

# WORDS OF WELLNESS

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## BENEFITS OF VISUAL WINDOW OF LIVE CELL ANALYSIS

We are excited to introduce you to one of our New Services... Live Cell Analysis. What is Live Cell Analysis you ask? Live Cell Analysis or "Darkfield Microscopy" was first discovered by Professor Guenther Enderlein, in Germany back in the 1800's. Dr. Enderlein, a microbiologist, believed that a person's internal nutritional environment ("milieu interieur") can influence their overall health.

With Live Cell Analysis, your practitioner is able to use this "nutritional screening test" as a "visual" window to your nutritional health. This test can assist your health care practitioner to determine specific nutritional or naturopathic steps to support your overall health, and is a valuable addition to your health assessment process.

Some other benefits of Live Cell Analysis:

- Indicate possible reasons of low energy and fatigue
- Answers possible reason for difficulties to losing weight
- An internal window on how you are digesting proteins, fats, carbs and sugars
- Profile indicating overall nutritional health status
- How well your system is removing toxins
- Nutritional profile of how well your liver is detoxing
- A nutritional overview of your hormonal profile
- Yeast/Candida associated profile (note: yeast is not directly observed in the blood)

*"My first experience with Live Cell Analysis was the comprehensive evaluation Maritza Robertson provided to me 11 years ago. At the time, I was using a multi-disciplinary approach (including nutritional, homeopathic and naturopathic medicines, chiropractic, and body work) to resolve my own health concern of an irritable, inflammatory bowel. The information gleaned from the Live Cell Analysis was absolutely pivotal to my understanding and health planning process. The information enabled me to establish short-term and long-term action steps toward a complete and (thankfully) permanent resolution of my own health concern. My experiences as a patient, and my work as a Health Care Facilitator, have enabled me to help clients with cancer (and other complex, chronic health concerns) navigate their way to an effective health-care-approach that feels completely right for them. I refer my clients to see Maritza for Live Cell Analysis – the information she is able to gather, allows me to customize each patient's care-approach to their personal goals for cancer-prevention, and intervention, enabling the greatest level of patient/care-giver understanding, support, and over-all success."*

*Ashley Knight, Health Care Facilitator  
and Homeopathic Practitioner*

### New Patients Welcome!

The clinic continues to accept new patients. If you know of anyone who could benefit from one of our many services, do them a favour and refer them to our office.

**519-886-4814**

### Public Speaking Presentations

If you would like any of our practitioners to give a presentation at your workplace, school or group, please contact them through our front office at:

**519-886-4814**

### About Our Live Blood Cell

#### Microscopist

- She is a graduate from the Applied Human Nutrition Honours program at the University of Guelph—1989
- Member of the Canadian Society of Nutrition Management—1992
- Certified Trained Microscopist—1998
- Maritza has a total of 17 years experience in the health care industry of which 7 years was spent in hospital health care. She established her business Health Insights Inc. in 1997.

### Naturopathic Nutrition Month Health Smart Recipe

#### Best Ever Blueberry Muffins

Preheat oven to 350°

- 1 ¾ c rice flour (or other gluten free flour)
- 1 ½ tsp xanthan gum (available at health food store)
- 2 Tbsp baking powder
- ½ c mashed pear or applesauce
- 1 ¾ c water (PLUS OR MINUS)

- 1 ½ c tapioca flour (or other gluten free flour)
- 1 tsp salt
- ½ c oil
- 1 to 2 c blueberries, either fresh or frozen
- ½ c sugar + additional sugar for topping

Mix dry ingredients well. Add liquid ingredients and place batter into greased mini-muffin tins or regular muffin tins. The batter consistency will be on the thick side. Sprinkle tops with sugar before baking. Bake for 15 to 18 minutes or until done. Makes 18-24 regular sized muffins or about 48 mini-muffins.

## WELLNESS CENTRE NEWS

Goldsworthy Wellness welcomes Jodi Cross and Martiza Robertson to our clinic.

Jodi specializes in **Hypnotherapy, Reiki and Reflexology**. Come see her for Hypnosis if you are trying to quit smoking or need help with pain management. She is in our clinic every Thursday afternoon.

Martiza specializes in **Live Cell Analysis and Nutrition** and she is in our clinic the first Tuesday of every month.

We are very happy to be able to introduce **Facial Acupuncture** in our clinic. Our Acupuncturist, Tara Blain is now accepting patients for this scalpel-free face lift. Be one of the first in the region to try this procedure. Contact the front desk to book your appointment.

Our office continues to be very busy and appointments are very much in demand for all our practitioners. Please remember it is important that if you cannot make your scheduled appointment, you give our office 24 hours notice so we may fill your spot with someone on our waiting list. Also, if you have trouble remembering your reserved time, please make the front desk aware and we will provide you with a **courtesy** reminder call the day before. **Missed appointments are subject to a missed visit fee.**

## MONTHLY FEATURES

March is Naturopathic Nutrition month. Come to our office and learn interesting nutritional facts and collect nutritious and tasty recipes throughout the month.

We will be celebrating the beginning of spring during the month of April at Goldsworthy Wellness. Come in and grab a seed packet for someone you care about. It will help to remind them that spring is for renewed life and health and that Goldsworthy Wellness can help them can help them feel their best throughout the year with our many health services. Also, when you visit our office, enter your name into our garden tool draw.

May is National Asthma Awareness month at Goldsworthy Wellness. Come into the clinic and learn how we can help you or a loved one deal with this problem naturally and decrease the frequency and severity of attacks.

## THANKS FOR THE REFERRALS!

Kim Reist  
Jeff Klink  
Maggie Birch  
Sandy Ziegler  
John Linnerth  
Natalie Bugaliski  
Jason DeBruin  
Ken Noland  
Marg Weber  
Eileen McCabe  
Ryan Bauer  
Richard Burrows  
Myles Douglas  
Tania Bumstead

Brian Tilburg  
Geoff Smith  
Mandy and Alexa Kuetz  
Karen Wolf  
Alana Schott  
Ziggy Orzechowski  
Aimee Leveck  
Frank Lukach  
Jeff Hartleib  
Heather Baxter  
Zoran Slatinoski  
Jackie Roy  
Bria Dietrich  
Geoff Smith

## Congratulations to:

Cathy Ross on winning the ergonomic shovel draw in January. We know she has been able to get a lot of use out of it this season.

## The Stork Has Landed!

Congratulations to Enio, Erin and Brigitte Campana on the arrival of Liam on January 21<sup>st</sup> weighing 8lbs 1oz.

And to Jeff, Tania and Sarah Bumstead on the arrival of Emma on January 20<sup>th</sup> weighing 8lbs 1oz.

## ASK A PRACTITIONER

**Q:** To Ice or Heat?

**A:** Patients often ask whether they should ice or heat their injuries. The following are generalized indicators when 'To' or 'Not To' use ice or heat therapy.

**ICE** therapy can be used in almost any circumstance but is strongly indicated when there are acute or recent injuries, swelling, warm red skin, and other signs of inflammation. Ice acts as a vaso-constrictor, narrowing blood vessels and limiting flow as well as numbing the pain. Ice can also be applied to 'over-use' injuries and long standing injuries that have been aggravated after activity. However, DO NOT ice long standing injuries prior to major physical activity or exercise. In this case icing will stiffen muscles and joints making re-injury or aggravation more likely when moving.

**HEAT** therapy is recommended for chronic injuries, injuries that have no swelling or inflammation, and is great for sore, stiff, nagging muscles or joints. Heat can be applied before activity and exercise to increase blood circulation and muscle elasticity. However, do not heat the injured area after activity as this will increase the likely hood of inflammation and swelling.

When in doubt it is safer to apply ice rather than heat.

## WELLNESS NOTES

I am very pleased to be writing a letter of recommendation for Jodi Cross. I had very limited knowledge as to the benefits and pleasures that could be derived from Reiki and Reflexology until dealing with Jodi. Not only did I find her to be quite pleasant and informative, she was also very patient in answering all my questions.

I have discovered, much to my delight, that my time spent in such relaxed sessions with Jodi have gone a long way to making me feel better both mentally and physically, inside and out. I truly believe this is her calling and I highly recommend her talented hands!

### CENTRE PRACTITIONERS

#### Chiropractor

Dr. Jeff Goldsworthy, HBSc. D.C.  
Dr. Ryan Larson, BSc. D.C.

#### Massage Therapy

Kyle Devitt, R.M.T.  
Pam Gingrich, R.M.T.

#### Shiatsu Therapist and Acupuncture

Tara Blain, CST,Ac.

#### Naturopathic Doctor

Robin Walsh,  
BASc. (Nutrition) N.D.

#### Kinesiologist

Betty Ann Schnurr, C.K., RRP

#### Ion Cleanse

Christa Hanes

#### Health Care Facilitator /Homeopathic Practitioner

Ashley Knight,  
Hon., B.A.Sc. PHCP, MHM

#### Reflexology/Reiki /Hypnotherapy

Jodi Cross

#### Live Cell Analysis

Martiza Robertson