

### Staying Healthy With The Seasons: Winter Health

Dr. Jus Crea Giammarino

Winter is the season of introspection. It is considered the bear time, to go within, to rest and meditate deeply. Looking inward allows and prepares for spring or new growth. The silence of winter also allows us to listen carefully heightening our senses. In these months, we must focus on the self in our inward meditations.

With the abundance given forth by the autumn harvest, we have enough sustenance to last through the winter months.

Roots and tubers,

potatoes, turnip, squash and pumpkin provide essential nutrients. The yellow/orange food group is very high in carotenoids, bioflavonoids, antioxidants, and vitamin C, specifically benefitting the heart, vision, cancer, and the immune system. So the harvest of these vegetables is essential to good winter health. The white/brown food group also helps protect the heart and optimizes immune function. The complex starches of these vegetables provides us with enough vegetables provides

us with enough stored energy for the solemn winter months. At this time, warm, hearty soups, whole grains, roasted nuts, dried foods, beans, and seaweeds are perfect foods to nourish the body. Nutmeg, cinammon, cardomon, and warming teas such as chai can help keep the body warm in these cold months. And don't forget the garlic and ginger root, for all of the medicine accumulates in the roots at this time. Peace and blessings for the new year



### Naturopathic Medicine?

Dr. Ann Aresco

Naturopathic Doctors (ND) are medically educated doctors with a 4 year medical degree that is pre-

ceded by a 4 year baccalaureate degree. Internships and research projects are also requirements of the degree. What are we able to treat? Naturopathic doctors are trained to use natural modalities to treat patients for many conditions. The modalities for treatments include: Botanical (plant) based remedies, nutrition, supplementation, Homeopathy, physical medicine such as hydro or water therapies and many other non invasive natural thera-

pies. These therapies can treat or complement the treatment of many conditions. For example: Botanical medicines are very effective for a multitude of conditions including colds, viruses, GI disorders like GERD, IBS, reflux, any poor digestive or poor elimination related conditions. Asthma, eczema, rashes of unknown causes, sinus problems, including chronic sinus problems, ADHD, depression and many other acute and chronic conditions can be treated effectively with Naturopathic medicine. What you can expect when you come to see an ND is to answer many questions about yourself, your medical history and your

family's medical history. Your life style, sleep habits, foods, exercise etc. We have a complete picture of the patient in order to address resolution to a condition.

It's your health, it's your choice. Only you can make it happen and we are here to help.



*Naturopathic treatments range in scope from state to state. In some states Naturopathic Doctors have prescription rights and receive insurance reimbursement. If you would like to have access to Naturopathic medicine covered by your health insurance in Massachusetts, please contact your state representatives, senators and congressmen and make this known to them.*

PRACTITIONERS

- Patty O'Brien, PT
- Stan Baker, LAc
- Ann Aresco, ND
- Louise Sanchione, ND
- Kristin Schroeder, LMT
- Jus Crea Giammarino, ND



Physical Therapy

Acupuncture

Massage Therapy

Naturopathic Medicine

## Acupuncture and Chinese Herbal Medicine

Stan Baker, L.Ac. has been practicing acupuncture for more than 25 years, specializing in muscular skeletal pain and other acute and chronic conditions. His understanding of the principles of Oriental Medicine is enhanced by more than 25 years practice of T'ai Chi, Aikido and Taoist Yoga.

Call to schedule an appointment.

## Massage & Bodywork

Winter is the time of year when joints ache, weekend skiing is intense, and the body can never get warm. Massage can be a great way to take care of your body this winter. Keep your joints moving, your blood circulating, your muscles loose and your mind relaxed. Massage gift certificates also make great gifts. Why not give the gift of health this winter. Gift certificates are available at Better Life Whole Foods.



**Kristin Schroeder LMT**  
Evenings and weekend appointments available.

## Physical Therapy

Patricia has 18 years experience helping people recover from injury, surgery and pain. She is currently enrolled in the Doctor of Physical Therapy Bridge Program at Simmons College in Boston. She specializes in using hands-on manual therapy techniques.

Patricia O'Brien

Office hours are Monday-Thursday, 8:30am - 6:30pm.

## Third Thursday Lecture Series Continues

Please join Dr. Sanchione in the Reception Area of The Integrative Health Group each third Thursday of the month for a discussion on a current topic of interest related to health and disease and the naturopathic, alternative approach to it. The Q & A session that follows each presentation has been both informative and stimulating. *Seating is limited so please sign-up at either Better Life Whole Foods right next door or in the reception area itself.* Please join Dr. Sanchione and bring a friend!

### Anxiety and Depression.

**December 8th**

(Please note, due to the holiday season this lecture will be held on the 2nd Thurs. of Dec.)

Nearly 19 million American adults suffer from clinical depression and the same number of Americans 18 to 54 years old suffer from anxiety disorders. Many people who suffer from depression also suffer from anxiety disorders and vice versa. Conventional medicine offers only prescription medications with serious side effects to help people with these debilitating conditions. These medicines do not provide a cure because when the medication is stopped the symptoms return. Come with your questions and join the discussion in how to recognize the symptoms of these disorders and learn about natural alternatives that will help you and those you love find the joy in their lives that has been lost because of depression and anxiety.

### Ritalin Free Kids.

**January 19th**

There are healthier and safer ways to treat children, adolescents (and adults too!) who have been diagnosed with AD/HD, Autism, OCD, ODD, Bipolar and other categories of learning and behavior disorders. This lecture will discuss natural alternatives to Ritalin and other prescription medications that are prescribed for these conditions but cause serious side effects.

### Hormone-iously Healthy.

**February 16th**

#### Natural Treatment of Hormonal Issues

Hormonal issues are a major topic these days - for both women and men. I have seen an increase in the number of women in my practice over the past few years with PMS and menopausal concerns. We are inundated constantly with information about the pros and cons of hormone replacement therapy. This lecture will discuss these pros and cons and offer natural alternatives that relieve the symptoms of hormonal imbalances.

## The Doctors Are Cooking!

You are invited to join **The Integrative Health Group's** naturopathic doctors for a taste of their favorite healthy sweets and savories just in time for the holiday season. The doctors will be sharing these healthy foods and their recipes at **Better Life Whole Foods** health food store located in the **Bicentennial Plaza** at 1500 Allen Street. Please join us at the store on Saturday, December 10th from 11 am....until all the food is enjoyed.