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important dates

PANACEA RE-OPENS

Wednesday, January 2, 2008

OBSERVATIONS

Alzheimer Awareness Month

National Non-Smoking Week

January 21 - 27, 2008

product special

10% OFF Bio-Strath Original 750mL

Nature's most complete tonic for the different stages in your life.



- Contains 10 vitamins and 19 minerals that are factors in the maintenance of good health.

Wishing you a happy, healthy and prosperous 2008!



Panacea Center can help you with your New Year's resolution to maintain and improve your health! Call: 604-304-6010

5 ways to stay healthy in 2008

Start off your new year with a fresh outlook on your health. At Panacea Center we provide various individualized services and treatments to help you maintain your health and prevent illness.

1. Check out the current state of your health

Even though you don't feel sick, remember to get regular check-ups with your doctor or health care professional. Regular check-ups help in monitoring the state of your health and in detecting any potential problems with your health. One way to monitor your health is by getting a contact regulation thermography scan, which is a safe, radiation-free, non-invasive diagnostic exam that uses heat to help identify the presence of symptoms before illnesses begin.

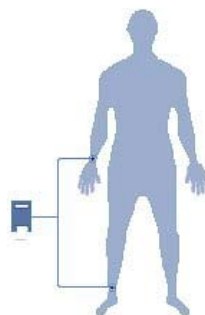
2. Get involved in fun activities

Winter is a great time to get involved in outdoor activities like skiing, snowboarding, snowshoeing, ice skating, and tobogganing. For those more interested in indoor activities, give yoga classes a try, or perhaps martial arts, cardio or dance classes at a local fitness or community centre to get your heart pumping.

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feature: BIA measurements

get a body composition and nutritional status analysis



Bioelectrical Impedance Analysis (BIA) measurements help estimate body fat percentage and body composition. How does it work? BIA measures the resistance of body tissues to the flow of a small, harmless low-level current. Current flows easier through the body tissues that are composed mostly of water, which is over 70% of our body. Adipose, or fatty tissue, consists of about 20% water. Bioelectrical impedance measures the strength and speed of the electrical current sent through the body (impedance measure). This measurement is then used along with additional data such as height, weight and gender to calculate the percentage of fat tissues out of the whole body mass. For more information about BIA measurements, contact Panacea Center today!

less meat, less you?

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



Research suggests a little less meat on the plate could mean less bulk on your frame.

In a study, people who consumed few or no animal products were less likely to be overweight or obese than self-identified meat eaters. Make fresh fruit, vegetables, whole grains, and legumes your diet staples.

Plant-based diets containing fruits and vegetables as well as whole grains that are high in fibre, and nutrients that are low in fat and calories may help you lose weight. A recent study suggests that people who classify themselves as vegetarian, semi-vegetarian, or vegan are much less likely to be overweight or obese than meat eaters. However, you don't need to go completely meatless if that doesn't suit your lifestyle.

Just choose the appropriate portion sizes and low-fat cooking methods. A serving of meat is equal to 3 ounces, about the size of a deck of playing cards.

If you eat red meat, limit consumption to no more than one serving per week. Also, limit intake of meats high in saturated fat, such as bacon, sausage and fatty cuts of beef.

For a protein fix, opt for low- or non-fat dairy, skinless chicken, nuts, or fish to control saturated fat intake depending on your Food Allergy Testing results. If you have any questions, please do not hesitate to ask us. We are more than happy to assist you.

5 ways to stay healthy in 2008 continued...

3. Give your diet a healthy boost

After a dose of holiday feasting, the New Year is a great way to reassess your diet and make reasonable goals for eating healthier. If you have dietary and health concerns you need help addressing, make an appointment with our Naturopathic Doctor who will be glad to help or go for a Live Blood Analysis to learn more about what your blood says about your health.

4. Treat pain and injuries

Do you wait for pain to go away only for it to return days, weeks or months later? Stay healthy by seeking help to alleviate aches and pains. By seeking help, some irritating aches and pains can be eliminated with the proper therapies and treatments. Feel the benefits with reflexology, chiropractic sessions and structural bodywork sessions.

5. Take time to relax

Ease stress by making time for relaxation. Stress can impact your health by weakening the immune system. After work, take time to reinvigorate and renew your health with the infrared sauna (singles and couples), ozone sauna or electrolytic foot bath.

Let us help you maintain your health today! 604-304-6010

product special cont'd.

- combats fatigue (school fatigue, nervousness, spring fatigue)
- improves concentration
- builds up resistance
- increases physical and mental efficiency
- promotes vitality
- helps during the gradual recovery of health and strength after illness.

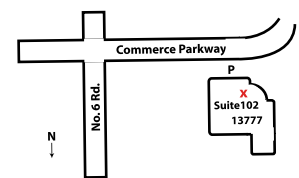
Bio-Strath is 100% natural and free from preservatives, colourings or any artificially produced substances.

did you know?

More women are affected by Alzheimer's disease than men: women account for more than 2/3 of all those over 65 with the disease. Most caregivers are also women.



Panacea Preventative Medicine Clinic & Research Centers
102 - 13777 Commerce Parkway
Richmond, BC V6V 2X3
T: 604-304-6010
F: 604-304-6009
E: info@panaceacenter.com
www.panaceacenter.com



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