



The Gilead Centre
Offering Hope, Healing and Wellness to All

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.

The Gilead Centre

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By Appointment Only

Heilkunst
Homeopathy
Live Blood Analysis
Nutritional Counselling
Healing Prayer

Procrastination

Wow that is such a big word! Last month I quoted Pastor Bill Prankard he said :

“If you always do things the way that you have always done them, they will always be the way that they are. If you want to see change, you have to make changes.”

Every day I speak with people in my office that desperately want to make changes in their lives, whether it is a mind set, the way they think about themselves, a lifestyle change, a career change, or a physical transformation, people always have ideas about what needs to change in their life.

Procrastination is a verb meaning to postpone doing something.... I remember learning in grade 3 that a verb is an action word, so literally procrastination is the act of doing nothing! I don't know about you but it seems that in my life when I procrastinate doing something it is because I have about one hundred other things that need to be done in addition to the one thing that I am avoiding. The problem with procrastination is that what we say we want done doesn't get completed, the action that we want to do, the result that we want to see is not ascertained.

WHY???? If we say we want to do something, to change something why don't we just "do it"? Mostly because it takes work on our part, we actually have to execute, it is no longer a thought, or idea, but we have to act. Often we don't act because it is outside of our regular habits/ schedules, know how or abilities. But how is it that we can say that we want something but do nothing to make it happen? It comes down to responsibility and free will. God gave every human being free will, or choice. We can either choose to follow through with a thought/ idea/ directive or not. When we look at life changes we need to take responsibility for our actions. If we want to lose weight, we need to eat better, exercise more, drink more water, if we want to think positively we need to change our attitude and focus, if we want to get a better job, we need to start applying for better jobs. It is about deciding what is important to us and prioritizing and then executing a



plan so that we live according to what we deem to be important, not what culture and society set as standards. Did you know that God does not place your employment and status above your family? Yet the world says that your position and what you do is what really matters. Let's face it, if you quit your job tomorrow you could be replaced within days if not hours, but who will replace you within your family and loved ones? There is only one you. What is important to you? The fancy new car, the next promotion, the hottest new clothes, the employee of the month award, the big screen TV, or your health and wellness physically, mentally, emotionally, and spiritually so that you can engage with your family, friends and life.

Are you living life to the fullest? Are you procrastinating about doing something about your state of health? Have you started a health program and fallen? Do you need encouragement to stick with it so that you can see the results that you desire? Change is hard work, it takes effort. There is no magic quick fix. It has taken your body a long time to get where it is right now, and it takes time to undo the damage and give the body what it needs to repair and restore in all areas.

The Gilead Centre is committed to seeing your dreams and goals become a reality. Why don't you set some health and wellness goals and bring them to your next appointment, together with a willing and open heart and mind we can make them a reality. No more procrastinating, you can do it!

"Don't give up. Moses was once a basket case."

~anonymous

Spring Detox

The body naturally detoxes in the spring through runny noses, diarrhoea and occasionally vomiting. Garbage in, garbage out so to speak. Many people ask me what I think of detoxing kits, my standard response is what are your symptoms? Most people are stunned when I ask this question, replying I thought it was just a good thing to do.....

Forced detoxes are usually not a good thing to do without medical supervision. The majority of people have closed emunctories (organs of elimination), when we take a detox and ask the body to release all toxins, heavy metals, parasites etc.... if the organs of elimination are not working properly (one of the reasons you may need a detox), all of that gunk will be released into the blood stream creating a mirad of symptoms that send most people to their beds for 3-5 days, even with the mildest of over the counter detoxes.

In my practise I use homeopathic detoxes that first open up the emunctories and get them working, so that the toxins can be safely eliminated through the bowel, kidneys, lungs and sweat glands. Sometimes therapeutics such as probiotics, chlorophyll, cilantro, and chlorella may be prescribed to help the body with the toxic overload. This is on a case by case basis.

If you are thinking about detoxing, please check with your practitioner first to avoid any unpleasant side effects.

"The best things in life aren't things."

~ anonymous



Recipe Corner

Figs, Walnuts and Spinach Salad

½ medium onion thinly sliced
2 Tbsp apple cider vinegar or white wine
4 cups baby spinach
2 Tbsp balsamic vinegar
½ tsp raw honey
2 Tbsp olive oil
8 dried figs sliced thin
¼ cup chopped walnuts or pecans
Soak sliced onion in 1 cup warm water and apple cider vinegar for 10 -15 minutes.
Drain. Arrange onion over spinach with walnuts and figs.
Combine Balsamic vinegar, honey, olive oil and sea salt and pepper to taste. Drizzle over salad.

Figs are an excellent source of potassium. Potassium is essential in order to control blood pressure. If you eat processed foods, often the sodium/ potassium levels are out of whack due to the high concentrations of salt. People who eat high sodium diet excrete a large amount of calcium through their urine. Figs are rich in calcium and can help to stabilize calcium levels in the body, thereby helping to prevent brittle bones. Eating foods rich in potassium can help to stabilize blood pressure levels. Figs are also an excellent fibre source.

Figs can be enjoyed many ways. A great dessert idea is to poach figs in red wine or fruit juice and serve over ice cream or yogurt.

If you have recipe ideas please forward them so they can be shared with others to help them on their journey to health!

I always tell my colleagues that I have amazing patients! I thank you for your continued referrals; it is the greatest compliment one can receive, your trust with your loved ones ☺. Each of you is greatly appreciated.

Happy Spring!

Doc Rox