

ISM's Newsletter for Your "Optimal Health"

January 2011

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An Exciting 2011 on the Horizon!

On behalf of all the staff at ISM, I wish you a very happy, safe and, above all, healthy New Year.

At ISM we are all very proud that you have chosen to work with us to improve your health.

There are exciting times ahead for ISM.

- We look forward to completing construction on our new, centrally located clinic, lab and offices – ready for a January 2011 move! Having all of our facilities in one central location will help us provide you with even more individualised attention and targeted healthcare response.
- We will be introducing new services targeted to supporting your experience with the Aminomics program. Watch for further updates!
- New research programs, with potential international impact, are underway.
- All of this will be accompanied by a new look for ISM Clinic & Lab!



*ISM Clinic & Lab new location at
302 - 80 Aberdeen St., Ottawa, Ontario*

We know you will be delighted with the changes we're making.

Despite the turmoil within our current Canadian healthcare system, we believe the future is bright. Change is on the way! Our commitment to continue to work together, and target individual healthcare concerns has never been stronger.

Happiness and Good Health to you all.

William O'Neill
CEO

"We spend January 1 walking through our lives, room by room, drawing up a list of work to be done, cracks to be patched. Maybe this year, to balance the list, we ought to walk through the rooms of our lives... not looking for flaws, but for potential."

- Ellen Goodman

Winter Cocooning

During the winter months, it is not uncommon to spend more time in your home and less time out of doors. Though the term “cocooning” wasn’t coined until the 1990’s it is not a modern phenomenon. The trend is historically prevalent in most cultures where colder months make outdoor socializing less attractive. Most Canadians are outside in the winter months less than one hour per day (though dog owners may brave the elements a little longer); this means that almost 98% of our days are spent indoors. As we head into the winter months it is important to make the most out of our winter cocoons.



Air Quality

It is vital that we pay attention to the air quality of our homes and offices so that our winter cocoon is a healthy one.

Plants

Bringing colourful plants and nature indoors lifts the spirits. In 1980 NASA studied the detoxifying abilities of house plants discovering their ultra efficiency at absorbing gases such as benzene and formaldehyde. The study suggests that each home have a minimum of fifteen plants to clean the air (6 inch pot or larger).

Commonly recommended plants are:

Weeping Fig, Mother-in-Laws Tongue, English Ivy, Spider plant, Peace Lily and Potted Mums.

Essential Oils

The stale air of offices and homes can be lifted with essential oils. Natural essential oils are made from concentrated plant essences and provide antiviral and antibacterial protection. Small receptor cells in the nose transmit impulses to the limbic center of the brain affecting emotions. Some suggested methods of using essential oils:

Oils can be used in the bath (6- 8 drops with a little oil or sea salt) or they can be mixed with water in a diffuser or spray bottle to freshen the air.

Oil combinations and their uses:

- lavender, jasmine, chamomile and neroli assist with depression, anxiety and stress
- mint, rosemary and bergamot energise the mind
- recipe for a fresh winter smell: 1 drop cedarwood, 3 drops pine and 2 drops rosemary
- recipe for colds and flu for the bath: 3 drops eucalyptus and 3 drops bergamot
- relaxation recipe for the bath: 3 drops rose, 3 drops lavender and 3 drops chamomile in 2 cups of sea salt and 1 tbsp oil

Peace & Quiet

In the winter, as we physically withdraw, we have an opportunity to slow down and concentrate on our creative and spiritual needs. Take time for meditation & yoga to calm the mind and relax the body. If you prefer a more hands on approach try crafts, cooking, music and art – an activity that you enjoy can become your own form of meditation.

Make the most of your time outdoors

Whenever out of doors this winter remember to breathe deeply; ten deep breaths can reoxygenate the entire bloodstream. You should also face the sun - as you fill the bird feeder, walk the dog or build a snowman – soak up as much natural Vitamin D as possible.



Winter Smoothie

The frigid temperature and lack of sunlight through the winter months can make the thought of a cold smoothie unappetizing. Combine that with a lack of fresh berries and greens and you have all the makings of falling off the 'ISM wagon' if you're used to starting your day with your ISM Customized protein in a smoothie. Here are a few suggested winter smoothie additives (and two bonus recipes) to mix up your ISM Custom Protein smoothie routine throughout the winter. *Please note, citric acid should not be combined with your ISM Customized Therapeutics or ISM ProComplete protein supplement.

Mango – in season from September through January, Mango is an excellent additive to smoothies for flavour, colour and fiber. Ripe mango has higher levels of protein, beta carotene, calcium & potassium than green mango, not to mention lower levels of ascorbic acid and sodium.

Ginger Root – adds flavour and warmth to any smoothie. Ginger root, dating back over 3,000 years to India, aids in digestion, abdominal bloating, and can soothe a sore throat. Helpful tip – storing your Ginger Root in the freezer keeps it fresh and makes it very easy to peel using the edge of a spoon.

Chia Seeds – a powerful source of Omega-3 fatty acids they are high in fiber and expand in the stomach, giving you enough power to get through the cold winter days.

Raw Cacao Beans – high in antioxidants and linked with cardiovascular health.

The following smoothies are best prepared in a blender; add extra liquid as required.

Mango-Ginger Winter Warmer

- 8 oz Coconut Milk or water
 - ½ Ripe Mango
 - ½ inch peeled Ginger Root
 - 1 “scoop” of ISM Customized Therapeutics or ProComplete
- Optional: 1 bunch of greens (dandelion, kale, spinach etc.)

Energizing Winter Smoothie

- 8 oz Milk – Almond, Rice, Soy, Cow or Coconut etc
- 3 raw Cacao Beans
- 1 tsp Chia Seeds
- 1 tsp Sesame Seeds
- ¼ of a whole Star Anise
- Pinch of Cayenne Pepper
- Raw Honey to taste
- 1 “scoop” of ISM Customized Therapeutics or ProComplete

Sources

greensmoothiesblog.com "Winter Green Smoothie with Ginger" December 27, 2009

Wellandgoodnyc.com "Warming Winter Smoothies" November 5, 2010



We Are Moving!!!

*ISM Clinic and Lab will be moving in January 2011.
All phone, fax and email contacts will remain the same.
Our new address at the end of January will be:*

*302 - 80 Aberdeen St.
Ottawa, Ontario
K1S 5R5*



Seasonal Eating and “Winterizing” Your Diet

Humankind was conceived by the chemistry of Earth itself. In the ensuing evolutionary process, spanning millions of years, humans were shaped by the vegetation around them, and by the foods that Earth provided. Man lived in harmony with what grew around him, and with the changes his food underwent through the seasons. This, in fact, was Man's first lesson in nutrition – to eat what was local and indigenous, and to modify his diet according to the seasons. Changes in growing conditions through the seasons are considered essential for balancing not only the Earth's resources but also the life forms it supports and nurtures.

The lessons that the various complex human biological processes learned over millions of years of coaching and fine-tuning are simply too profound to be ignored. It regulates everything from digestion to DNA, and needs to be respected. Those who choose to disregard this easy, simple and straightforward proposition pay the price in terms of ill-health and morbidity – and sometimes, mortality.

Spring is generally considered a time for cleansing (in much the same way that we spring-clean our house!). This is the time and the opportunity to take a stock of our dietary situation, discard what is unnecessary, and reinstitute healthy eating habits. It is during spring that Nature provides us with an abundance of sprouting seeds and tender leafy green vegetables that are rich in chlorophyll – the body's best cleansers and detoxifiers.

During the warm months of **Summer** we notice the appearance of cooling foods – juicy fruits and succulent vegetables – in our gardens. Besides providing us with nutrition they also make their abundant water available to compensate for any dehydration. Consumption of plain drinking water also needs to be increased during this time of the year. It makes perfect sense, in summer, to eat light and to eat raw, moving away from cooked foods.

Autumn is the season for harvesting, and it witnesses a shift away from the lighter raw fruits and vegetables, towards foods that need to be cooked. Various vegetables, autumn squashes, grains, legumes and seeds figure prominently. This season also calls for richer proteins and complex carbohydrates, which nature provides in plenty at this time of the year.

Finally, **Winter** is the season when our bodies need to keep warm. This warmth is provided by foods that yield higher energy for longer periods. It is worthwhile to remember that foods that take longer to grow are more warming than those that grow more quickly. Not surprisingly, therefore, warming foods are harvested in autumn to provide us with the fuel we will need for the cold winter months. Besides the complex carbohydrates, grains and the foods consumed during autumn, reliance now is also on fish, poultry, beef, onions and garlic. Some other foods that help to keep the body warm includes cooked vegetables, winter squashes, avocados, root vegetables, lentils, kidney beans, oats, corn, barley, butter, nuts & seeds.

Optimal Health

“Optimal Health” is released by staff, associates and friends of Immune System Management Inc. We aim to share up-to-date news, information and diverse views for the growing integrative, alternative and complementary medicine movement, particularly as it applies to cancer and other chronic diseases.

It is our philosophy that diverse health care modalities can work in conjunction with each other as part of a unified team rather than in competition. Such an integrated approach ultimately will lead to safer and more effective healthcare.

Your comments and article contributions are welcome.

info@aminomics.com
www.aminomics.com

