



# Winter Edition Newsletter

**T**he Holiday season is a time of joy when we celebrate with our family and friends. With all the planning and running around for gifts and odds & ends, it's easy to get caught up, carried away and stressed out! The unnecessary pressure we place on ourselves ultimately affects our health and can lead to stress, anxiety, stomach problems and more. Don't settle for anything less than your optimal health this holiday season— caring for yourself will help you care for those around you.

## Tips for a Happy & Holistic Holiday:



1. **Keep** things **Simple and Make a list** of what needs to be done for the holidays. Crossing items off the list makes it easier to envision yourself tackling the rest of it.
2. **Delegate** your list to others in your family. It's great for bonding and stress relieving.
3. **Remember** that gift giving can come in other forms like baking, cooking, home-made crafts or just doing something thoughtful.  
*-An idea could be growing herbal plants throughout the year like aloe, lavender, chamomile and then gifting it during the holiday season.*
4. Organizing a Secret Santa/Kris Kringle makes **gift giving** fun, simple and pressure free!
5. **Hosting** a dinner party: prepare a list of the dishes you're planning. Everyone always asks what they can bring so you can email the list and give them the option of what to bring  
*-These healthy dishes could include a quinoa salad with cranberries, a bean salad, squash soup,*
6. Large gatherings aren't the only way to spend the season. Other great options could include:
  - ❖ Check your local community for **events** in your area.
  - ❖ Movie theatres are **open** on Christmas & New Years Day.
  - ❖ **Volunteer** at a shelter or nursing home. There are plenty of individuals who would like your company.

## Natural Treatments for Digestive Concerns

**A**ccording to the Canadian Digestive Health Foundation (2016), 20 million people experience digestive disorders each year. Meanwhile, the unreported statistics of individuals who do not discuss their issues about their health problems are unknown. The most common types of digestive complaints are: constipation, diarrhea, hemorrhoids, IBS, bloating, flatulence, colic and cramps. Anyone who experiences these turmoil's understands the impact it places on one's personal and professional life. Unfortunately, this is a growing epidemic in society costing the health industry 18 billion dollars annually. Other than, conventional and pharmaceutical treatments there are natural methods available to help alleviate, heal and/or prevent digestive disorders from worsening leading to more serious complications.

Some **Natural Methods** for improvements and preventions and one of the most crucial fundamental is **DIET**. Believe it or not diet has a contributing factor in digestive disorders. I cannot stress the importance of eating a healthy nutritious diet, one high in natural fiber. The main foods to consume are: fruits, cooked vegetables, lean protein and water. These foods reduce inflammation in the body and heal the digestive tract.

Comparably, when you have a sore on your body you wash the wound and place a dressing on it, repeating these steps until the wound has healed. Your digestive tract is similar in this manner. You cannot visible see the sore even though it exists. In other words, the dressing for the digestive tract is ingestion of proper foods until it is healed. More importantly to avoid flare-ups of your condition eliminate the causing food factor.



## Types of Foods to Eat for Digestive Concerns

### Eat More:

- + **Fruits** preferably ones that are easily digestible like; berries, pears, melon dew, apples, kiwi.
- + Cook your **vegetables** before eating them as opposed to raw vegetables. This will help with digestion and eliminate bloating, gas, cramping.
- + Eat **lean protein** such as; lentils, beans, chicken, turkey, fish, quinoa, tofu. Baked, grilled or broil your foods.

### Avoid:

*Below are suggested foods to temporarily avoid until the digestive problems have improved.*

- + Temporarily avoid **carbohydrates** such as breads, potatoes, rice, pasta.
- + **Dairy/Milk** should be avoided or substitute with other types of dairy-free milk beverages such as; almond, coconut, soya etc.
- + Avoid creamy sauces, tomatoes, spicy & hot foods, garlic, onions.

### Water, Fiber & Exercise:

- + Drink plenty of fluids such as water throughout your day. This helps replenish fluids and diminish constipation.
- + One healthy alternative to regulate bowels instead of using laxatives is **flax meal**. Flax meal is grounded flax seeds. **Flax meal** contains omega-3 essential fatty acids which are good fats, lignans that has plant estrogen and antioxidant and fiber both soluble and insoluble type.
- + Engage in more regular physical exercise like walking, swimming, aerobics, stretching, building muscle endurance.

## *Safe & Effective Homeopathic Remedies for Relief of Digestive Concerns*

Below are homeopathic remedies that may prescribed for specific digestive symptoms.

### GRAPHITES REMEDY

- For bloating, colic, cramps, flatus.
- Cannot bear tight clothes around the waist.
- Cracks & fissures in anus.
- Constipation, strains to pass stool hard & difficult.

### COLUBRINA REMEDY

- Indigestion.
- Constipation, hard, with frequent ineffectual urging.
- Loud, rumbling in abdomen.
- Flatus with colic.

### VERATRUM ALBUM REMEDY

- Diarrhea, green watery & profuse.
- Morning diarrhea.
- Diarrhea alternating with constipation.

### AESCULUS HIPPOCASTANUM REMEDY

- Hemorrhoids with sharp shooting pains up the back.
- Hemorrhoids bleed, purple & painful
- Worse standing, sitting & walking.
- Anus is raw & sore.

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## Tasty Truffles Recipe for the Holiday Season

The holidays are approaching! Since most of us indulge a little at this time, try this healthy yet delicious version of truffles.

They are great for guests coming over or for gift giving. Enjoy!

### Ingredients:

1 cup walnuts – (soak for 1 hour & drain)  
1 cup of combined dates & prunes (soak for 1 hour & drain)  
¾ cup of cocoa powder  
Put in food processor & blend until smooth  
Roll into balls. Freeze.



¼ to ½ cup dark chocolate  
1 tbsp coconut oil (or butter)  
few drops of stevia or agave syrup – optional  
¼ cup cocoa

### Directions:

Melt above 4 ingredients together. Remove from heat & roll the frozen chocolate truffle in. Place on parchment paper. Keep in freezer until ready to serve.



## Holiday Special



**\*Receive 50% off any Initial Homeopathic Consultation for the holidays.**

\*Offer Valid until January 31, 2017

## Salmon with Lemon, Garlic & Thyme

**In a hurry! Not enough time to prepare a home cooked meal. Than try this simple quick Salmon recipe.**



### Ingredients:

2 pounds Salmon filets  
¼ tsp sea salt  
2 tsp dried thyme  
½ tsp freshly ground black pepper  
2 to 3 garlic cloves crushed  
2 tbsp extra virgin olive oil  
1 lemon, cut into slices

### Directions:

Preheat oven to 375°F  
Rinse salmon & pat dry  
Grease baking pan  
Place the fillets, skin side down in a baking pan  
Sprinkle with sea salt, thyme & pepper  
Rub in the crushed garlic & drizzle with olive oil  
Place the lemon slices on top of salmon  
Bake 20 minutes or until desired taste

**Serve with a salad & Presto!**

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