

DECEMBER 2008 NEWSLETTER

panacea
preventive medicine clinic & research centers

special winter issue

IN THIS 4-PAGE ISSUE • FEATURE: THE WINTER BLUES • HOLIDAY TRAVEL TIPS • HEALTHY RECIPE • DID YOU KNOW? • HOLIDAY FEATURE PRODUCTS & SERVICES • HOLIDAY PUZZLE: SPOT THE DIFFERENCES • LEARN MORE: SAW PALMETTO • COMMUNITY EVENTS

FEATURE ARTICLE: THE WINTER BLUES PANACEA CENTER



For many Canadians, winter means another season of grey skies and rainy days that can feel dreary and depressing. Winter depression, the winter blues, or seasonal affective disorder (SAD) is a mood disorder that can affect those with normal mental health throughout the year. The symptoms of more serious moods are usually experienced when seasons change and result in getting too much sleep, having too little energy, craving sweets and starchy foods, or a feeling of depression. When symptoms occur in the summer, it can be referred to as Reverse Seasonal Affective Disorder which can lead to increased anxiety.

How can seasonal affective disorder be treated?

The angle of sunlight we receive during the winter decreases our sun exposure and, therefore, is insufficient for activation of some metabolic processes. So, for some, light therapies can be beneficial, where a full spectrum lightbulb replaces regular bulbs on light fixtures. Another option is to receive reflexology or massage therapy which can help enhance the body's circulation, relieve pain and boost the immune system, as well as help reduce anxiety and depression. Also, consult with your health care professional who can supplement your treatment with vitamins or herbs to help you feel more energized. Continued on last page...

IMPORTANT DATES panacea holiday hours:

Closed on:

Christmas Eve **december 24**
Christmas Day **december 25**
Boxing Day **december 26**
New Year's Day **january 1**
Closed **january 2**

Open half day:

New Year's Eve **december 31**
**Reopens with regular hours on
january 5, 2009**

DERMAMED SKIN CARE

Don't let your skin dry out this winter! Gently nourish your skin with DermaMed Skin Care.

Only from DermaMed.
www.dermamed.com

CRT 2000 EXAM

Monitor your overall health with a safe diagnostic exam that is radiation-free, painless and non-invasive and can be used with protocols and treatments.
604.304.6010



HEALTHY RECIPE

▪ ROASTED CHESTNUTS

PANACEA CENTER

Break open some roasted chestnuts for a healthy snack or as a tasty addition to a recipe like a soup, entrée or dessert. Chestnuts are cholesterol-free, gluten-free, have a slight amount of unsaturated fat and are a source of vitamin C. Now, we know it's the end of the year so we wanted to keep this month's healthy recipe nice and simple:

Ingredients

2 lbs chestnuts in shells, preferably firm, with a shiny, rich brown colour (yes, that's all there is to this recipe)

Directions: Preheat oven to 400°F (200°C). Slit the skin of each nut, flat side down on a cutting board, with an "X" to allow the steam to escape as they cook. Pierce the skin without cutting into the flesh. The "X" will also help with peeling later on. Place the chestnuts on a baking sheet with the "X" facing up. Roast in the oven for about 15 to 30 minutes until the shells break open and the chestnuts are golden brown. When the chestnuts are cool enough to

the touch, grasp the skin and peel. The chestnuts should be crumbly, sweet, and tender.



DID YOU KNOW? ▪ MENTAL HEALTH

Depression will rank second only to heart disease as the leading cause of disability worldwide by 2020. High stress levels and mental health problems can cause other health conditions such as infectious disease and cardiovascular problems, back pain, repetitive strain injuries, and colorectal cancer.

HOLIDAY FEATURE PRODUCTS & SERVICES

PANACEA CENTER

Panacea Center Gift Baskets and Gift Certificates

'Tis the season to give a special someone the gift of good health. Why not choose a Panacea Center gift certificate of your chosen denomination towards services such as CRT Exams, reflexology, or live blood analysis. Or perhaps choose a gift basket full of luscious natural skin care products from DermaMed that anyone will enjoy. Choose a line of skin or hair care for baby, youth or adults. Visit us or contact us for more information.



UltraMeal Body Composition Program

UltraMeal Drink Mix Now \$47 reg. \$52

Receive the nutritional support your body needs from **UltraMeal Medical Food Powdered Drink Mix** and manage conditions associated with metabolic syndrome such as central obesity, altered body composition and insulin resistance. Specially designed for individuals who want to improve body composition.



UltraMeal Bars Now \$3 each

Complement the **UltraMeal Medical Food Powdered Drink Mix** with **UltraMeal Bars** in a variety of delicious flavours such as Apple Cinnamon, Lemon Zinger, Chocolate Banana, Chocolate Raspberry and Chocolate Fudge.

For more information on how to maintain your body composition, we recommend a visit with one of our specialists who can properly assist you with your individual health needs: 604.304.6010 or visit www.panaceacenter.com.

Start your New Year's Resolution with a comprehensive health exam! CRT 2000 Thermographic Exam \$210

After you've treated yourself to delectable holiday meals, make sure to start the new year off fresh and maintain your health with a regular checkup. The CRT 2000 contact regulation thermography exam is a non-invasive, radiation-free diagnostic exam that can be repeated over and over again.

Fight off the flu this season with preventive treatments

Don't wait to get the flu or a cold to treat it. Take action this winter and prevent the flu before it starts. Schedule an appointment with us to learn what measures to take, which treatments and which nutritional supplements can help benefit you in fighting off illness.

Nutritional Supplements

Panacea Center carries a wide variety of nutritional supplements from trusted health brands. We strongly recommend a consultation with one of our health care practitioners before taking any nutritional supplements since they can interfere with any medications or supplements currently prescribed to you. To discuss which supplements can best treat your needs, book a time to meet with us and we will be glad to help you.

For more information about any features listed here, call 604.304.6010.

HOLIDAY TRAVEL TIPS

PANACEA CENTER

According to Health Canada, Canadians make more than 100 million trips each year for business and pleasure. Most travelers come home safe and healthy while some others unfortunately, become ill. The holiday season is a busy time for travelers and whether you go on a vacation this winter or another time during the year, consider the following tips for your next trip:

Before you travel

- Make sure your vaccinations are updated and that you have the vaccinations you need when travelling to tropical areas or developing countries.
- If you are not covered by extended health benefits from work or the province, arrange for private travel or health insurance.
- If you need medication for an existing health condition, take enough with you to last you during your travels. Clearly mark the containers and carry a copy of your prescription with you.

When you travel

- Wash your hands often with soap or a sanitizing agent especially before eating or drinking
- If you experience diarrhea, drink plenty of fluids to prevent dehydration, especially in warm climates
- In warmer climates, always use a sunblock with a minimum SPF of 15
- Leave your valuables at home or deposit them in hotel safes. Passports, tickets, cash and travellers cheques

should not be carried in bags that can be snatched. Use a travel money belt that you can hide under clothing.

- To prevent traveller's diarrhea, follow these key principles: boil it, cook it, peel it or leave it. Always drink purified water or commercially bottled drinks and pasteurized milk. Stay away from ice, salads, reheated foods, uncooked shellfish, fruit that is not peeled and food from street vendors.

After you return

- If you feel ill after you return from your trip, visit your health care professional immediately.

We all have a responsibility to protect our health while we travel. Every time we travel, there is the possibility of bringing existing and new diseases back home. Health Canada recommends that Canadians travelling internationally should contact their health care professional or a travel clinic about six to eight weeks before travelling in order to have their risk for disease assessed. Be aware of the conditions that could affect your health while travelling along with your access to medical help and your personal safety. Remember to keep these tips in mind and have a safe and happy holidays!

If you have any concerns about your health, consult with one of our specialists who can assist you or provide recommendations before you go on your trip: 604.304.6010.

Source: Health Canada.

HOLIDAY PUZZLE • SPOT THE DIFFERENCES

SOURCE: COMPARROT

ComParrot by Bonnie J. Malcolm Can you spot 12 differences between these pictures?

Solution: 1. Tree in background is missing. 2. Point on girl's hat is colored in. 3. Mouth on bunny is missing. 4. Corner of gift is colored in. 5. Piggy has moved. 6. Tail on piggy has moved. 7. Pocket on girl's pants is taller. 8. Ribbon on sleigh is longer. 9. Arm opening on shirt is lower. 10. Design on Santa's mitten is different. 11. Tree in background is missing. 12. Point on girl's hat is colored in.



LEARN MORE: SAW PALMETTO

PANACEA CENTER

Saw palmetto, or *Serenoa repens*, has been used in Europe to help treat symptoms related to prostate enlargement, also known as benign prostatic hypertrophy (BPH). Historically, Native Americans used saw palmetto fruit for food and to treat various urinary and reproductive problems. Mayans drank it as a tonic and Seminoles used the berries as an expectorant and antiseptic. Lately, much research has been done on the fruit extracts, which are enriched with fatty acids and phytosterols. In studies involving BPH, small positive clinical trials have also shown that internal and topical use of the extract may have benefits for male-pattern baldness. The few side effects include mild nausea, reduced libido or erectile dysfunction. In some cases, saw palmetto is used as a light aphrodisiac.

FEATURE ARTICLE: THE WINTER BLUES cont'd.

PANACEA CENTER

What activities can help me?

Staying active and getting some crisp, fresh winter air can help you feel better. Winter is a great time to take to the local mountains and enjoy a day of snowboarding, cross-country skiing or simply a moment to relax away from the hustle and bustle of the city. Take advantage of the holiday season and check out community events (see below) - a perfect way to socialize, network, meet new people or spend time with the family. More importantly, keep your health in check and eat your vegetables. Vegetables are a wonderful source of nutrients that can help revitalize your health and leave you feeling refreshed so make sure to have a healthy serving during the holiday season.

If you have any concerns about anxiety, depression, or Seasonal Affective Disorder or would like to receive beneficial treatments to prevent SAD, consult with one of our health care specialists who can help address your needs: 604.304.6010.

COMMUNITY EVENTS

PANACEA CENTER

STEVESTON COMMUNITY CENTRE + WINTER HAY RIDE

A fun all ages wagon ride event from December 12 - 13, 2008, 5:45pm to 8:30pm. Steveston Community Centre, 4111 Moncton St, Richmond. \$5/person. Hot drinks are included. Make sure to dress warmly, bring a blanket and a flashlight! 604.718.8080

VANCOUVER MUSEUM + THE UNNATURAL HISTORY OF STANLEY PARK

Take the kids to a special educational trip to the Vancouver Museum and learn about our national, 120 year old treasure, Stanley Park. On until February 2009.

CHRISMAS AT CANADA PLACE

Watch a dazzling display of light shows from Canada Place and help support local charities. On from December 4 to 31, 2008. Light shows from 6pm to 10pm, nightly.

WISE HALL + WINTER FARMERS MARKET

Support BC Farmers at the Winter Farmers Market and discover the freshest of nutritious produce and other environmentally friendly foods. Alternate Saturdays starting November 8, 2008 until April 25, 2009. Wise Hall - 1882 Adanac Street + Victoria Dr. Visit www.eatlocal.org for details.

From all of us at Panacea Center, we wish you a safe and joyous holiday season and all the best in 2009!

