

S U M M E R 2 0 1 5

Squamish Mountain Medicine

Acupuncture & Traditional Chinese Medicine



Summer News

New Office In Whistler

Whistler Chiropractic has welcomed Katherine Smyth to their office and will be working Thursdays from 1-6pm
#203-4433 Sundial Place
Whistler, B.C
Book online
www.whistleracupuncture.com

Squamish Mountain Medicine is located in Squamish at Reach Physio Clinic
Book online
www.squamishmountainmedicine.com

Incase you Missed it! Newest Blog Post:

Excelling Your Sports Performance With Acupuncture

To get an edge on the competition more and more athletes are taking a broader approach to their pain, training programs and recovery by incorporating acupuncture and other alternative therapies. **Continue Reading here...**
<http://squamishmountainmedicine.com/2015/07/21/excelling-your-sports-performance-with-acupuncture/>

Summer Newsletter

Summer time in Squamish

Wow what a summer we are having this year. With the summer starting extra early this year it is hard to believe we are only half way through the summer. If you live in Squamish or Whistler you know that each day is always jammed packed with outdoor activities and sports. We are all outside soaking up the sun and having fun. With the increase of outdoor activities and sports, this is the time when most sports-related injuries occur. So if you're a hardcore athlete or just a weekend warrior make sure you stay healthy and safe this summer.



TCM & Summer

Summer is symbolic of maximum activity or greatest yang, which means that it is a time of heat, outgoingness, and moving outward in nature and in our lives. This is the season to nourish and pacify our spirits while maximizing our potential as we find joy in the hot summer days and warm summer nights.

Summer is ruled by the fire element. The fire element corresponds to the heart and small intestine, the southerly direction, the climatic condition of heat, the color red, the emotion of happiness or joy, the sound of laughter, the taste of bitterness and the odor of burning. Fire controls the blood vessels and is reflected in the face and complexion.

Signs that the fire element is in balance include a strong and healthy heart, a calm mind and the ability to sleep soundly. When the fire element is imbalanced, we may either lack joy (depression) or have an excess of joy (mania). Indicators of an imbalance in the fire element also include agitation, nervousness, heartburn, and insomnia.

To prevent summer ills and remain in harmony with the environment of summer, ancient Chinese physicians advised the following:

- Awaken earlier in the morning
- Go to bed later in the evening
- Rest at midday.
- Drink plenty of fluids.
- Add pungent flavors to your diet.
- Refrain from anger; keep calm and even-tempered

Lets Soak Up Some Sun!

Most Commercially made sunscreens contain toxic ingredients or endocrine disrupting chemicals that in many cases may actually promote skin cancer growth and free radical production in the body. In fact, in the years since sunscreen use began, skin cancer rates have actually risen, and a 2007 document from the FDA stated that: "The FDA is not aware of data demonstrating that sunscreen use alone helps prevent skin cancer"

Even natural, commercially available sunscreens often have toxic ingredients! **Check out your brand here!** <http://breakingnews.ewg.org/2011sunscreen/>

Many people are actually Vitamin D deficiency and lack of sun exposure is a much bigger problem than too much exposure. Vitamin D deficiency has been linked to many types of cancers including the most deadly types of breast cancer. Lack of Vitamin D has also been linked to problems during pregnancy including pre-eclampsia, gestational diabetes, premature labor, and more. In most cases, my approach to sun exposure is to get adequate daily exposure, without getting close to the point of burning. Since most of us don't work outside these days, it actually takes effort to get daily sun, rather than to avoid it.

Natural Homemade Sunscreen

Ingredients:

¾ cup Coconut oil (SPF 4)

¼ Cup beeswax

2 Tablespoons Zinc Oxide (This is a non-Nano version that won't be absorbed into the skin. Be careful not to inhale the powder). This makes a natural SPF of 20+ or more an be added.)

Optional: 1 teaspoon Vitamin E oil

Optional: 2 tablespoons Shea Butter (natural SPF 4-5)

Optional: Essential Oils, Vanilla Extract or other natural extracts to you're your preference

Note: All ingredients and many essential oils are available here.

How to Make Natural Sunscreen:

1. Combine ingredients except zinc oxide in a pint sized or larger glass jar.
2. Fill a medium saucepan with a couple inches of water and place over medium heat.
3. Put a lid on the jar loosely and place in the pan with the water.
4. As the water heats, the ingredients in the jar will start to melt. Shake or stir occasionally to incorporate. When all ingredients are completely melted, add the zinc oxide, stir in well and pour into whatever jar or tin you will use for storage. Small mason jars (pint size) are great for this. It will not pump well in a lotion pump!
5. Stir a few times as it cools to make sure zinc oxide is incorporated.
6. Use as you would regular sunscreen. Best if used within six months.

Additional Notes:

- This sunscreen is somewhat, but not completely, waterproof and will need to be reapplied after sweating or swimming
- Make sure not to inhale the Zinc Oxide- use a mask if necessary!
- This recipe has an SPF of about 20, though adding more Zinc Oxide will increase the SPF
- Add more beeswax to make thicker sunscreen, less to make smooth sunscreen. Add ¼ cup almond oil to thin it out more.
- I recommend coconut or vanilla extract or lavender essential oils for fragrance
- Store in a cool, dry place
- I prefer to store in a small canning jar and apply like body butter. It will be thicker, especially if you use coconut oil in the recipe.



Foods To Keep You Happy & Healthy All Summer Long

Eating raw food is generally not recommended however raw or lightly cooked vegetables are in the spirit of the season. In summer, the rule of thumb is to keep your foods fresh and light, avoid fried foods, and eat meat sparingly.

Watermelon: Watermelon is a Chinese herb used for curing summer heat diseases. Aside from being sweet and delicious, watermelon is also a good source of potassium—a key nutrient for maintaining electrolyte levels—and a good source of vitamin A and C.

Sprouts: Sprouting makes beans and legumes more digestible without the need for traditional cooking. Also, many sprouts have the additional benefit of draining damp and preserving yin. Mung bean sprouts are the perfect summer sprouts because they clear heat and drain damp while preserving the yin. They are also a good source of dietary fiber, protein, thiamin, niacin, and vitamin B6.

Bitter Greens: Bitter vegetables, particularly greens are great for draining excess fluids from the body while promoting essential fluids to move more efficiently. Now that they are all in season, load up on leafy greens either raw or lightly steamed.

How to keep your Furry Friend Healthy

If you are a dog owner you know our dogs aren't just pets they are family members. Here are 3 things that you should be adding to your dogs diet to keep them healthy and happy.

Coconut oil. I recommend coconut oil for pets with seasonal environmental allergies.

Coconut oil contains lauric acid, which helps decrease the production of yeast. Using fish oil with coconut oil before inflammation flares up in your pet's body can help moderate or even suppress the inflammatory response. Melt a teaspoon to a tablespoon on your hands and let your dog lick it off. Walker loves it so much he comes running every time I go to the coconut oil cupboard.

Apple Cider Vinegar: Every home with dogs should have apple cider vinegar. It's a remedy with multiple uses for dogs: repelling fleas, alleviating allergies, arthritis, establishing correct pH balance. **Dosage and Instructions:** Start with a one-teaspoon dose mixed into your dog's food twice a day for a 50 lb. dog (adjust accordingly by weight) and if necessary increase up to about 1 tablespoon twice a day for the same size dog. For skin application, you can spray on or rub apple cider in directly, or for sore or open wounds mix the ACV with equal parts water before application to the dog's skin. In the case of pests or parasites, bathe your dog and then apply a 50:50 mix of apple cider vinegar and water. Allow this to air dry on your pet to kill off fleas, ticks, ringworm, etc. and to prevent future infestations and/or infection. You can also spray your dog with apple cider vinegar before going out for a walk, in order to repel fleas and ticks naturally. Always check with your vet

Probiotic: All dogs can benefit from probiotics, which aid digestion and modulate the immune system. Probiotics produce short-chain fatty acids (SCFAs), which inhibit the growth and activity of harmful bacteria, such as E. coli, Salmonella, and Clostridium perfringens, as well as providing other benefits to the intestines. Human studies have documented the effectiveness of certain strains in treating diarrhea, irritable bowel, and intestinal inflammation (fewer studies have been conducted on dogs). Probiotics may help prevent urinary tract infections, and can even reduce allergic reactions by decreasing intestinal permeability and controlling inflammation.



Walker & Bella's Peanut Butter Bacon Cookies Recipe

Ingredients:

- 1 cup (255g) natural creamy peanut butter
- 3/4 cup (180ml) nonfat milk
- 1 large egg (or 1/4 cup unsweetened applesauce)
- 2 cups (244g) whole wheat Flour (or Gluten free Flour such as coconut flour)
- 1 Tablespoon baking powder
- 1/3 cup (30g) oats (either whole-rolled or quick oats are fine)
- 2-3 strips bacon, chopped



Directions: Preheat oven to 325F degrees. Line two large baking sheets with parchment paper or silicone baking mats. Set aside. In a large bowl, gently mix the peanut butter, milk, and egg together with a large spoon or spatula. Switch to a whisk to make sure no lumps remain. Add the flour and baking powder. You may need to turn the dough out onto the counter and use your hands to work in the flour. Mix in the oats and chopped bacon. The dough is extremely thick and heavy. Using a rolling pin, roll the dough out into 1/4" thickness. Cut into shapes using cookie cutters or a knife. Arrange on the baking sheets. Bake for 18-20 minutes, or until very lightly browned on the bottom. Remove from the oven, and flip the treats to bake the other side for 10-12 more minutes. Allow to cool completely before serving to your pup. Store at room temperature or in the refrigerator for up to 1 week. Treats freeze well, up to 2 months.

Katherine Smyth, R.Ac

Offering Alternative medicine and healthcare to Squamish, Whistler and the sea to sky corridor. Specializing in Sports, Performance, pain, injuries, allergies, asthma, arthritis, digestive dysfunctions, headaches, migraines, depression, anxiety, insomnia, pregnancy, gynecological problems, as well as much more. Contact Kat today for a free 15 min consultation to find out how acupuncture can help you.



Where healing begins!



Located in Squamish in the Reach Physio Clinic

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