



Winter

2016

Boyd's Alternative Health

"Where your health matters and nice people care."

Newsletter issue #56

It is sad for me to say goodbye/ see you later to everyone I have had the pleasure of meeting in my almost 3 years so far at Boyd's but I am also very excited to embark on this new adventure of motherhood and look forward to all the new experiences!

That being said I would like to introduce you all to Amanda who will be holding down the fort in my absence. Amanda is very excited to take on my role and looks forward to meeting each of you in her time here at Boyd's. Amanda will be here with me training part time until my last day, November 18th.

I do hope I get to see everyone before I leave but if I don't I would like to wish you all a Very Merry Christmas and a New Year filled with much love and laughter!

A new year is fast approaching, please be sure to phone in and book your 2017 appointments as soon as convenient. Jackie is already getting booked up in 2017!

Boyd's Alternative Health is excited to announce the launch of our website, www.boydsalternativehealth.com. For those of you with an email address on file, we have added your name to our online newsletter subscription list. Please be advised that you can opt out of the digital newsletter at any time. If you haven't provided an email address and would like to be added, visit our website or call in to sign up.



Price Change:

As of December 1st the cost of a CranialSacral Therapy appointment will increase from \$100 to \$110

Thank you for your patronage!

SALE! Nutri-Flu: Immune system support and relief of cold symptoms. Fights off respiratory infections. All bottles we have in stock are expiring at the end of December. On sale for 30% off until they're gone.

Boyd's Alternative Health

Bag 500

Carbon, AB. T0M0L0

reception@boydsinc.ca

Phone: 403-947-2389

Toll Free: 1-877-931-4372

Folic Acid

An extremely important nutrient for females that has received a lot of press lately is folic acid. This member of the B vitamin family gets its name from the Latin word for "leaf" which is folium. Folic acid was originally extracted from spinach and is an important catalyst in the utilization of amino acids.

Folic acid often works in conjunction with Vitamin B6 in the body to perform many important biochemical functions. The latest studies suggest that folic acid is an important vitamin throughout a woman's lifecycle. Folic acid is known to:

- ~ Help prevent neural-tube birth defects like spina bifida and anencephaly
- ~ Aid the healthy nervous system development of the fetus
- ~ Protect against low birth weight, and premature babies
- ~ Prevent certain types of anemia in menstruating women
- ~ Help prevent heart disease by changing the toxic amino acid homocysteine, which creates arterial damage, into the benign form amino acid cysteine
- ~ Promote bone strength and collagen in association with other nutrients
- ~ Maintain a strong immune system
- ~ Form the genetic substances RNA and DNA for cellular health
- ~ Assist in digestion through the production of hydrochloric acid
- ~ Treat anxiety and learning disorders
- ~ Benefit circulatory problems
- ~ Help menstrual difficulties
- ~ Heal ulcers
- ~ Aid in alcoholism treatment

Folic acid is often deficient in women's diets due to hectic lifestyles and poor food choices. It is most predominately found in dark green, leafy vegetables like kale, spinach, collards as well as citrus fruits and juices. It is also found in Kidney and lima beans. It is suggested that women of child-bearing age take at least 800mcg of folic acid per day if they wish to get pregnant. Increased levels of folic acid are needed for the fetus in the early stages of pregnancy, often before a woman even knows she is expecting. The adult female requirement is 400 mcg per day, while the lactating woman needs at least 600 mcg.

Essential oils in the home

In the Kitchen: use a drop of clove oil in a simmering pan to help with cooking odors. Place 5 drops of Lemon or Tea Tree oil on your dishcloth as you wipe down your counter.

In the bathroom: place 5 drops of a citrus essential oil on a tissue and place it inside your toilet paper roll.

In a vacuum cleaner: mix a few drops of essential oil with baking soda and sprinkle on carpet before vacuuming it up.

Repel insects: by adding 5 drops of Tea Tree oil to a cloth before cleaning any surfaces around the house. The antiseptic qualities will repel house flies.

Storage: put a few drops of essential oil on cotton balls or absorbent cards and place in your storage containers with your summer clothes or in your linen closets.

I know I have disinfected my high traffic areas, have you?

We all seem to get into a fall cleaning mode. Before we hunker down and close our homes to the cold Alberta weather we seem to get an urge to do some major fall cleaning/ purging. Getting rid of all the excess 'stuff' and doing a deep clean before a season's change is a great feeling. Colds and flus seem to come hand in hand with the weather change and I try to avoid these at all costs. One of the chores I make sure is at the top of my list is to disinfect all our handles!! Yep, cupboard handles, door handles, appliance handles etc. All those things we use daily and don't even think about. Maybe you clean these often in your regular routine like I do after washing dishes with my dishcloth or some such but a good disinfectant scrub is something I make sure I do a couple times a year at least.

Or have you thought about your workplace?? How many people are in and out of your workplace using all those handles and door knobs? I just recently finished a good fall scrub down of all our handles etc. here at the office but don't stop at just handles. In an office setting there are so many other things we use all day but don't always think about, the telephone for example, that can always use a good wipe down. Or the keyboard, mouse and stapler. Always a good idea to disinfect those as well, especially if you share your workspace with others!

I really like Thieves cleaner for these chores as I know it kills everything and it has a great scent to boot! If you have the essential oil on hand but maybe not the cleaner, just make your own. I just use the classic citrus or thieves and vinegar recipe that seems to be a growing staple for the cleaning cabinet. For a citrus disinfectant, save your orange and lemon peels and put them in a jar, cover them with vinegar to soak for a day or so. This brings the oils out of the peels and infuses them into the vinegar. Throw the peels away and strain the vinegar to remove any bits. If you don't use all of the vinegar solution in the first batch of cleaner just make sure it is strained well and save the solution for the next batch.

Fill a spray bottle mostly with water but leave room for about a ½ cup, depending on the size of your spray bottle, of your vinegar solution or plain vinegar. Add around a ½ tablespoon of Dawn or Dr. Bronner's castile soap. The soap and vinegar don't always love each other so play with your ratios until you find an amount of each that mix well. If you like, add Thieves Essential oil or for that matter any essential oil that you love for a fresh scent!

New Little one? Here are some tips for helping with adjusting.

Peppermint tea is great for toning down those strong foods you may eat that have a tendency to bother baby. If you like garlic and onions or anything else that is a strong flavor, you may notice that breastfeeding after consuming these foods is more difficult and baby can become extra fussy. Excess gas and fussiness can be a very common issue in the little ones after feeding. Mom drinking peppermint tea can help reduce the affect these foods have on baby.

Not getting enough sleep? Maybe you have a hard time getting re-settled in between middle of the night feedings. V-C15 is safe for you to take while you are breastfeeding and is a fantastic product for helping you get back to sleep. V-C15 is also great for during the day. If you are worrying too much or anxious, baby picks up on your emotional state and can mimic your mood and become fussy. V-C15 is a calmativ for your mind and relaxes your nerves. There is also an option with V-C15 that can give you that bit of extra energy to get you through the day while still giving you the calm and collected advantage.

Catnip & Fennel is a must have on hand for babies. Just 2 drops in their mouth right before they latch for a couple of their feedings day or night will help relieve colic, indigestion, upset stomach, gas, nausea, teething pain, constipation, diarrhea and fevers. This product is also great for enriching the milk flow in nursing mothers!

Red Raspberry is also a must have on hand for mom just as much during pregnancy as for afterwards. Red Raspberry Helps to tone and prepare your uterus for childbirth, prevent miscarriage and ease delivery and decrease the pain. As an added bonus Red Raspberry helps fight colds, fevers and flus.

Raw Choc-Mint Cups

For something that looks like fancy, these delightful treats are so simple to make! And take a guess at what we used to color these green? Artificial Food Coloring is NOT the answer!

INGREDIENTS

For the Choc Layer...

- ½ cup raw cacao powder
- ½ cup coconut oil
- ¼ cup maple syrup
- 1 tsp vanilla

For the Peppermint Layer...

- 1 cup cashews (soaked overnight)
- ¼ cup shredded coconut
- ¼ cup coconut milk
- ¼ cup coconut oil
- 1/2 cup baby spinach leaves
- 1 drop of peppermint pure **essential oil**



METHOD

1. Mix together chocolate layer in a medium bowl.
2. Pour ½ choc layer into molds. We used muffin silicon molds.
3. Pulse cashews, coconut, milk & coconut oil in food processor until smooth.
4. Add spinach and peppermint until leaves are broken down.
5. Pour peppermint layer over chocolate layer. Set in freezer for 30-60 minutes,
6. Pour remaining choc over peppermint and set in freezer.

Christmas Gift Baskets

Christmas is just around the corner and this year we are offering deals on gift baskets to spread some holiday cheer. Please give us a call ahead of time to order your gift basket so we can have it all wrapped and waiting for you. These gift bundles will be available now until December 21st, our last day of business hours before Christmas. BUT we do always have these great products on hand and would be happy to get a gift pack together for you any time of the year for those special occasions.

Christmas Spirit gift basket includes: \$121.54 +tax

One Pranarom Hiko essential oil diffuser, one Pranarom 5ml Cinnamon essential oil and one Pranarom Pranabox gift set containing 10 ml of each Balsam Fir, Lavandin Super and Sweet Orange essential oils.

Reflection gift basket includes: \$169.92 +tax

One Pranarom Hiko essential oil diffuser, one Young Living 5ml Sacred Frankincense essential oil and one Pranarom 30ml Zen diffusion blend essential oil.

Baby Bundle #1 gift basket includes: \$75.07 +tax

One Baby Hugo oh-so-soft chamomile & vanilla lotion, one Baby Hugo talc free baby powder, one Baby Hugo chamomile & Vanilla baby oil and one Young Living Gentle Baby essential oil

Baby Bundle #2 gift basket includes: \$103.07 +tax

All the same wonderful products as Baby Bundle #1 plus the Nourishing Traditions Book of Baby & Child Care

Tara's version of Morning Glory Muffins

These are one of my favorite snacks to make because they are packed with so many great ingredients (and I had an extremely large amount of carrots from my garden this year that got used up!). I've made these many times but I've just recently modified the recipe a little to include protein. Protein is a must when consuming sugar. I try not to eat too many bread products on a regular basis because of the sugar they produce and can contain but adding in a protein strongly counteracts the fluctuations in sugar levels that happen in the body. I have played around a little with the protein content and am thinking there is a little more of a happy medium than I have found so far. The second last batch I made I substituted 1.5 of the cups of flour with protein powder and they rose beautifully with a great texture. The next batch I did up I thought I would see how much further I could go and substituted 2 cups of flour with protein powder. This batch did not rise as much or get as 'fluffy' so I would say stick with the 1.5 cups unless you don't mind a smaller, much denser muffin. Maybe 1.75 cups is the magic number, I have yet to try a 3rd batch with protein as this recipe is a good size and I have a stock pile at the moment. Enjoy!

Ingredients:

2 cups whole wheat flour
1.5 cups all-purpose flour
1.5 cups unflavoured or vanilla protein powder. (I used Ultimate High Alpha's unflavoured protein powder)
2 cups sugar, I used 1 cup brown sugar and 1 cup raw sugar.
2 Tbsp. /30ml cinnamon
4 tsp/20ml baking soda
1 tsp /5ml salt

6 eggs
1.5 cups apple sauce
1 cup vegetable oil
2 tsp/10ml vanilla
4 cups grated carrot
2 medium tart apples, grated
2 - 8oz cans crushed pineapple, drained (save the juice for your morning smoothie!)
1 cup flaked coconut
1 cup raisins
1 cup chopped walnuts or pecans

Preheat oven to 350°, prep your muffin pans.

In a large bowl combine dry ingredients: flour, protein powder, sugar, cinnamon, baking soda and salt.

In another bowl combine wet ingredients: eggs, apple sauce, oil and vanilla.

Add wet to dry and stir until just combined.

Stir in all other ingredients.

Bake 20-25 minutes or until a toothpick comes out clean.

Leg Cramps!

Oh my goodness I have to say that during my pregnancy I have had more leg cramps (always in the middle of the night) than I have ever had in my whole life combined before pregnancy. What an awful thing to wake up to in the middle of the night, almost every night, especially since my sleeping isn't great these days already!

I knew that minerals were a help for this issue so I have been taking more magnesium, calcium and a few combined trace minerals but without great results (just last night I got cramps in both legs after taking these right before bed!) I have heard Jackie suggest salt countless times to other clients but for whatever reason I haven't tried that yet myself! So a quarter teaspoon of 'proper' salt in a touch of water before bed and keep another dose on standby on my nightstand just in case.

'Proper' salt is not the white stuff we have all become accustomed to having at home. White salt has been either cooked or bleached which removes any beneficial property it may have had beforehand. It won't really do a thing for you and can even be detrimental to your health which has stemmed the common fear of salt that society has today. Colored salt, pink and grey mixed, is the good stuff. It contains over 60 minerals that are essential to our bodies. Real Salt is a great brand that we carry here or if you have pink/ grey Himalayan at home, that will work too. Upon asking Jackie about this I found out another little tidbit that I had no idea..... These are electrolytes! Maybe some of you knew this but I sure didn't! So all this craze of sports drinks etc. for recovery or boosts for workouts, sports or even hang overs because they contain electrolytes, is moot (in my opinion). We could just be adding 'proper' salt to our foods or in water and we wouldn't be ingesting all those other negative ingredients! Maybe a water bottle with salt water and some real juice for flavor instead. How much healthier is that?! I'm looking forward to uninterrupted nights from now on (for the few weeks I have left before baby that is).



Aromavita 55- Muscle and Joint Pain (sprains, strains and Rheumatoid arthritis)

Aromavita 55 is an essential oil used as an anti-inflammatory and for muscle & joint pain, strains and sprains. The active ingredients rival those of over the counter non-steroidal anti-inflammatory drugs. Aromavita 55 can be used directly on the skin so the effects of it are felt quicker than using over the counter medicines, which also can have negative side effects.

It contains Bay Laurel essential oil, Lemon-scent gum essential oil and winter green leaf oil. Use topically, dilute oil with a carrier oil before using directly on skin.

It's perfect for the Hockey or Curling bag this winter!

Sore Throats

It's that time of year again when we are fighting off colds and the flu! Good nutrition and healthy food choices are our #1 best defense for long term health. The throat becomes sore because of an inflammation of the mucous membranes lining the throat, often caused by an infection. An infection is more likely to develop when the body is susceptible and resistance is low, due to chills from wet hair or skin, overwork or lack of sleep. Chronic sore throats may be due to a low immune system, allergies or chronic irritations. Infections leading to a sore throat could be due to a deficiency in Vitamin C and the B-Complex vitamins. Eat plenty of fruits, especially citrus fruits, fresh and raw or steamed vegetables. Make sure to include yellow vegetables for vitamin A, which is important for forming antioxidants and clearing up an infection.

If you are looking for the best products to have on hand to combat colds and the flu, you can find a list below for preventative options and suggestions for help if you already have an infection.

Preventative:

- ~ Bio 93 – Immune Fortifier (can be taken long term)
- ~ Deep Immune - Used when you have been around sick people or if you feel something coming on
- ~ Medi C Plus – This product also contains L-Lysine which is a great virus fighter!
- ~ Vitamin B-Complex – the B vitamins help our nervous system to handle emotional stress. If we can lessen the impact stress has on our body, then logically we have a stronger immune system.

Infection Fighters:

- ~ ****NEW****- Winter Syrup!! Relieves sore throat and other mouth and throat infections. No preservatives, no dyes, no petrochemicals, no PEG. Every household needs this in their medicine cabinet this winter!
- ~ ****NEW**** Respiratory Balm - Provides warming and soothing vapours that help to temporarily relieve mild nasal congestion and cough associated with the common cold. Recognized for maintaining the immune system and normal respiratory health.
- ~ R-8 Jut-U-Sin – A good old standby, best ever cough syrup!
- ~ AL-J – Used for sinus, chest and throat infection as well as allergies (comes in tablets and liquid)
- ~ Vinceel – who doesn't LOVE Vinceel!?! Immediate relief for sore, dry or inflamed throat.
- ~ Echinacea/Golden Seal – every home with small children should have this on hand. At the first sign of a runny nose and/or fever this liquid infection fighter is your answer!