

S U M M E R 2 0 1 1

Port Moody

Naturopathic Health & Wellness

Leading the Way in Comprehensive Integrative Medicine

Testimonial of the Month

“For years I’ve referred my friends and family to Dr. Sharon Gurm and her wonderful team at PMN clinic. So, when I was diagnosed with thyroid cancer I flew up from Dallas, TX to experience the top of the line care myself. From the minute I walked through the door I could feel the incredible healing energy oozing from the clinic. In addition to standardized examination procedures Dr. Gurm used A.R.T (a form of muscle testing) to create an individualized and detailed treatment plan as well as identify emotional connections to my cancer. Urine heavy metal testing revealed toxic levels of both lead and mercury that Dr. Gurm and her chelation staff were able to remove quickly, safely, and comfortably. The holistic care I received allowed me to achieve balance in my physical, mental, emotional, and spiritual wellbeing and I can’t thank them enough for that!”

*- Dr. Karen Lee Paquette ND,
FLT(HP), CCC, BScPT, BSc,
RCAMT*

Exciting New Services At PMN!

We now offer **registered massage therapy**, **clinical counselling** and individualized nutritional counselling and **meal planning**.

Turn to **page 5** for more info!

Want to Look Years Younger Without Botox or Surgery?

We offer the most innovative, natural and non-surgical approaches to anti-aging and facial rejuvenation – as well as acne treatments and more! Turn to **page 3** to learn more and view before and after images!

Discover the Latest Breakthrough In Understanding Brain Balancing

Innovative neurotransmitter testing now available at PMN!

Turn to **page 5** to learn more.

Tired of Suffering From Chronic Pain?

Find out how you can achieve freedom from painkillers, cortisone injections and avoid surgery. Stop letting pain rule your life!

Turn to **page 4** to find out why our patients rave about this remarkable treatment!

Simple Tips To Prevent Heart Disease

How are omega-3's and dental visits connected?

Read our 'Research Bites' on **page 2!**

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RESEARCH BITES



Omega-3's Boost Heart Function

Researchers at Northwestern University (Illinois) report that omega-3 fatty acid supplements (derived from fish) improve heart function and exercise capacity among patients with controlled heart failure. After one year, those receiving omega-3 supplementation demonstrated a 10.4% increase in heart function, compared with a 5% decrease in those without supplementation ("placebo" group). Furthermore, blood oxygen levels increased 6.2% in the omega-3 patients and decreased 4.5% in the placebo group. *J Am Coll*

Cardiol. Jan 5, 2011

Side Note From Dr. Gurm: Not all omega-3 supplements are made equal. Many are known to contain toxic substances such as PCB's, dioxins and heavy metals. The following companies are known to manufacture quality fish oils: CytoMatrix, Acenta and Nordic Naturals.

Constipated Child? Cow's Milk May Be The Culprit

Sixty-nine children (average age 5 years) with chronic constipation eliminated cow's milk from their diet for 3 weeks. Twenty-seven experienced a resolution of constipation within 1-5 days (which returned within 2-5 days after reintroduction of cow's milk). Another eight children experienced resolution over a longer period of time (1-3 weeks). In conclusion, 51% of the children demonstrated a positive response to elimination of cow's milk. *J Pediatric Gastroenterol Nutr., 2010*



Regular Dental Visits Lower CVD Risk

Data analysis performed by the University of California, Berkeley, School of Public Health found that women (aged 44-88 years) enrolled in the Health and Retirement Study were able to reduce their risk of heart attacks, stroke and other cardiovascular diseases by at least one-third if they received routine dental care services. *Health Econ. 29, Sept 2010*

Flaxseed Lowers Cholesterol and Liver Disease Risk in Men

Men with moderately elevated total cholesterol levels and liver disease risk factors may benefit from daily (ground) flaxseed intake. Thirty men were enrolled in the study which involved a placebo group, a group that received 20 mg/day flaxseed lignan capsules and another group that received 100mg/day flaxseed lignan capsules. After 12 weeks, the group that received 100mg of flaxseed lignan demonstrated a significant reduction in the ratio of LDL ("bad" cholesterol) to HDL ("good cholesterol") compared to placebo. In addition, liver enzymes in the treated groups were significantly reduced. *Nutr Res., July 2010*



Side Note from Dr. Gurm: 2-3 tbsp of ground flaxseed daily - sprinkled on oatmeal or added to a smoothie – is a great way to incorporate the many nutritional and health promoting benefits of flaxseed!

Natural, Non-Surgical Anti-Aging & Facial Rejuvenation Treatments



Before



After

Biopuncture Anti-Wrinkle & Facelift Procedure: Exclusive to Port Moody Naturopathic Health & Wellness, Dr. Gurm has customized a unique and innovative non-surgical and non-invasive approach for anti-aging and facial rejuvenation. Images above were taken before and after completion of the 12-week program. Note the significant reduction in wrinkles around the mouth, chin and nasolabial folds, improved skin tone, complexion and visible tightening and lifting along the jaw line. Best of all, substances used are **completely natural, non-toxic and results are permanent!**



Before



After

Microderm & Cold Laser Facial: Using a uniquely gentle and painless skin resurfacing technique to address acne scars, coupled with blue light and LED technology to eliminate bacteria along with lymphatic massage to remove toxic debris and increase oxygen and nutrient delivery to the skin, our therapeutic acne facial quickly and dramatically improves skin texture while treating and preventing further breakouts. The treatment is completely painless, relaxing and there is absolutely no downtime involved! Images above were taken after 4 treatments performed once weekly. The procedure can also be customized to treat wrinkles, sagging skin, age spots, rosacea and more!

Visit our website to view more amazing before and after pictures!
Treatments may be covered by your extended health plan.

New at PMN: Osmosis Pur Medical Skincare

We are excited to announce the launch of **Osmosis Pur Medical Skincare** - an advanced skin care line quickly gaining popularity because it is completely free of parabens, sodium laurel sulfate and other toxic chemicals, while delivering visible and proven results. Using only pure, natural and organic ingredients, Osmosis skincare restores skin nutrition, repairs DNA, significantly increases collagen/elastin stimulation, restores normal pH to the skin and remodels scarring. The complete line consists of formulas specific to individual skin types such as acne, rosacea, sensitive/dry and aging skin.

Discover more at www.osmosisskincare.com. To learn which products are suitable for you, call us today to book a complimentary skincare consultation!

(604) 949-0077

www.portmoodynaturopathic.com

Do You Suffer From Chronic Pain? Consider Prolotherapy

“Prolotherapy and myofascial trigger point injections have significantly improved my chronic upper back and neck problems. From the first treatments, I experienced a greater range of motion when turning my head and with further treatments I found my posture seemed to naturally improve and I could do more activities (weight training, jogging, jump rope) without experiencing the usual pain and discomfort that often accompanied them. I highly recommend these treatments to anyone who is looking to reduce chronic pain.” - Lisa Zosiak

What is Prolotherapy?

Prolotherapy is also known as non-surgical ligament and tendon reconstruction. It is an alternative to invasive surgical joint repair and/or joint replacement and is commonly used as a treatment for chronic pain. It is a simple and natural technique that stimulates the body's ability to heal itself - the term “Prolo” is short for proliferation, because the treatment causes the proliferation (growth, formation) of new ligament tissue in areas where it has become weak.

Ligaments are the structural “rubber bands” that hold bones to bones in joints. Tendons are the structures that attach a muscle to the bone. A ligament sprain or a tendon strain stimulates the immune system to repair the injured area. Because ligaments and tendons generally have a poor blood supply, incomplete healing is common after injury. As a result of this incomplete healing, the previously taut, strong bands of fibrous or connective tissue compromising ligaments and tendons become relaxed and weak. The relaxed and inefficient ligament or tendon creates instability in the affected joint(s). This becomes the source of chronic pain and weakness. Surrounding muscles, joints and other structures compensate in response to the instability, often creating more pain and tension elsewhere. To further complicate this, ligaments also have many nerve endings and therefore the person will feel pain at the areas where the ligaments are damaged or loose.

How Does Prolotherapy Work?

Prolotherapy uses a proliferant known as dextrose (sugar water) solution, which is injected into the ligament or tendon where it attaches to the bone. The technique initiates inflammation - the exact same process that the human body naturally uses to stimulate the body's healing system. The localized inflammation increases the blood supply and flow of nutrients to the weakened areas, thereby stimulating the tissue to repair itself and initiating the growth of new ligament and tendon tissue. The outcome is tendon and ligament tissue that is even thicker and stronger than normal tissue, resulting in

a more stabilized joint structure and consequently, complete resolution of pain.

How Many Treatments Can I Expect?

Prolotherapy is performed every 2-5 weeks depending on the nature of the condition and/or type of injury as well as goal of treatment outcome. As healing progresses, the quantity of injections required per treatment usually decreases. The pain generally continues to diminish with each treatment unless it is an acute injury which may heal in only two to three weeks after prolotherapy. The actual number of treatments required will vary depending on the degree and severity of the injury, chronicity of the injury and individual capacity to heal (i.e. age, sex, lifestyle factors such as diet, smoking, etc.). The average number of treatments per individual is 3-6 per area being treated.

What Conditions Can Be Treated By Prolotherapy?

There are several joint and muscular injuries that can benefit from Prolotherapy. Some of the more common conditions treated include: sports injuries, dislocations, knee pain, frozen shoulder, rotator cuff pain, degenerative disc disease, neck and back pain, sciatica, hip degeneration, foot and ankle pain, migraines, carpal tunnel syndrome, tennis elbow, tendonopathies, TMJ dysfunction, among others. During your initial consultation with Dr. Gurm a complete and thorough assessment is performed (health history, orthopedic tests and possibly imaging studies) to help determine if you are a good candidate for Prolotherapy.

Are The Injections Painful?

There may be some discomfort associated with the procedure. Some joint areas are more sensitive than others. There may be soreness after that the treatment that can last anywhere from 24 hours up to 5 days post-treatment. However, most patients will agree that any discomfort with the treatment is far less than the degree of chronic pain that they are suffering from on a day-to-day basis.

Dr. Sharon Gurm is a Naturopathic Physician with prescribing authority and is board-certified in Prolotherapy and Myofascial Trigger Point Therapy.

Exciting New Services At Port Moody Naturopathic!

Registered Massage Therapy

Brandon Benson, Registered Massage Therapist (R.M.T.) offers therapeutic massage utilizing a variety of modalities (fascial mobilization, trigger point therapy, Swedish massage) to customize treatment based on specific patient needs. Brandon is a highly trained professional with over 15 years experience in addressing pain management, sports injuries and also offers pre-natal massage.

Clinical Counselling

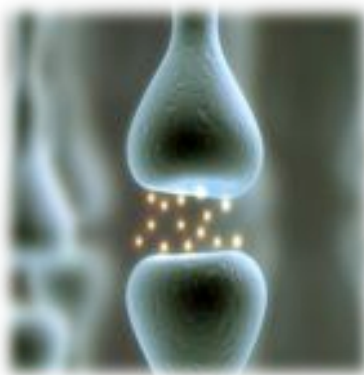
Susan Kinross, Clinical Counsellor (P.C.C.), offers counselling services for individuals, families and couples. She specializes in the collaborative treatment of mental health, anxiety, grief and disordered eating. Using a multi-dimensional approach, Susan views therapy as an important and priceless gift to oneself. She believes that identifying and addressing obstacles to happiness and contentment in one's life are opportunities for profound self-growth and healing.

Nutritional Counselling

Patricia Lapena, Holistic Nutritionist (R.H.N) brings passion, energy and extensive knowledge to her practice of helping people make permanent lifestyle changes for optimal health. Patricia offers meal planning for individuals who are on restricted diets (i.e. diabetes, food allergies), alkaline diets, anti-cancer diet or those who wish lead a healthier lifestyle through proper food choices.

Brandon, Susan and Patricia are currently accepting new patients. Services are covered by most extended health plans. To learn more about our practitioners and their services, visit our website or call (604) 949-0077.

Neurotransmitter Testing: Now available at Port Moody Naturopathic



For optimal function, your body depends on a unique balance of neurotransmitters and hormones. For years we have had access to salivary hormone testing to accurately assess the levels of reproductive and adrenal hormones (estrogen, progesterone, testosterone, DHEA and cortisol). Now, in addition to hormone testing, we have a method of assessing, monitoring and diagnosing neurotransmitter imbalance – the ‘brain chemicals’ that are largely responsible for mood balance, sleep, energy metabolism, mental functioning, appetite control and many other vital functions in the body. The following symptoms are often the result of neurotransmitter imbalance in the body:

- **Mood Disorders:** depression, anxiety, OCD
- **Metabolic Dysfunction:** fatigue, low stamina, weight gain/weight loss resistance
- **Sleep Disorders:** insomnia, difficulty falling or staying asleep
- **Memory disorders:** poor recall, difficulty with mental focus/clarity
- **Hormonal Imbalances:** PMS, low libido, hot flashes
- **Disordered Eating:** emotional eating, cravings, lack of appetite control or diminished appetite
- **Chronic Pain Disorders:** Fibromyalgia, Chronic Fatigue
- **GI disorders:** ‘IBS’

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Neurotransmitter Testing: A Breakthrough in Understanding How To Achieve Brain Balance

...Continued from page 5

Mood disorders are the most common condition affected by neurotransmitter imbalance. Most individuals suffering from anxiety, depression and OCD are often prescribed anti-depressant medication, which may or may not be the correct treatment for their individual neurochemical imbalance. Identifying exactly which neurotransmitters and hormones are out of balance – and to what degree - takes the ‘guesswork’ out of the assessment. As a result, treatment can then be individualized, resulting in little to no side effects and significantly better outcomes.

Often times, the imbalance can be addressed using natural supplements without drug therapy. In some cases, natural treatments are used in conjunction with the appropriate drug therapy. Once neurotransmitter and hormone balance is achieved, lifestyle changes (such as diet and exercise) can be implemented with more ease and other therapies (such as counselling) become far more effective. Once ‘brain balance’ is restored, quality of life improves dramatically. Without it, optimal health cannot be achieved. No matter what your age – young or old – there is no need to suffer when there is a permanent solution available.

Dr. Sharon Gurm, ND has extensive training and expertise in neuroendocrinology (hormone and neurotransmitter assessment and treatment, including bio-identical hormone therapy). Call today to book your appointment with Dr. Gurm to discuss if neurotransmitter and/or hormone testing is right for you.

“Don’t seek happiness. If you seek it, you won’t find it, because seeking is the anti-thesis of happiness...freedom from unhappiness is attainable now, by facing what is...unhappiness covers up your natural state of well-being and inner peace, the source of true happiness.”

- ECKHART TOLLE

We hope you have enjoyed the 10th edition of our newsletter! We welcome your comments and feedback. Email comments to: info@portmoodynaturopathic.com.

Missed our previous newsletter? Visit www.portmoodynaturopathic.com and follow the link for “E-Newsletters” to download a copy from our archives page!

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