

Pairing together for your health and wellness...

Votre partenaire en santé holistique.

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WEATHERING ALLERGIES NATURALLY

A NOURISHING LIFE

Dr. Melissa Blake discusses the role of nutrition in quenching inflammation and getting to the root of allergies.

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YOUR LIFE ALIGHT

Sari LaBelle describes yoga poses that will reduce your susceptibility to allergies.

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A HERB FOR WHAT AILS YOU

This month the spotlight is on Nettles. The delicious stock recipe is a definite must for allergy sufferers.

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GROWING IN GOOD HEALTH

Dr. Blossom Bitting encourages you to become educated about genetically modified food.

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WHAT'S BLOOMING

Upcoming events

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For prevention and treatment of allergies, try nettles! pg 3



*“Let your food be your medicine and your
medicine your food.”*

Hippocrates, Greek father of natural
medicine



WHAT ARE ALLERGIES ANYWAY? - DR. M. BLAKE

The word “allergy” means different things to different people. Allergies can be the reason you dread spring (what’s fresh air to others is your nightmare); why your digestive symptoms are a huge source of stress; or why skin reactions bring you down. Some people’s allergic reactions can be life threatening (anaphylactic).

All are a symptom of an imbalance in immune function and too much inflammation.

An allergy, by definition, involves the immune system behaving in an abnormal way. When functioning optimally, our immune systems can correctly identify potentially harmful particles we eat, drink, touch, and inhale in the run of a day. Sometimes our systems lose that ability and start mounting unnecessary attacks against otherwise harmless molecules. The attack often involves the release of histamine and an inflammatory cascade follows. Various triggers combine to set the stage in motion - low nutrient intake, high intake of nutrient depleting and inflammatory foods, stress, genetics, environment, etc. can all be pieces of the allergy puzzle. So what can we do?

IDENTIFY TRIGGERS AND AVOID IF POSSIBLE

If your allergy is anaphylactic it has to be avoided when all possible. Typically, anaphylactic allergies are easier to identify because the reaction is so immediate and severe. Other allergies, such as delayed food allergies, can be less obvious and may require elimination diets or further testing. Environmental allergies can also be challenging to identify correctly. The Pear Tree docs use a variety of methods to identify allergies.

QUENCH ALLERGIES THRU NUTRITION

Certain foods have been shown to ease allergy symptoms. Here are some foods with anti-allergenic properties:

- Omega 3 rich foods such as flax oil, walnuts, sardines, spirulina, salmon, cod, and mackerel have significant anti-inflammatory and immune balancing effects.
- Vitamin C and quercetin act to stabilize cells that release histamine. Foods such as apples, lemons, onions, parsley, turmeric, and thyme are rich in these nutrients.
- As a potent antioxidant, Vitamin E rich foods, such as dark leafy vegetables, egg yolks, and flaxoil can be helpful
- Raw foods rich in enzymes help breakdown inflammatory molecules. Including a wide variety of fruit and vegetables in your diet, especially papaya and pineapple, will ensure this benefit.

A COMPREHENSIVE APPROACH

Depending on the severity of your allergy reactions, supplements may be necessary. Naturopathic medicine offers a range of solutions to seasonal and year-round allergy sufferers. Homeopathy, herbal medicine, detoxification support, and acupuncture can all be effective in preventing and relieving allergy symptoms.

Addressing your allergies naturally offers benefits that extend far beyond allergy season and, over time, can rebalance the immune system and eliminate allergies all together!

Visit the clinic today for a naturopathic approach to your allergies.

“Be like a flower and turn your face to the sun.”

Kahlil Gibran

WEATHERING YOUR ALLERGEN STORM WITH YOGA - SARI LABELLE

While yoga may not be able to prevent the multitude of allergens from bombarding your body at this time of the year, having a regular yoga practice has been proven to help reduce stress and boost the immune system to make you less susceptible to allergies and colds and help you manage your allergy symptoms better.

Half Shoulder Stand or simply resting with your Legs Up The Wall are some of the most effective poses for relaxing the body and mind and can also help to open nasal passages and improve drainage. However, do not hold them for more than a minute or two at a time so as not to create too much pressure in your head. Bridge is an excellent and accessible backbend that helps to open the chest and rev-up your immune system. And practicing Three-Part Yogic Breath (Dirgha Pranayama), described below, is one of the best breathing practices to help you open the three chambers of the lungs; expanding your lung capacity and dislodging toxins and stale air from your body.

Dirgha Pranayama

Begin by lying on your back in Savasana, relaxing the body, yet keeping it active and alive. Close the eyes and begin to focus on the breath. With each inhalation lift the torso and expand the rib cage.

Now, place your hands on the first chamber of your lungs – just under your ribs on your abdomen. With each inhalation, notice how much you expand this area. With each exhalation, become aware of the rib cage contracting. Release tension with each exhalation, allowing the belly to drop further into your hands.

Once you feel comfortable with this breathing rhythm, move your hands to the

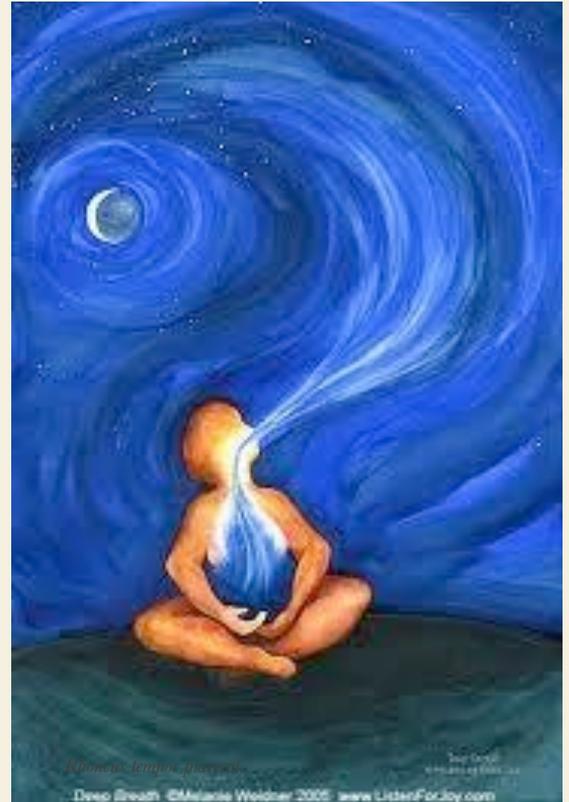
second chamber of the lungs – your middle chest just under the sternum. On your next inhale visualize filling the lower abdomen first and then drawing the breath upwards to expand the entire rib cage. Notice your middle area expanding and contracting. With each exhale try to let go of any restrictions in the muscles or breath.

Once you are comfortable, move your hands to the third chamber of the lungs - your upper chest just under the clavicle. On your next inhale focus on filling the lower chamber first, expanding the middle chamber next and drawing the breath up to fully expand the upper chest. Feel your hands rise up as you fill the upper chamber of the lungs.

With each exhale, let the breath spill out from the top to the bottom like a pitcher of water pouring out. On the inhalation fill the pitcher up.

Continue practicing for at least 10 – 20 complete rounds, allowing the breath to remain smooth and rhythmic and visualizing the flow of breath moving through the three chambers of your lungs, purifying them and restoring and replenishing your body fully.

Don't be discouraged if it takes a while to get the hang of this breathing technique, trust me, your practice will bear fruit off over time, so be patient with yourself and keep breathing.



“When you own your breath, nobody can steal your peace.”

Author Unknown

Pairing together for your health and wellness...

Healing Nettle Chicken Stock - Source: www.nourishingmeals.com

1 chicken carcass (from a 3 to 4 pound organic chicken)
 1 large onion, chopped
 1 head garlic, cut in half cross-wise
 1 to 2 leeks, rinsed well and chopped
 4 stalks celery, chopped
 2 carrots, chopped
 1/2 bunch parsley
 2 cups fresh nettle leaves
 few sprigs fresh rosemary and thyme
 1 teaspoon whole black peppercorns
 2 to 3 teaspoons Herbamare or sea salt
 1 to 2 tablespoons apple cider vinegar
 12 cups filtered water

Add all ingredients to an 8-quart stockpot. Gently bring to a simmer. Make sure that it is a gentle simmer, on low or medium-low heat. Cook, covered, for 3 to 6 hours. The longer cooking times will extract more nutrients and produce a richer flavored stock.

Place a large colander over another large pot or bowl. I use an 8-cup pyrex liquid glass measure because it is easy to pour from. I only pour half of the stock through at once to make pouring into the jars easier. If using a bowl or another pot, use a ladle to put the stock into jars. Once all of the jars are filled, let them cool for about 30 minutes, then cover them and freeze (label with date if needed) or refrigerate until ready to use.



The Benefits of Nettles

Nettles have a long medicinal history. Stinging nettle, also known as common or garden nettle, grows all over the world and can reach up to 4 feet high. It gets its name from the tiny hairs that cover the entire plant and, when touched, release stinging chemicals that can cause pain.

Nettles have been used to treat urinary disorders, osteoarthritis, benign prostrate hypertrophy (enlarged prostate), and cardiovascular disease and is commonly recommended for allergic conditions including seasonal allergies, eczema, and hay fever. Studies suggest benefits are the result of the plant's ability to stabilize cells that release histamine and other inflammatory chemicals. Nettles' influence on inflammation offers the main therapeutic benefit of the plant.

Nettles are rich in vitamin A and vitamin K and contain over 400mg of calcium per cup. They are also a good source of both magnesium and manganese. Nettles can be found in capsule, tincture, and tea forms and can also be easily grown in your own backyard for use as a food in recipes such as the stock above, steamed as directed below, or made into a tea.

The adult leaves can be steamed (10-15 min) and tossed with lemon juice and vinegar for a tasty side dish. Note that the young leaves don't sting and thus don't need to be steamed and can be eaten raw.

For tea, use 1 cup boiling water + 1-3 tsp of dried herb, infuse 10-15 minutes. Drink hot or make into an iced tea with lemon juice and a touch of maple syrup.

"Never, no never
 does Nature say
 one thing and
 wisdom
 another."

Johann Christoph
 Frederick von
 Schuller

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MARCH AGAINST MONSANTO - DR. BLOSSOM BITTING

If you reflect on the ideas put forth by Dr. Blake and the concept of inflammation and an overwhelmed immune system contributing to allergies, consider the impact of genetically modified foods. Did you know that most soybeans and canola grown in Canada have a genetic modification that allows that plant to withstand being sprayed heavily with Monsanto's Round up pesticide, killing all plants in its path except for the genetically resistant crop? We North Americans are participating in a science experiment of gigantic proportions. How will these GMOs affect our health and the health of the animals whose feed contain them? How will the pesticides affect our water and air supplies? How will these GMOs and

pesticides interplay to affect the health of humans, livestock and wildlife populations of the future?

Take some time to educate yourself about Genetically Modified Foods and join us for the Moncton March Against Monsanto, May 25th, at 2pm. Location to be announced.

Join the event on facebook: <https://www.facebook.com/events/429357550494666/>

WHAT'S BLOOMING AT THE PEAR TREE

WE HAVE A NEW LOOK

Visit our new and improved website for information about our practitioners, hours, and services as well as links to our doc's blogs.

SHAKTI OF THE CHAKRAS RETREAT

Are you interested in the healing and transformative powers of the Chakras? If so, join Andrée Surette-Poirier and Sari LaBelle for their upcoming retreat from 9 – 4:30 Saturday, June 1. Check-out the website for further details or email sari.labelle@gmail.com to reserve your spot today!

AROMATHERAPY & HEALING MEDITATION BRACELETS

New to the loft, a signature line of essential oil blends and handcrafted gemstone and crystal bracelets. Visit the loft for more!

SUMMER YOGA

Drop-in classes and punch cards available for summer classes (June-Sept). Check-out the website or email Sari at sari.labelle@gmail.com for more details.

SOUL CENTERED SATURDAYS

Guided meditation classes beginning in June at the Loft. Check-out our website or email sari.labelle@gmail.com for schedule and registration information.

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To receive our monthly newsletters by email, please call or email Melanie. Join the conversation on Facebook!

