



## Truly You Holistic Health Clinic

### What's Hot, What's Not, and What's Next

Welcome to the client newsletter that is distributed each month, for clients, supporters, and those interested in their own health. It is my hope to use this newsletter to share new theories, facts, and medical studies with you, to inspire you and to give you the heads up on what is happening with health both in our community and around the world.

#### Truly You Holistic Health Clinic

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By Appointment Only

Heilkunst  
Homeopathy  
Live Blood Analysis  
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Family Rates available

#### The Baby Carrot Fad

Full of nutrition and vitamins, carrots pack a whole lot of benefit including beta carotene (essential for vision), antioxidants, minerals and fibre. There is even an urban legend about carrots centered on the Battle of Britain that said that eating large amounts of carrots would enable one to see in the dark. In traditional medicine carrots have been known to treat constipation and digestive issues, including parasites.



Due to our fast paced lifestyle and ready to eat mindset, carrots have seemingly taken a turn for the worst, or have they? By now most people recognize that what is commonly sold as baby carrots are actually deformed or slightly rotted carrots that don't make the "cut" for regular packaging. Instead these imperfect carrots are saved from our landfills and whittled down by machines into bite sizes, and sold as mini carrots...sounds like a good use for carrots not deemed worthy of sale to the public doesn't it? From this practise we get an interesting health issue. These carrots are preserved by soaking them in a chlorine and water solution... yup same stuff used in swimming pools. When the carrots get that white film on them that is the chlorine coming to the surface. Still not convinced? When we soak carrots, and any other vegetable, the vitamins and nutrients are leached out into the water. This results in a good source of fibre, but little else.

Chlorine is a poisonous gas, and a powerful *oxidant*. This means that it causes free radical damage. Chlorine is a great disinfectant; I am just not

convinced that we need to consume it. Ever notice how when a child drinks a lot of swimming pool water, they have loose stools? Hmmm...food to chew on.

### **Lemon Essential Oil**

Lemons contain 68% d-limonene, a massive anti-oxidant, compounds that are effective on immune system function, and boost of amazing cleansing properties. Essential oils are cost effective and very concentrated. One to two drops of oil give huge results. Here are some of the uses essential oils:



- substitute lemon oil for lemon juice or lemon seasonings to flavour foods such as seafood, vegetables, beverages and desserts
- carry a bottle in your purse and add a drop to water for instant flavour and a boost to your metabolism
- use 1-2 drops to remove gum, oil, grease spots, glue adhesive and crayon on most surfaces
- combine 2-3 drops with water in a spray bottle to help cleanse and sanitize surfaces
- put a drop on blemishes to balance the oil glands
- rub a drop on corns, callous, or bunions to soothe or prevent recurrences

- add 2-3 drops of oil to a bowl of water and drench fruit in it to preserve shelf life
- add a drop to the dishwasher before the wash cycle for spot free dishes
- massage into cellulite to help improve circulation and help eliminate waste from the cells
- put 10-15 drops in a gallon of carpet cleaning solution to help pull out stains, brighten carpet and rugs, and leave a fresh scent in the air.

Medicinal grade Lemon Essential oil is now available through the clinic. Contact us for more information.

## **VACATION**



**Dr. Roxanne will be out of the office from April 19<sup>th</sup> to April 29<sup>th</sup>. For patient emergencies, she**

**can be reached via e-mail at [doc.rox@rogers.com](mailto:doc.rox@rogers.com) if remedies are required patient information will be given to an on-call practitioner who will dispense the prescription. A fellow practitioner, Cynthia Cockrane, has agreed to be on-call in order to deal with any issues that may require remedies. Patients will be subject to her fee schedule. Cynthia can be reached at 613-258-4074.**

## Recipe Corner

### Spicy Carrot Soup

8 carrots, roughly chopped.  
5 celery sticks, cut into pieces.  
2 cloves of garlic, chopped.  
1 large onion, chopped.  
4 cups of water.  
1 tablespoon of olive oil  
1 teaspoon of curry powder.  
Sea Salt.

Heat up the olive oil in a frying pan; then sauté the chopped garlic and chopped onion for 4-5 minutes.  
Add a teaspoon of curry powder.  
Add all of the remaining ingredients except the salt and cook until the vegetables are tender.  
Mix in a blender until the soup is smooth.  
Add salt to taste and serve.

**"If you can't stand the heat,  
better make plans to avoid it"**  
Anonymous

Check out our Website, find past newsletters, FAQ'S, links, new patients forms, and other cool stuff.

[www.trulyyouholistic.com](http://www.trulyyouholistic.com)

If you have been impacted positively throughout your treatment and you would like to help others on their journey to health, consider writing a testimony about how treatment has helped you, so that you can be a blessing to others who are struggling to find their way to physical, emotional, or mental freedom.  
Contact the clinic for more info.

**"Forgive your enemies - it  
messes with their heads".**  
Anonymous

Existing patients who refer a new patient to the clinic will receive 20% off their next visit once the referral has had their initial appointment. New patients also benefit with the "I'm a Friend Discount" of 20% off their first appointment.



*Happy Blooming!*

*Doc Rox*