fats such as full fat dairy produce, fatty cuts of meat, pastry, cookies, and processed foods can block the work of good omega-3 fatty acids and typical "junk food" diet does not provide your brain with the right types of fuel.

~Louise Barteaux RHN



Louise Barteaux RHN
Registered Holistic Nutritionist
Back to Balance Nutrition

TO BOOK AN
APPOINTMENT WITH
LOUISE:

Phone: 761-9333
backtobalance@mts.net

FREE SEMINARS:

Building the Ideal Diet

* Wed, April 20th *

6:30pm

CALL TO
PRE-REGISTER:
761-9333



10-2010 Currie Blvd
Brandon, MB R7B 4E7
PH: 728-7973 T/F: 1-877-834-3607
Email: info@healthywayhealing.ca

~Open By Appointment Only~
Very Flexible Hours

*"Medicus curat natura sanat
- The physician treats but
nature heals"*
- Hippocrates

WELLNESS CENTRE SERVICES

- Wellness Consultations (1-on-1)
- Herbal Medicine (customized)
- Infrared Sauna
- Whole Body Vibration
- Personalized Detox Programs
- Holistic Nutritional Consultant
- Reflexology
- Lifestyle Coaching
- Seminars / Lectures
- Holistic Spa Day Treatments
- Bauman Counselling Services

HAVE A HEALTHY DAY WITH HEALTHY WAY!!