



Truly You Holistic Health Clinic

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

New Year Survival

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

Roxanne Harris

DMH, DHHP, DynBC, DynNC.
Doctor of Medical Heilkunst

3399 Regburn Drive
Osgoode ON K0A 2W0

613-469- DrRx (613-469-3779)
doc.rox@rogers.com

By Appointment Only

Heilkunst
Homeopathy
Live Blood Analysis
Nutritional Counselling
Healing Prayer

Family Rates available

Another year has come and gone and a fresh new year to look forward to has arrived. Are you looking forward to a new year? Have you set goals, or dreams? Have you made long term plans? Perhaps you have planned a trip, set financial goals or decided to renovate your home or your health and wellness.

Making plans for your future also includes setting goals for your health and well being. Whether it is a few pounds that you want to lose, an exercise program you want to master, or eating healthier, they all take planning, commitment and work. The majority of people find that accountability is the number one thing that helps them stay on track. That is sharing your dreams with someone else, brainstorming and planning, taking the dream and making it a goal, designing an action plan, making it happen by taking action, and staying committed to the plan in order to obtain your goal through some form of accountability.

Wow, sure sounds like a lot of work! No wonder so many people have difficulty staying on track with their dreams and goals. Truly You Holistic Health Clinic loves to help people meet their health and wellness goals and dreams. Let us help you meet yours. Come in for a consultation and let's make your dreams a reality.

For the month of January patients can have an Initial Heilkunst and Live Blood Analysis appointment for \$160.00

(A savings of \$80.00, for existing Heilkunst patients piggyback your next follow up with a Live Blood Analysis and save \$30.00).

Truly You Has a New Phone Number

The clinic has a new phone number effective immediately; please call:

613-469-DrRx

(613-469-3779) to book or cancel appointments, make inquiries, or to talk to or leave a message for Doc Rox.





EGGS

Mother Earth News

([Mother Earth News](#)
[October/November 2007](#))

recently finished their latest egg-testing project, confirming their 2005 test results that showed true free range eggs are far more nutritious than commercially raised eggs. Compared to official U.S. Department of Agriculture (USDA) nutrient data for commercial eggs, eggs from hens raised on pasture may contain:

- 1/3 less cholesterol
- 1/4 less saturated fat
- 2/3 more vitamin A
- 2 times more omega-3 fatty acids
- 3 times more vitamin E
- 7 times more beta carotene

It is thought that these dramatically differing nutrient levels are most likely due to differences in the diet between free-range pastured hens, vs. commercially farmed hens.

Hmm....garbage in, garbage out as they say. You are what you eat, and so are the plants and animals that we eat. So get cozy with a local farmer, they can tell you what the hens eat, and if they are actually allowed to roam free and forage for their own food, socializing and being allowed to be a chicken, this produces the best eggs! If you have to purchase eggs from a store, go for Organic free range, it will be your best bet. Don't settle for free range from a commercial producer as these hens are put out into an empty compound for a few minutes a day, and don't get any of the benefits of actually roaming free, the hens are more stressed, and you can tell by the quality of the egg. So what's the best way to



eat an egg? Rocky style! (Bottoms up!), if you can't stomach a raw egg, then go for a soft boiled one. The yolks of fresh farm eggs taste like vanilla, and are pleasant and yummy!

Recipe Corner

Spelt Bagels

Combine and beat until smooth:

- 2Tbsp honey
- 1Tbsp instant yeast
- 1 egg

Add to the egg mixture:

- 1 cup hot water
- 2 Tbsp yogurt mixed with hot water to make ½ cup.

Mix together well. Let stand 5 minutes.

Add:

- 4 ¾ cups spelt flour
- ½ tsp sea salt

Add any other ingredients at this time for flavoured bagels.

Mix together well and knead for 3-4 minutes. Let dough stand for 15 minutes. Shape into rings poking thumb through the middle making a hole of at least 1 ½ inches. Bring a large pot of water to a boil and boil bagels individually for 10-12 seconds until they float. Remove from water and drain on a tea towel to absorb excess water. You can use an egg wash or the moisture from the water and the dip bagels in poppy seeds, sesame seeds, or any other topping for extra flavour. Let rise 15 minutes. Bake at 400°F for 15 minutes.

“You can tell how big a person is by what it takes to discourage him”.



The Grocery Task

Many patients ask me how they can find all of the exciting new to them foods on their food chart. It takes a lot of investigation, patience and time initially. It can be frustrating and challenging, but also rewarding when you find that golden nugget that you and the kids really enjoy.

Step one: don't go shopping during peak hours, go when the store is nice and quiet, when you can think and when the grocery stock boy has lots of time to tour you through the store.

Step two: go with a plan. Decide in advance what items you will be looking for. This is especially true if you are looking for grain substitutes as it evokes a lot of label reading.

Step three: Be armed with your reading glasses and a magnifying glass if necessary so that you can properly read the label. Don't be embarrassed or ashamed to take your time and read the whole label, you will be surprised to see what your favourite canned soup or cereal has for ingredients!

Step four: Anything that has soy or artificial sweeteners of any kind go back on the shelf, no questions asked. Period.

Step five: go to the sections of the store where you never shop, like the ethnic and natural section, this is often where you will find those little life saving nuggets and grain alternatives.

Step six: Have fun with it, don't make it an onerous task, think of it as a wild adventure.

Step seven: adopt these foods and welcome them into your home. Stop buying your old favourites, that's right, no more KD. If you continue to purchase the old foods, you will be more likely to use them. Get the old stuff out of your home, and

commit to your new life plan. Many churches and schools have food banks, or take collections for food banks, why not do a good deed as you start your journey to health?

Step eight: if you want your family on board stop telling them what you are making, this makes it into a bigger deal than it really is. Most people will decide to not like something new before they even taste it, just serve it up and go with the flow. Or better yet, let each person serve themselves, this gives them the pretence that they are in control.

Faith

Where are you at with your faith?

There have been over 260 research studies that reflect positively on the association of one's faith with physical and mental health outcomes.

Various studies have suggested that religious commitment plays a significantly valuable role in

- **preventing mental and physical illness**
- **improving how people cope with mental and physical illness**
- **facilitating recovery from illness** (Mercola.com)

Truly You Holistic Clinic believes in the healing power of prayer, and patients are prayed for regularly during appointments. If this is something you would like to know more about please contact the clinic, or talk to Roxanne at your next appointment.

Doc Rox