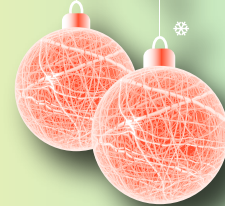


- family medicine
- chiropractic/active release technique
- nutrition consulting
- physiotherapy
- acupuncture
- registered massage therapy
- laser hair removal
- orthotics

## boost your immune system with acupuncture & herbs

by Dr. Jummy Kim



The best method of fighting off the common cold during the winter months is to strengthen your immune system so that it may adapt quickly to changing environmental influences such as the weather, and effectively fight off the common cold virus.

Time proven methods of keeping your immune system in tip top shape include plenty of rest, a healthy diet rich in vitamins and antioxidants and regular physical activity. In addition to these immune strengthening practices, acupuncture and traditional Chinese herbal medicine have been used for thousands of years to improve resistance to disease. One of the main emphases of traditional Chinese medicine is that of prevention. Taking steps to balance the immune system during season changes can drastically reduce the frequency and severity of seasonal colds and allergies, in addition to resolving the symptoms of an imbalanced immune system.



According to traditional Chinese medicine, defense (wei) qi is located at the exterior surface of the body and offers initial protection against foreign or pathogenic factors. When wei qi is strong, pathogenic factors cannot penetrate the body. When it is weak, a variety of infections can occur. Research has shown, for example, that acupuncture enhances the functioning of the immune system, increasing

cellular and humoral immunity. Certain Chinese herbs from the clean toxin category have demonstrated an inhibitory effect on viral replication in vitro and appear to have a similar effect in the body. Other herbs strengthen the immune system so that it is more difficult for a viral infection to become established. Acupuncture treatments and herbal formulas are tailored to each person's individual symptoms no matter how severe, while at the same time they prevent the illness from going deeper into the body.

In the language of Chinese medicine, if the qi of the body is strong, it is much more difficult for pathogenic factors to get a foothold. Hence, Chinese medicine can be used preventively, which is particularly good news for those of us who catch colds frequently. If you haven't visited an acupuncturist, and feel relatively healthy, it is advisable to come for acupuncture at least twice a month during cold

and flu season to strengthen your immunity. If you are prone to infections, especially during winter months, you may want to come for acupuncture three to four times a month to keep yourself from getting sick.

By planning ahead and receiving acupuncture treatments, one may drastically reduce the frequency and severity of catching the common cold or the flu.

For more information, book an appointment or free consultation with Dr. Jummy Kim.

# tricks of the trade - how to minimize the impact of holiday indulgences on your waistline and your health

by Mary Bamford, Registered Dietitian

The pleasure of holiday indulgences goes beyond taste. Different foods and traditions evoke memories and feelings about special people and places in our lives. Maybe it is your grandmother's buttery shortbread, your best friend's sherry-soaked trifle or your father's magic mead.

The social benefits of holiday indulgences are as good for your health as a hard workout with your personal trainer. However, they can still increase your risk for gaining weight, high cholesterol, heart disease, insulin insensitivity and Type 2 diabetes.

There are ways to minimize the undesirable health risks of holiday treats and excesses. The trick is to eat meals and snacks that trickle carbohydrates (sugar) into your bloodstream rather than gush it. Here are some tips to slow down the gushing of holiday indulgences. Try to use at least one tip at every meal and snack.

- ☼ Sprinkle cinnamon on everything from breakfast cereals and baked goods to desserts and drinks. Enjoy your holiday cookies with a milk, egg nog, tea or coffee with added cinnamon.
- ☼ Eat sweets after a meal rather than on their own.
- ☼ Include high quality protein at each meal and snack such as lean meat, fish and poultry, legumes, lower fat milk, and yogurt.
- ☼ Add lemon to your food and drink. Try it with water, tea, soda, fish, marinades and vegetables.
- ☼ Add vinegar to your meals. Enjoy on a salad or simply drizzle balsamic or red wine vinegar over cucumber and tomatoes.
- ☼ Add 1 to 2 tablespoons of nuts or seeds to desserts and breakfast cereals.
- ☼ Eat small frequent meals—3 meals and 2 snacks daily.
- ☼ Eat at least 7 servings of vegetables & fruit and 3 servings of whole grains each day. Don't cut back on your nutrient-dense foods.
- ☼ Include a food with a low glycemic index (low GI or trickler) at each meal (GI < 55). To get a listing of glycemic index ratings of foods go to [www.glycemicindex.com](http://www.glycemicindex.com).
- ☼ Choose smaller portions of foods with a high GI index (GI > 70 or gusher).
- ☼ Relax, eat slowly and enjoy each moment.

Cheers to a celebrating a satisfying holiday season for all.



  
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