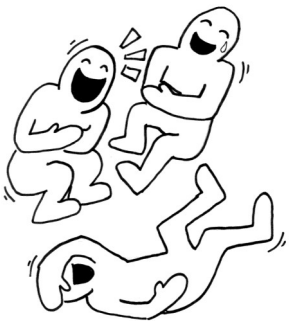




**WORD BANK**

- MOSQUITOES
- CAUSTICUM
- APIS
- BLACKFLIES
- ACONITE
- GNATS
- CARBOLICUM
- DEERFLIES
- ACIDUM
- SNAKES
- HYPERICUM
- BEEES
- CANTHARIS
- LEDUM
- URTICAURENS

Enjoy the search this issue



**QUICK HEALTH TIP: LAUGH?**

What's the most underrated medicine that anyone can use anytime, you can give to others, and it's free? Laughter!

The benefits of laughter are well documented and range across a broad spectrum of health. Physically it boosts immunity, lowers stress hormones, decreases pain, relaxes your muscles and prevents heart disease.

Mentally it adds joy and zest to life, eases anxiety and fear, relieves stress, improves mood and enhances resilience. Socially it strengthens relationships, attracts others to us, enhances teamwork, helps defuse conflict and promotes group bonding.

So tell a joke, give a tickle, act silly, or just laugh to evoke it from others.....and laugh your way to a healthier you!



Markham Integrative Medicine

**Dr. Gannage's Health & Wellness Report**

Published by Dr. John Gannage | Editor Christine Jambrosic PDHomm

**Let's Change Now!**

The rise in obesity is meteoric. Almost 60% of adults ages 18 and over, or 14.1 million Canadians, are overweight or obese. The numerous health conditions descending from obesity are well known: arthritis, cancer, heart disease, hypertension, diabetes and on it goes.

Less obvious: maternal obesity has been tied to the later development of autism in children, as a link not a cause. Alzheimer's is described as diabetes of the brain, acne as diabetes of the skin. The cost of diabetes alone, with its related complications of heart, stroke, leg, kidney, eye and nerve disease, is astronomical, and by 2030 will be downright scary.

Ontario is trying to stave off 70% of its provincial budget going to health care by 2030. Folks, that leaves little money for education, social services, roads, and other government programs. But make no mistake - this is a global problem, as Western lifestyles and artificial nutrition are exported worldwide. We are an undernourished yet obese civilization.

The culprit: SUGAR, and high fructose corn syrup (HFCS).

Simultaneously, governments are bankrupt. Health services are becoming exceedingly difficult to manage

financially, within the disease care model currently implemented. In Ontario, doctors and the Minister of Health are at a standstill in negotiations, with money being the only issue. Governments need to 1) raise more money 2) encourage a healthier, leaner population.

The solution: TAX SUGAR and HFCS

The tax, in my opinion, is imperative to stave off the obesity epidemic among children, change behaviour in the populace regarding eating habits, and generate revenue for cash-starved governments.

I understand the anger and frustration against government waste - has always been there, likely always will. A sugar tax is something we can all get behind....the more you eat, the more you pay, a "sin" tax not unlike alcohol and tobacco.

In the meantime, at Markham Integrative Medicine, we have a successful therapy plan for weight management that also assists sugar cravings, and other recommendations to make regarding the dreaded cravings.

Schedule an appointment at:

(905)294-2335.

Best in health,

John Gannage





Markham  
Integrative  
Medicine

## Homeopathy and Summer Critters

As spring and summer are upon us, so are the wonderful masses of critters that share the cottages and campgrounds with us. Mosquitos, black flies, deer flies, horse flies, bees, wasps, spiders and snakes all pose the potential for painful encounters. Homeopathic remedies can be useful for relieving the pain and swelling of insect bites and stings, as well as the emotional trauma if a person or child has an intense reaction to being bitten or stung.

**An important note: If a person is allergic to the venom of a stinging insect, or if a bite is from a poisonous spider, emergency medical attention is needed right away.** Remedies can still be used enroute to emergency or alongside epipens, to reduce the early trauma and to help recovery.

There are a few different remedies that are good to keep in your homeopathic first aid kit for bites and stings. The reaction of both the person and their bite/sting mark itself will help you to determine which remedy is best suited for the situation.

**Ledum:** Swelling that extends some distance from the bite, often with a bluish tinge, a feeling of cold and

numbness, and aching pain, suggests the use of this remedy. If the swollen part seems cold, but the application of ice or cold water brings relief, *Ledum* is strongly indicated.

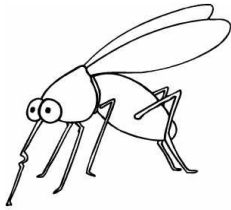
**Apis mellifica:** If a bite or bee sting causes puffy, tender swelling that is pink or red and hot to the touch, this remedy may be helpful. The area stings and burns, and cold applications bring relief. (If a person is allergic to insect venom,

especially bee-stings, *Apis* may help to reduce the swelling of the passages, given as first aid while on the way to emergency medical care.

**Urtica urens:** Reddish blotches that burn and itch intensely (like a nettle sting) after insect bites may be relieved with this remedy. It is also a useful remedy for hives that sting and itch.

**Aconitum:** This remedy can be helpful if a person feels fearful or panicked after being stung. Cutting, stabbing, or burning pain may be felt, along with swelling, tingling, or numbness. *Aconitum* should be used immediately, while symptoms are intense, and can be followed by another remedy, as indicated.

**Cantharis:** This remedy may be



indicated if a bite or sting results in intensely burning, scalding pain. The area of inflammation is red, and blisters may develop.

**Carbolicum acidum:** This remedy is usually indicated in first-aid situations, while medical help is being sought. The person feels sick and weak, and may have trouble breathing, with a dark or reddish face that looks pale around the mouth.

**Hypericum:** This remedy is known for its soothing effect on injuries to nerve-rich body areas. It is also useful after puncture wounds, including bites and stings. Shooting pains or pains with numbness and tingling often are experienced when *Hypericum* is needed.

For dosing, first select the remedy that most closely matches the symptoms. Where self-treatment is appropriate use a lower potency (6x, 6c, 12x, 12c, 30x or 30c). Take one dose and wait for a response. If you see any improvement, wait and let the remedy work. If improvement lags significantly or has obviously stopped, repeat another dose. The frequency of dosage varies with the condition and the individual. Sometimes you'll need to repeat the dose several times an hour, sometimes several times a day, sometimes only once or twice a day. If after 3 or 4 doses of a remedy no response is seen, select a different remedy.

## Strawberry Time? Get them while you can



The Romans prized wild strawberries for their medicinal properties, the French as an aphrodisiac. This member of the rose family isn't really a

berry or fruit but rather the enlarged receptacle of the flower. Ounce for ounce, strawberries have more Vitamin C than citrus fruit. In fact, just 8 strawberries have more vitamin C than an orange.

According to the American Cancer Society, foods rich in vitamin C may lower the risk of cancers of the gastrointestinal tract. They are also low in calories, high in fibre and polyphenols (powerful anti-oxidants) and just about to be ready for harvest in southern Ontario!

Picking your own is cost effective and a fun trip out for the family, and there are several farms in our area to choose from. Choose organic since conventional strawberries usually test quite high for pesticide residue. Choose medium-sized berries that are firm, plump, and deep red. Once picked, they don't ripen further.

**For more information or to book an appointment with Christine talk to Shawna and she'll be happy to help or email your questions to:**  
[christine@integrative-medicine.ca](mailto:christine@integrative-medicine.ca)

[www.integrative-medicine.ca](http://www.integrative-medicine.ca) | (905) 294-2335