

MAY 2008 NEWSLETTER  
**panacea**  
preventive medicine clinic & research centers

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FEATURE ▪ JUICE THERAPY  
PANACEA CENTER



Freshly squeezed fruit and vegetable juices have been shown to possess health-promoting properties and are great for boosting immunity and fighting off the flu bug, colds and other infections. By fresh juices, we mean the homemade juices you can make with a juice extractor since the commercially prepared juices lose much of their nutritional value during processing and are often not as healthy. Juice therapy is great for detoxification regimens and may also help treat skin disorders, relieve digestive problems and lower blood pressure. Freshly squeezed juices have health benefits since

they contain more naturally occurring vitamins, minerals and enzymes than synthetic tablets and are more easily absorbed into the bloodstream to nourish the body's cells. If fruits and vegetables are so good for me, why can't I just eat them? One simple reason: solid foods need to pass through the digestive tract and can take several hours to fully digest. Juice, however, can quickly enter the bloodstream without making the digestive system work as hard. Although you lose the fibre through juicing, you get a higher amount of nutrients in the juices. Find a delicious juice recipe waiting for you on the next page!

WOMEN'S HEALTH ▪ ENDOMETRIOSIS  
SOURCE::CANADIAN WOMEN'S HEALTH NETWORK



Endometriosis comes from the word, "endometrium", or the tissue lining the inside of the uterus. When this tissue grows outside the uterus, this is called endometriosis. The female hormone causes the growth, or implant, to occur, which will bleed and break down, causing pain and swelling. This might happen during menstruation. Unlike the tissue shed by the uterus during menstruation, these implants located outside the uterus have no way to leave the body and become inflamed and swollen. The inflammation results

in scar tissue around nearby organs that can interfere with normal functioning and cause pain. Endometriosis is a common health problem in women and generally appears between the ages of 15 and 50. The signs and symptoms of endometriosis include painful periods, pain between periods, lower abdominal pain, lower back pain, painful intercourse, menstrual irregularity, infertility, nausea, vomiting, dizziness and fainting, and pain with bowel movements and or urination. Diagnosing endometriosis can be a challenge. If you experience one or more of the symptoms listed here, consult with our naturopathic doctor or schedule a CRT 2000 Examination to monitor your health. Book your appointment today: 604.304.6010.

IMPORTANT DATES

**panacea center closed:**  
victoria day may 19. 2008

**observations**  
cystic fibrosis month  
hepatitis awareness month  
multiple sclerosis awareness  
mother's day **may 11, 2008**

NEW FEATURE  
SERVICE

**Receive 20% off your  
first chair massage.**

Melt away your stress with a relaxing 15-minute chair massage at Panacea Center. Alleviate tension, stiffness and mental fatigue, leaving you energized and more productive the rest of your day. To book an appointment, call us at 604-304-6010.

GIFT CERTIFICATE

Need a great mother's day present? Choose a Panacea Center gift certificate for services any mother will enjoy!

DERMAMED  
HYDRATING BODY  
LOTION

Recover natural healthy vitality and balance to your skin. Choose DermaMed's Hydrating Body Lotion.

Only from DermaMed.  
www.dermamed.com



## MOM'S DIET MAY PLAY ROLE IN BABY'S GENDER

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Over the years, scientists have worried about the slight drop in the proportion of male babies born in the last 40 years. An interesting new study from the Universities of Exeter and Oxford suggests that a woman's diet before pregnancy could influence a baby's gender. First-time mothers who ate a few hundred calories more closer to the time they got pregnant had a higher likelihood of having a boy than those who had a lower calorie diet. They also had a greater chance of giving birth to a boy if they ate foods rich in calcium, potassium, and vitamins B12, C and E.

Another strong factor was the consumption of breakfast cereals, especially since significant numbers of women of childbearing age are either dieting or skipping breakfast. According to the study, 59% of women who ate at least one bowl of cereal a day had a boy as opposed to the 43% who rarely or never ate cereal.

One of the possible reasons why male births are dropping is due to the drop in overall energy intake of women in Western countries over the last 30 years.

Sources: Yahoo News and Canada.com.

## HEALTHY RECIPE ▪ MELON MOMENTS

SOURCE::HAPPYJUICER.COM



Enjoy this cool, refreshing juice to help boost your immune system. Grape juice and strawberry juice contain the powerful antioxidant Vitamin C. Antioxidants help against premature aging and neutralizes free radicals which are a contributing factor to heart disease. The melon juice in this recipe can help act as a diuretic to cleanse the intestinal system.

Half a honeydew melon	1 cantaloupe
Small bunch of green grapes	10 - 12 strawberries
Mint, for garnish	

**Directions:** Remove the skin off the melons before putting them through the juice extractor. Juice all the ingredients together. Serve immediately over ice, garnished with a couple mint leaves. Makes 2 glasses (400ml).



## DID YOU KNOW? ▪ A MOM WITH 69 CHILDREN

Between 1725 and 1765, Mrs. Vassilyev or Russia gave birth to 69 children, of which 67 survived infancy. She endured 27 multiple births which consisted of 16 pairs of twins, seven sets of triplets, and four sets of quadruplets. Now isn't that more than a handful!

## ARTICLE ▪ WHO IS PANACEA?

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In Greek mythology, Panacea and Hygeia were daughters of the god of medicine, Asclepius. Panacea was the goddess of healing who was worshipped by sick individuals with the hope to heal. Hygeia was the goddess who was worshipped by healthy individuals with the hope to maintain their healthy status. Panacea originates from the Greek word Panakeia, meaning "universal healing".

Today, the word "panacea" was supposed to be a cure-all remedy for diseases that could prolong life indefinitely. Alchemists sought this panacea as a connection to the elixir of life and a philosopher's stone, a mythical substance that could transmute common metals into gold.

In some ways, medical science continues the search for different types of a "panacea" and an "elixir of life". It begs the question how life can be prolonged in ways that slows down the aging process, creates healthier lifestyles, and overall, increases the quality of life. At Panacea Center, our goal is to help heal each client as best we can so they can enjoy an improved quality of life, whether or not they are in good health when they visit us.

## FEATURE SERVICE ▪ BENEFITS OF MASSAGE

PANACEA CENTER



Take a break from work to enjoy our new, 15-minute chair massage. A massage does not only help relieve tension and loosen up muscles but also helps encourage healing to promote the flow of blood and lymph. After strenuous activity, exercise or injury, a massage can help the body overcome and reduce waste products such as lactic acid and carbonic acid that build up in muscles and cause cramping, discomfort and irritability. More importantly, the immune system is enhanced as the body recovers from soft tissue injuries since blood circulation improves to those areas. To schedule an appointment for a soothing and relaxing chair massage, call 604.304.6010. Get **20% off** your first massage!