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important dates

OBSERVATIONS

Heart Month

Dental Health Month

February 14: Valentine's Day

q&a: how to keep weight off?

Dr. Sanjay Mohan Ram, BSc (Hon.), ND

Q: Christmas is over and I have put more weight on than I thought. Is it possible to lose weight and keep it off? How can Naturopathic Medicine help me?

A: Whether you are carrying extra pounds because obesity runs in your family or because you have learned unhealthy eating and exercise habits, it is difficult to lose weight and maintain the weight loss in our high-stress, fast-food culture. More than 60% of Canadians are overweight or obese and are, therefore, at risk for heart disease, high blood pressure, arthritis, high cholesterol levels diabetes, psychological problems, and certain types of cancer. It is possible to lose weight and keep it off by eating a well-balanced, lower-calorie diet, exercising regularly and supplementing with proper Naturopathic supplements to boost your metabolism. We also use Contact Regulation Thermography to find other imbalances in the body that could affect weight loss. Even if you don't lose as many pounds as you would like, it is important to remember that your are improving your health. Commitment to a new, healthy lifestyle is the key to success. To find out how to lose weight and keep it off, please feel free to contact us.

product special



10% OFF Ultra Meal

UltraMeal is specially designed to help improved body composition.

This powdered beverage comes in a variety of natural and delicious, dairy-free flavours and contains a combination of selected nutrients and phytonutrients that support important metabolic functions in your body.

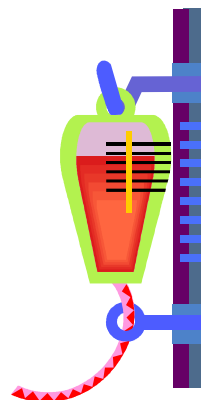
Consult with one of our healthcare practitioners to find out how UltraMeal can nutritionally support the management of conditions associated with metabolic syndrome including: [\(see next page\)](#)

Give the gift of good health

Panacea Gift Certificates and Assorted Gift Sets make great gift ideas for Valentine's Day, birthdays, anniversaries and other very special occasions!

feature: IV Therapy

get the proper amount of nutrients your body needs



Intravenous Therapy, or IV therapy, is a painless procedure that involves the administration of specific vitamins and minerals (Vitamin B complex, Vitamin C, magnesium, calcium, etc.) through the vein. The intravenous formula can help increase nutrient levels in the blood more so than taking regular oral vitamins. This form of therapy can be beneficial in treating conditions such as allergies, fatigue, bronchitis, migraine headaches, heart disease, asthma, hyperthyroidism, and fibromyalgia. IV therapy can also be use to help promote weight loss, increase athletic performance and boost the immune system. Call us today to book your appointment!

cherry of a deal

Dr. Sanjay Mohan Ram, BSc (Hon.), ND



Grab a handful of ripe, sweet cherries for a healthy dose of a natural inflammation fighter.

Sweet cherries are rich in anthocyanins, compounds that occur naturally in the fruit and appear to inhibit enzymes involved in inflammation. Sweet cherries are also rich in vitamin C, a nutrient linked to reduced blood levels of inflammatory markers.

More and more studies link inflammatory processes to a host of diseases, including heart disease, cancer, diabetes, and arthritis. In addition to cherries, other fruits that provide inflammation-fighting anthocyanins include strawberries, blackberries, raspberries and grapes. Other nutrients that may possess anti-inflammatory properties include flavonols in dark unsweetened organic chocolate, apples, and tea; and omega-3 fatty acids in wild salmon, fish oil, flaxseed and walnuts.

If you have any questions, please do not hesitate to ask us. We are more than happy to assist you.

write off naturopathic visits

Learn how you can write off 100% of your Naturopathic visits. Recent Revenue Canada (CRA) Federal legislation now allows business owners to fully tax deduct 100% of their naturopathic healthcare expenses as a business expense using a Health & Welfare Trust. You can also write off 100% of supplement expenses as well. Call 1-888-880-2266 for more information. Vancouver residents, please call 604-874-4429.

benefits of dark chocolate



Chocolate originates from the seed of the cacao tree, a plant containing similar benefits as green leafy vegetables. Dark chocolate has a high cocoa content (anything over 65% cocoa) which makes it a great source of flavonoids and antioxidant properties. Antioxidants help protect the body from aging, which can cause damage that leads to heart

disease. Dark chocolate contains an abundance of antioxidants - nearly 8 times that found in strawberries.

What other health benefits does dark chocolate provide aside from being good for the heart? Well, it helps lower blood pressure and cholesterol, stimulates endorphins which make us feel good, and contains the neurotransmitter serotonin, which acts as an anti-depressant. Studies show that regularly eating approximately 100 grams, or 3.5 ounces, of dark chocolate a day can provide health benefits. In moderation, chocolate can be good for your health!

product special cont'd.

10% Off UltraMeal continued...
central obesity, altered body composition and insulin resistance. Other medical foods can also assist with controlling high cholesterol, high blood pressure, high triglycerides, Type 2 diabetes and hypoglycemia.

These medical foods should be used with a dietary plan recommended by your healthcare practitioner. UltraMeal may be used as a meal option or meal supplement and can be blended with various ingredients and recipes to make delicious beverages and menus. Ask us about UltraMeal and receive 10% off your purchase!

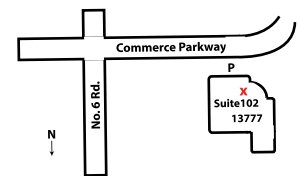
did you know?

Some research shows that washing down your chocolate with a glass of milk could prevent antioxidants from being absorbed or used by your own body.



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Panacea Center is located west of No. 6 Rd. at Commerce Parkway in Richmond. Our hours are Monday to Friday: 8am - 5pm.