



HEALTHY WAY  
HEALING

UPCOMING  
COURSES AT  
ASSINIBOINE  
COMMUNITY  
COLLEGE

DIGESTIVE  
HEALTH

\*October 18th\*  
(6:30 - 8:30pm)

CHRONIC PAIN

\*November 15th\*  
(6:30 - 8:30pm)



Trisha Coleman CHT, RH  
Clinical Herbal Therapist

TO BOOK AN  
APPOINTMENT WITH  
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Looking Forward to  
Helping You Achieve  
Your Health Goals!!

# THE HEALTHY WAY

VOLUME III, ISSUE V

OCTOBER-NOVEMBER, 2011

## Adrenal Exhaustion

To all you worry-warts out there...your adrenal glands are tuckered!

Stress...a part of everyday life. Some stress is good for you, providing you with motivation to get through your day and strive to achieve your goals. Other stress can be very detrimental to your health and negatively affect many parts of your life. Stress (physical, emotional, psychological, etc) all stimulates your adrenal glands to produce cortisol (the stress fighting hormone, which is also a "fat" hormone) and adrenaline. Usually your body can re-adjust itself once stress lessens and your adrenal glands are replenished. However, if you are under a high amount of stress, or under stress for a long period of time your adrenal glands will eventually begin to get worn out. This is known as Adrenal Exhaustion.

Adrenal exhaustion shows up in many different ways and not everyone exhibits the same symptoms.

**Common symptoms include:**

- ✓ Not able to deal with stress as easily
- ✓ Fatigue / exhaustion
- ✓ Emotional
- ✓ Feeling of overwhelmed / impending doom

✓ Finding it difficult to get through daily activities

✓ Other areas of your body are weakened: sleep disturbances, digestion upset, poor immune system

✓ Difficulty losing weight

I see TONS of adrenal problems in the clinic. Often we find that the adrenal exhaustion is at the root of so many other symptoms and can be aggravating other existing conditions. The good news is there are ways we can replenish your adrenal glands and get you back into balance and living a healthier life! Our adrenal boosting program usually consists of 4 – 6 weeks which includes specific supplements and herbs which rebuild and nourish the adrenal glands as well as developing better stress dealing techniques. Chronic worrying is a major contributor to adrenal exhaustion and interestingly enough many "worry-warts" often don't consider themselves stressed!

Try these few suggestions of **stress relieving techniques** to try and reduce worrying:

- \* Make lists – write down your worries and decide which ones you can change and which you can not.

Those that you can change, just do it, don't procrastinate. Those that you can't change realize this and put it on the back burner until it is something you can change.

\* Set aside a certain time of the day (no more than 1 hour) for you to allow yourself to worry. If you find yourself worrying about anything outside of this set aside time tell yourself "no, I have to wait until 4 (for example), then I can worry about whatever I want". This exercise will allow you to regain control over your stress/worries/anxiety and be able to cope much better throughout the day, thus reducing your stress levels. It may take some time to get a handle on it but keep trying, don't give up!

\* Try to incorporate yoga or at least deep belly breathing to help relieve stress. Remember sit up in a chair, take a deep breath in (for 4 counts) and breathe out for 2 counts. Repeat 10 times. Try to breathe deep down into your abdomen.

For more information on adrenal exhaustion and natural treatments please contact us!

~Trisha Coleman CHT, RH

Become our  
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Check out our website for your weekly  
"Health Nugget" every Wednesday.

# Resolve To Eat For Health!

Back to Balance Nutrition would like to introduce a new 8 Week Nutritional Program that helps you to change your eating habits and improve your over all health! Program Includes...

- \* 1 hr consultation
- \* 2 ~ ½ hour follow up consultations
- \* Personalized wellness plan
- \* Supplement recommendations
- \* 8 weeks of meals plans
- \* Recipes



Louise Barteaux RHN, RCRT  
Registered Holistic Nutritionist  
Registered Canadian Reflexology  
Therapist

School lunches are back on the menu for many families this past month. There are so many options when it comes to sending nutritious meal ideas, and there are many not-so-nutritious options that can easily fool us. It can be hard to know what to send as many schools have lengthy lists of what is not allowed due to allergies or other issues. The key baddies we should be on the lookout for include:

**Nitrates** – Nitrates are preservatives that are added to hot dogs, bacon, ham, bologna and sausages to keep its red, pinkish color. The danger lies within the stomach where nitrates mix with gastric juices and carcinogenic compounds are formed; nitrates also bind to hemoglobin, which blocks oxygen. There are many ni-

trate-free alternatives at the local grocery store, health food store or butch shop.

**Sugar** – hidden under many names and forms in our processed foods, many of which are sent in school lunches. Granola bars, cereal packets, cookies, pudding, etc. you name it from the snack aisle, there is most likely excess amounts of sugar in it. High levels of sugar can lead to weight gain, headaches and low energy. A good rule of thumb when picking these types of foods to make sure the fiber content is higher than the sugar content per serving. Make treats such as cookies or muffins yourself so way you can add nutritional value with ground flax, whole wheat flour, seeds, nuts and limit sugar in baking by substituting with applesauce.

**Food Dyes** – In the past, foods were colored for cosmetic purposes with natural plant and vegetable compounds such as beets. Since then chemists have developed synthetic food dyes which are more cost effective and have unlimited shelf life. Other than making the foods look pretty they provide no nutritional value and some studies have shown that they can worsen behavioral problems in children. They are found in a whole range of foods that we buy every day. Of all food dyes Yellow #5 is one of the most problematic. Foods or treats that have vibrant colors can be guaranteed to have dyes in them usually along with other additives we don't want. By making those treats we send in lunches ourselves, we know what goes into them and choosing whole, unaltered foods for ingredients

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are easy ways to avoid these additives.

One of the worst offenders for containing all these baddies is "Lunchables". Convenient yes, but nutritionally void of anything to keep our kids going through the afternoon and by not buying them you can do a happy dance for the environment because you left all that unnecessary packaging on the shelf. There are plenty of great options out there so get experimenting!!

Check out one of my favorites sites for great tips on school lunches! <http://blog.fooducate.com/2011/09/12/the-bad-news-about-healthy-lunches/>



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*"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
- Glow Teeth Whitening
- Personalized Detox Programs
- Holistic Nutritional Consultant
- Foot Reflexology
- Lifestyle Coaching
- Seminars / Lectures
- Holistic Day Spa Treatments

**HAVE A HEALTHY DAY WITH HEALTHY WAY!!**