

NATURAL SELECTIONS

VOL 1 ISSUE 1
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Focus on Boucher Clinic



Come and See How We are Growing!

The Boucher Institute's Naturopathic teaching clinic has doubled in size this fall, with 70 clinical interns and 22 licensed Naturopathic Doctors working as clinical faculty. We are welcoming new patients to our expanding clinic.

Naturopathic medicine is a distinct primary health care profession with a coordinated approach that respects the unique individuality of each person. The naturopathic physician attends to the prevention and treatment of disease and the promotion of optimal health. As such, Naturopathic medicine can treat a wide variety of acute and chronic ailments, in addition to being preventive. Naturopathic Physicians are trained to diagnose and treat, and to make appropriate referrals and work together with other health care professions, in our clinic we work with people of all ages, from newborn to 100+ years old.

According to the Princeton Review, the Boucher Institute of Naturopathic Medicine is one of North America's top medical schools. BINM is proud to contribute to making New Westminster a centre for excellence in Natural Healthcare.



Articles are written by the students of the Boucher Institute of Naturopathic Medicine. The contents of Natural Selections are for education purposes only, and not intended as medical advice. Please contact the clinic to book your appointment today.



Boucher
INSTITUTE
OF NATUROPATHIC MEDICINE

Welcome to an excerpt of Natural Selections, the newsletter written by the students of the Clinic of the Boucher Institute of Naturopathic Medicine. Our aim is to provide information to aid and support you in your journey towards a healthy lifestyle and optimal wellness.

For the full version, please visit www.binm.org

Clinic Hours

Mondays
8:00am—8:30pm

Tuesdays
4:00pm—9:00pm

Wednesdays
4:30pm—8:30pm

Thursdays
8:00am—8:30pm

Fridays
8:00am—4:00pm

Saturdays
9:00am—5:00pm

Boucher Institute of Naturopathic Medicine

320-435 Columbia St
New Westminster
British Columbia
Canada V3L 5N8
Contact

Tel: 604.540.2873
www.binm.org

What is the initial visit like?

At your first visit we review medical history and health, focusing on your particular interests or concerns. As this is an in depth process, and we are a teaching clinic, first visits generally lasts an hour and 15 minutes. The second visit is generally devoted to physical examination both as a preventative measure, and as a way to ascertain your health status. Laboratory testing may also be offered at this time. At subsequent visits your clinicians will discuss your treatment program, and evaluate progress. Return visits generally take 45 minutes.

Who will I be working with during the visit?

Generally, you will be cared for by a team of one to two senior students and a licensed Naturopathic Physician on our clinical faculty. This team will review your case together and research and develop an individualized treatment plan to assist you to reach your health goals.

What are the different treatments offered at the clinic?

The Boucher Institute of Naturopathic Medicine offers a wide array of treatments, including clinical nutrition, hydrotherapy, homeopathy, wellness counselling, physical medicine and botanical medicine.

How do I schedule an appointment?

Call our Clinic anytime: you do not require a referral. Call (604.540.2873) to schedule an appointment. If no one is available, please leave a message indicating your name, phone number and date and time of preference.

www.binm.org

What is the difference between a food allergy and a food sensitivity?

Food allergies occur when we get an **immediate** reaction to a food that we have eaten. When the food enters our body, our immune system identifies the food as being harmful and initiates a chemical attack against it. The chemicals released during this immune attack result in the allergic symptoms that we see. Symptoms can include: anaphylactic shock and hives.

Food sensitivities occur when we get a **delayed** immune reaction to a food that we have eaten. In fact, the symptoms we experience can occur 2 – 4 days after eating that particular food. Furthermore, eating small amounts of this food may cause no reaction, while eating the food in large quantities or for many days in a row may cause symptoms.

What symptoms and long term

consequences are associated with food sensitivities?

There are various symptoms that can result from food sensitivities. Keep in mind that a person can experience one or a combination of these symptoms at any given time:

- Gas, bloating, constipation, diarrhea, stomach pain
- Nasal congestion and puffy eyes
- Fogginess, forgetfulness, fatigue
- Headaches, migraines
- Skin problems such as eczema, itchy skin
- Arthritis, joint pain
- Frequent colds

Long term exposure to food sensitivities cause persistent stress on the immune system and low grade inflammation in the

gut. This constant inflammation may lead to a “leaky gut” which occurs when the tight junctions holding the cells in your gut together are damaged and holes form

between the cells. This permits undigested food to cross through these holes into your body and cause further immune system stimulation/dysregulation and inflammation.

Why do people get food sensitivities?

There are a number of hypotheses regarding the cause and increased prevalence of food sensitivities. These include:

- Genetic predisposition/inheritance
- Poor digestion and/or a “leaky gut”
- Antibacterial environments

(our immune systems are “out of practice”)

- Depressed immune system (infants that have not been breast fed until 6 months of age)
- Introduction of solid foods at too young an age

What are some common

food sensitivities?

- Wheat
- Dairy (milk and eggs)
- Coffee (caffeine)
- Peanuts and cashews
- Nightshade vegetables (tomatoes, peppers, eggplant, potatoes)
- Soy
- Shellfish
- Corn

How can I find out what my food sensitivities are?

There are a number of blood tests and/or diet challenges that you can do to determine which foods you may be sensitive to. To determine which foods affect you or to find out more information, schedule an appointment at our teaching clinic.



body

Please call 604-540-2873 to find out more about booking an appointment.