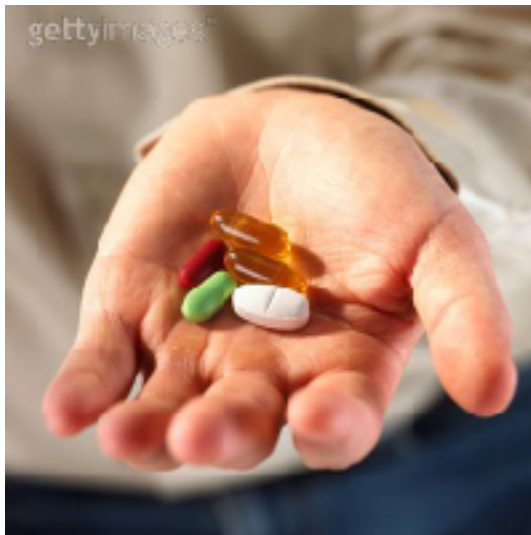


## Your Guide to Vibrant Living Through Fitness and Nutrition



### FEATURE ARTICLE: WHY YOU SHOULD TAKE A MULTIVITAMIN



Supplementation with a multivitamin has been a controversial topic among health care practitioners. Some feel that multi's are essential for everyone, whereas others feel that energy and nutrients should be obtained from food. In essence, both arguments are correct. Generally speaking, a proper diet should provide you with all of the vitamins, minerals and nutrients to allow the proper function of all of the enzymatic processes in the body. In addition, because food naturally contains digestive enzymes, and we chew our food, the digestive process begins in the mouth and hence the absorption rate from food is usually higher than from a supplement. A proper diet consists of 2-3 servings of fruits, 5-10 servings of vegetables and 5-10 servings of whole grains per day.

In addition to eating a healthy diet, proper digestion has to be considered in order to ensure that you are able to obtain essential vitamins and minerals from the food that you eat. Common complaints such as bloating, gas, diarrhea, constipation, undigested food material in your stool, and heartburn may be signs that food is not being digested properly.

If you are someone whose diet contains significant quantities of whole grains, fruits, vegetables, and fibre and you do not suffer from any of the digestive complaints listed above, then you may not be a candidate for multivitamin supplementation. However, if you are like most North Americans who complain of digestive issues and are not able to consistently eat a diet plentiful in fruits and vegetables, then you should consider a quality vitamin/mineral supplement. By no means does this multivitamin replace a healthy diet. It acts as a "supplement" ensuring that you are supplying your body with all of the essential components, allowing the body to work at optimum levels.

On June 24, 2002 the Council for Responsible Nutrition came out with a report that stated the benefits of long-term vitamin and mineral supplementation. It stated, "consistent use of multivitamins and other key supplements can promote good health and help prevent disease". The report found that ongoing use of multivitamins and other single-nutrient supplements demonstrated a positive impact in areas ranging from strengthening the

immune system of highly vulnerable elderly patients, to drastically reducing the risk of neural tube birth defects such as spina bifida. In fact, research has found that the use of regular vitamin and mineral supplements in the elderly has cut the number of days they are sick from infectious disease in half.

Most diets tend to be deficient in many vitamins and minerals, but usually the level of deficiency is not severe enough to result in obvious signs and symptoms. For example, a disease like scurvy, which results from severe vitamin C deficiency, is extremely rare. However, marginal vitamin C deficiencies are fairly common. The term "sub clinical" is used if a deficiency is there, but it is not severe enough to produce classic deficiency signs and symptoms. In most cases, people with a sub clinical deficiency will experience very vague symptoms such as fatigue, lethargy or difficulty in concentration. While these symptoms are not life threatening, they will affect quality of life, and deficiencies for the most part will get worse, not better over time.

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## Your Guide to Vibrant Living Through Fitness and Nutrition



### FEATURE ARTICLE: WHY YOU SHOULD TAKE A MULTIVITAMIN ...cont'd

**C**an Multi's be Toxic? There are two categories of multivitamins: fat-soluble and water-soluble. Water Soluble vitamins include vitamins B and C. Water-soluble vitamins are absorbed directly into the bloodstream, moving freely in the bloodstream. On the other hand, Fat-soluble vitamins (A, D, E, K) must be transported through the lymph nodes via carrier proteins, before entering the bloodstream where they are absorbed. Fat-soluble vitamins tend to remain in fat storage sites rather than being immediately excreted. Because of this, they are more capable than water-soluble vitamins at reaching toxic levels. When water-soluble vitamins are in excess, they are easily removed by the kidneys and are not stored in the body. While a one-day omission of water-soluble vitamins will not cause a deficiency, they need to be consumed regularly in order to achieve proper levels in the body. Many people become alarmed when they discover they may be consuming too many fat-soluble vitamins if they supplement with a multivitamin. However, the toxicity levels are so high for these vitamins that you would have to be mega dosing on single vitamin supplements to reach these levels.



It is perfectly safe to eat a well balanced diet while taking a multivitamin.

**Iron in a Multi?** There has been research into a possible connection between iron and heart disease. As a result, iron has been excluded from a lot of multivitamin formulas. Generally speaking, the only people that need to consume additional iron are those who are anemic, or pre-menopausal women with heavy periods. Our diets naturally contain an abundance of iron, and a health care practitioner should closely monitor additional supplementation. Even when supplementing with iron, it is better to take it by itself instead of in a multi combination, as it prone to react with a lot of other compounds.

Many people are concerned about the expense of a multivitamin. For the most part, the old saying "you get what you pay for" rings true. Many of the more expensive multi's provide high quality, easily absorbable forms of vitamins and minerals. So even though you may have to pay slightly more every month, your money is being well utilized, as more of your supplement is absorbed which results in positive action in the body.

While some people may not see immediate changes from a multi, others will notice and increase in their levels of energy and concentration. Regardless of the immediate effects, a multi will help to prevent vitamin and mineral deficiencies that, if neglected long term, may be associated with certain chronic ailments such as cancer and heart

disease. It is a very small change in your life that could have long lasting effects, but I can't emphasize enough that by no means does it replace a healthy diet. A multi can be a great supplement to a well-balanced lifestyle.

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### PRE NATAL FITNESS

Think of prenatal fitness like training for a marathon, only there's no guarantee when race day will be, what time it will start, or even how long the race will take! The only thing you know for sure is that you want to be conditioned for the event, and ready for action!

The purpose of an exercise program during pregnancy is to maintain physical fitness and overall health. By continuing to listen to your body and by adhering to specific guidelines and precautions, fitness through pregnancy can be a safe, enjoyable and gratifying experience. It is important to recognize that exercising to increase athletic performance and/or body composition prenatal, can be detrimental to the developing fetus. Consult your physician before beginning a prenatal fitness program.

#### The Benefits of Pre Natal Fitness

- Pelvic floor exercises improve tone of muscle floor in preparation for child birth
- Decrease weakness and laxity postpartum
- Leg exercises increase venous flow preventing possibility of clot formation
- Pain caused by postural changes can be relieved by strengthening and stretching major postural muscle groups
- Studies show that fit women tolerate the strenuous work of labor & delivery better
- Continuing a specifically modified fitness program increases postpartum recovery time and facilitates resuming an active lifestyle

#### Fitness Advice For Each Trimester

##### First Trimester (Months 1-3):

- Listen to your body! Fatigue and nausea cause some women to discontinue their exercise programs during this time. Don't feel guilty! Do what you can. You may feel more like exercising during the second trimester.
- Extra supportive sports bras reduce breast discomfort during activity

##### Second Trimester (months 4-6) :

- Be careful when changing direction on the run, as the joints are loosening and weight gain is rapid during this period
- Avoid hyperextension of the back as it may cause or worsen uterosacral ligament pain
- Include exercises that rotate the ankle, knee, and hip joints through their full range of motion to prevent cramping and increase circulation
- Continue to monitor exercise heart rate

##### Third Trimester (months 7-9):

- Focus more on specific exercises designed to prepare for labor
- Be cautious of abdominal muscle separation (diastasis recti)
- Continue to live as much of your active lifestyle as you feel your body is comfortable with

For information on personalized pre and post natal fitness programs email [mytrainer@sarahheipel.com](mailto:mytrainer@sarahheipel.com) or visit [www.sarahheipel.com](http://www.sarahheipel.com)

Author: Sarah Heipel, CPT, SNS

### RECIPE OF THE MONTH EGGLESS MAYONNAISE

#### The Low Allergenic Substitute

To avoid excess cholesterol, use this spread as a replacement for butter when possible. Mixing it with chicken, tuna or salmon makes a great sandwich.

#### Ingredients:

- 1 tbsp ground brown rice
- 8 tbsp pure water
- 2 tbsp soya flour
- 3 tbsp wine, cider vinegar or lemon juice
- 8 tbsp sunflower oil or flax oil
- 2 tsp honey
- ½ tsp sea salt (optional)
- 1 tsp gluten free ready made mustard

#### Preparation:

- place the ground rice in a small saucepan with the water and cook while you stir for about 4 minutes. The mixture should be smooth and thick. Leave it to cool.
- press the soya flour with the back of the spoon to remove any lumps and place it in a blender with the rest of the ingredients and blend to a cream
- store covered in the refrigerator for up to 1 week...use as required

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### FLU AND COLD BUSTERS

**C**old and flu season is just around the corner, and now is the perfect time to boost your immune system to keep you healthy this fall and winter.

#### General guidelines for prevention:

- Eat a varied diet of fresh, whole foods
- Reduce sugar, salt and fat intake
- Get enough rest
- Exercise regularly
- Practice stress reduction; the effects of stress decrease our immune system's protective ability
- Wash your hands with very warm water and soap frequently; making sure to clean in between the fingers and around the nails.

In addition, you can include the following in your prevention program:

- Vitamin C (1000 mg per day minimum). Use a good quality vitamin C that contains bioflavinoids. Recommended brands include Sisu, Genestra, Thorne or Natural Factors.
- Astragalus Combo (15 drops twice daily) is a herbal tonic used to boost the immune system before and during the flu and cold season
- Thyme and Eucalyptus Essential Oils, put these powerful anti-bacterial and anti-viral oils in a diffuser to cleanse the atmosphere, or put on your pillowcase before going to sleep.

There are many other naturopathic treatment options available if despite these preventative measures you find yourself sick this winter. Please consult the office to learn about natural options to the flu shot, or natural approaches to colds and flus.

Robin Walsh BAsC, ND  
Uptown Waterloo City Centre  
175-100 Regina St S Waterloo  
519-747-1650

### UPCOMING WORKSHOPS

**S**tarting in November, Robin will be hosting monthly workshops at the Waterloo City Centre on various issues. The workshops will be a great way to find out what you can do to further enhance the health of you and your family. She encourage you to attend any or all of the workshops, and you are always welcome to bring friends. Many of the seminars will be on Naturopathic Health Care, however there will be a couple of sessions or portions of sessions given by a variety of guest speakers from Waterloo. The seminars are FREE, but please confirm your attendance by emailing [robin@robinwalshnd.com](mailto:robin@robinwalshnd.com), or calling 747-1650. Stay posted for the finalized dates and times, but the tentative schedule and topics include.....

**November 8 @ 630pm-** Avoid the Flus & Colds this Winter. How to Boost your Immune System Naturally  
**January** - Naturopathic Approach to Weight Loss  
**February** - Heart Health - how to decrease your risk of heart disease with Naturopathic Care and Exercise  
**March** - Stress - How it impacts your health, and how to manage it  
**April** - Allergies - How to decrease the impact of allergies this season

### UPDATES

#### Dinner and a Workout 4 Flexibility

Come and find out how to improve your overall flexibility.

This session will focus on a 1 hour session with Personal Trainer Sarah Heipel on Flexibility Exercises that you can do at home, a Nutrition lecture by Naturopathic Doctor, Robin Walsh and a healthy dinner will follow.

DATE: Tues. Nov 16th

More Details to follow....

For more information or to register please email Robin:  
[robin@robinwalshnd.com](mailto:robin@robinwalshnd.com)

#### Speaking Engagements?

Do you belong to a club or organization that would be interested in learning more about Naturopathic Medicine, Healthy Eating or Fitness?

Sarah and Robin have teamed up to do a variety of talks in the area. Some of our topics have included healthy living, arthritis, how to stop the aging process, prenatal/postnatal fitness and nutrition and heart health. For more information, or to book a speaking engagement please email Robin at [robin@robinwalshnd.com](mailto:robin@robinwalshnd.com).

## FREE 15MIN CONSULTS!!

Have you ever considered Naturopathic Medicine, but want to have some questions answered, or learn more about it? Here is your chance!! Robin is offering FREE 15 minute consults to answer all of your questions, and also give you a potential individualized treatment plan. For more information please call 747-1650, or email Robin directly

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## THE POWER OF YOGA

Om.

Class has begun.

You sit in silence with the other students, eyes closed, withdrawing your mind from your hectic schedule. This is your yoga class -- time to get away from the daily mind/body clutter and stresses of life, time to simply take care of you.

You may have originally tried yoga when a friend convinced you to try this crazy class that he was taking to lose weight. 'Yeah, sure, whatever, I'll give it a try,' you might have thought, but little did you know that this was the beginning of something different: the door to a happier, healthier you. Who would have thought that after a lifetime of asthma and allergies, you'd be throwing out those inhalers and pills because you can finally breathe! Who would have thought the lower back pain you developed 15 years ago isn't so nagging anymore and is improving all the time! Who would have thought since yoga became a part of your life, you'd sleep better at night and wake up refreshed and looking forward to your day; you'd eat reasonably now because you eat when you are hungry, not when you are anxious or depressed. Your health has improved - you never seem to catch colds anymore, you're body radiates with vitality, and you don't remember what it feels like to be down anymore. All of these improvements have

come since your first yoga class, so much so you have to stop and say to yourself 'something must be working!'

During class you move through a series of different asanas (postures) and pranayama exercises (breathing techniques) to invigorate and heal your body from the inside out. Yoga stretches, tones and strengthens all of the muscles and joints in the body, massages the internal organs and stimulates the nervous and immune systems; it also improves heart and lung efficiency and balancing hormones. The benefits speak for themselves.

Students work at their own pace in class, finding their own 'perfect posture' simply by identifying sensation in the body - sensations you always knew were there but never took the time to notice before. It is through yoga we discover ourselves.

As class draws to a close, your mind floats back to consciousness. Lying in a relaxing, peaceful state, you notice your body tingling with life from head to toe; all the while your mind is more relaxed than it's ever felt before. Who would have thought this ancient science, originally developed to control the mind and senses to achieve meditation, would have such a profound effect on your life, making you feel more alive than ever before?

Om.

Join Erica to experience 'The Power of Yoga'. Drop-ins are welcome. Classes are available to all ages, levels and body types in Hatha, Ashtanga, Power, Prenatal and Kundalini Yoga.

Prenatal Yoga monthly Saturday workshop 10am-12:30. Next sessions Oct 30th, Nov 20th. Tell your pregnant friends!

For details or to set up a private/group/corporate session or workshops contact Erica.

erica4wellness@hotmail.com  
519.578.0817

Erica Schissel has professional certification in Hatha and Ashtanga yoga. She has been the resident yoga instructor at world renowned yoga retreat, Pura Vida, in Costa Rica and has also had the privilege of studying yoga in India with Yogi Vishvketu (PhD Yoga), among other excellent teachers of yoga and ayurveda. She previously managed Rama Lotus Yoga Centre in Ottawa, Ontario where she received informal education in a multitude of various yoga styles. She will complete a Prenatal Yoga Teacher Training course with Janice Clarfield at Kripalu Yoga Centre on Oct 21st 2004.

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