

APRIL 2008 NEWSLETTER

panacea

preventive medicine clinic & research centers

IN THIS ISSUE ▪ WHAT IS IBS? ▪ PERSONAL TRAINING ▪ NUTRITION AND
CANCER ▪ DID YOU KNOW? ▪ FEATURE PRODUCT ▪ HEALTHY RECIPE

FEATURE ▪ WHAT IS IRRITABLE BOWEL SYNDROME? PANACEA CENTER

Irritable bowel syndrome (IBS) is a chronic, often debilitating, functional gastrointestinal disease with symptoms that include abdominal pain, bloating, and altered bowel habits such as constipation or diarrhea, or alternating between the two stool consistency extremes. IBS is the most common gastrointestinal diagnosis in the world and is estimated to affect up to 20% of Canadians, more commonly women than men. Each patient has a unique experience within the range of known symptoms and a significant reduction in the quality of life is evident for those who suffer from the disease. Only about 20-50% of people with IBS symptoms seek help from a doctor. Over the years, different terms have been used to identify altered conditions in the bowel. Some of these are mucous colitis, nervous colon, spastic colon, and irritable colon, but these are all misleading names and should not be confused with IBS since it is not limited to the colon.

The cause of IBS has not been determined and is a functional disorder affecting the muscle of the large bowel. Individuals with IBS have altered patterns of intestinal muscle contractions which may be stronger and last longer than normal. Food is forced through the intestines more quickly, causing ... [More on next page.](#)

INTRODUCTION ▪ PERSONAL TRAINING PANACEA CENTER



Getting started with and continuing exercise can be a challenge. If you would like to get healthy, lose weight or build muscle, a personal trainer can assist you in attaining your goals and more importantly, educate you on the best ways to exercise. What happens during a personal training session? During the first session, you will receive a consultation for a fitness level assessment, body measurements, exercise and health history, and health goals. After that, time will be spent on training and exercise. A personal trainer will help motivate and guide you on how to reach your goals and teach you strength training, cardio and basic nutrition. Over time, you will also learn ways in which to track your progress and make changes, when necessary.

Now, Panacea Center offers you the chance to meet with our BCRPA certified personal trainer, Rhonda Bourne, who can help assess your fitness level, set you up with a program, help track your progress, and provide proper guidance towards your health goals. She has a strong passion for health and wellness, fitness and body sculpting, and is certified in both group exercise and personal training. Now available are individual or "with a buddy" training packages. More info: 604.304.6010.

IMPORTANT DATES

nite of hope **april 8, 2008**
www.niteofhope.com

earth month
cancer awareness month
irritable bowel syndrome
(ibs) awareness month

FEATURE PRODUCT ULTRAMEAL BARS



Enjoy UltraMeal Bar
as a meal option
or a healthy snack.
The UltraMeal bar
nutritionally supports
the management of
conditions associated
with metabolic
syndrome. \$3/bar

NUTRA-SLIM

Choose the safe and natural
way to reduce body fat and
keep it off!

Only from DermaMed.
www.dermamed.com

IV THERAPY

Got allergies? Feeling ill?
Correct or support nutritional
needs with IV Therapy.

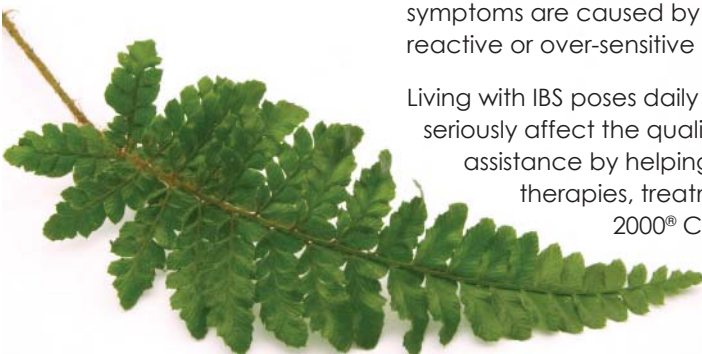
More info: 604.304.6010
www.panaceacenter.com

TOP THREE
EXERCISE EXCUSES

"I don't have the time."
Great excuse but if you can't find the time to exercise, *make* the time. Climb stairs, walk from point A to point B, and find physically active ways to accomplish tasks. Divide stretching and strength training into a few minutes each day. Exercise can help you get more energized and you'll gain about an hour of life expectancy for every 30 minutes of exercise.

"I have heart disease [or insert medical issue here]."
You will need medical clearance before you exercise along with an individual exercise prescription. However, some form of exercise is suitable for most patients, and exercise can be an effective treatment for many conditions.

"It hurts. I'm too tired and I don't have enough energy."
Exercise can hurt if it's not done properly. Learn how to prevent, recognize and correct common exercise-induced aches and pains. As well, being tired and out of energy is one of the worst excuses not to exercise. Exercise helps promote energy. Give it a shot. There are plenty of ways to get exercise. If you're not sure how to exercise, seek professional help. Over time, you will see the benefits.



NUTRITION AND CANCER
SOURCE::CANADIAN CANCER SOCIETY

When you have cancer, eating well may not be such an easy task but it can be done. Good nutrition means eating a variety of food. Eating a well-balanced diet means your body gets the nutrients it needs. Nutrients include protein, carbohydrates (starches and sugars), water, fat, vitamins and minerals. Having proper nutrition is especially important for people with cancer. No single food can provide the body with all the nutrients it needs, therefore, it is important to eat various different types of food. Following Canada's Food Guide can help you get the good nutrition you need as it lists food groups from fruits and vegetables to meats and alternative that each age group requires, as well as suggested amounts of servings for each food group.

By eating a well-balanced diet, you can: feel better, maintain energy and improve your strength, stay at a healthy weight, keep a good supply of nutrients in your body, help manage your treatment, decrease your risk of infection, and heal and recover quickly. Each individual has different nutritional needs. Speak with a health care professional who can assist you with your dietary needs.

DID YOU KNOW? ▪ STRANGE HEALTH FACT

In an average lifetime, a normal human produces around 38,000 litres of saliva - enough to fill a small swimming pool.

HEALTHY RECIPE ▪ GRAPELEMONBERRY SPRITZ

SOURCE::HEALTH CHECK - HEART & STROKE FOUNDATION



- | | |
|------------------------------------|-----------------------|
| 2 cups fresh raspberries | 1/3 cup lemon juice |
| 2 2/3 cup cold water | 2 1/2 cup grape juice |
| 1 cup sparkling water or club soda | crushed ice |
| fresh raspberries or purple grapes | fresh mint |
| lemon slices for garnish | |

Directions: Purée fresh raspberries in a blender and pour into a pitcher or bowl. Add lemon juice, water, grape juice, and sparkling water or club soda to the container. Mix well. Fill 8 individual glasses with crushed ice and juice mixture. Garnish each glass with a fresh mint leaf, a few raspberries or purple grapes and a slice of lemon. Serves 8.

From www.healthcheck.org.

FEATURE ▪ WHAT IS IBS? continued...

PANACEA CENTER

gas, bloating and diarrhea. With some, the opposite occurs where food passage is slow and the stools become hard and dry. Although IBS is chronic and painful, patients should be assured that there is no relationship between this disorder and an increased risk of a more serious bowel disease such as inflammatory bowel disease or colon cancer.

Typical IBS experiences include more frequent and intense feelings of multiple symptoms of abdominal cramping, bloating, constipation, or diarrhea. Such recurring symptoms are caused by ongoing functional disturbances possibly due to an over-reactive or over-sensitive bowel.

Living with IBS poses daily challenges. It may be painful or embarrassing and can seriously affect the quality of your life. At Panacea Center, we can offer you assistance by helping you find ways to relieve symptoms and problems with therapies, treatments and/or nutritional supplements, recommend a CRT

2000® Computerized Regulation Thermography examination or other diagnostic tests, and, more importantly, rule out more serious colon conditions.

Sources: Articles on "Irritable Bowel Syndrome" from the Canadian Society of Intestinal Research (www.badgut.com) and MayoClinic.com.