

See what's going on this spring at Apple Creek!

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Jump into Spring Without Letting Your Allergies Get You Down...

Environmental allergies affect people all year long, but with spring just around the corner the threat of those dreaded seasonal allergies has many people stocking up on their allergy medications.

Annoying Symptoms related to an IgE Allergy

- Skin problems – skin rash, hives, itching or blistering
- Digestive problems – nausea, vomiting, abdominal pain, throat tightness, cramping, diarrhoea
- Eye problems – watery, itchy, red and swollen eyes
- Respiratory problems – stuffy, watery, itchy nose and throat, excess mucous production, cough, wheezing.
- Possibly life threatening anaphylactic shock (most common with food allergies and insect bites)

So how can Naturopathic Medicine Help?

NDs take a natural approach to dealing with meddlesome allergies by addressing the body as a whole, instead of just the immune system. While your allergies steam from that immune imbalance, it is important to look at other areas of the body such as gut (as over 80% of your immune system is located in your gut) and adrenal function because they all work together. Different therapies include:

- **Diet and nutrition** – do you have poor digestion or food sensitivities that may be contributing to your allergic symptoms? Did you know that vitamin C has a natural anti-histamine effect?
- **Herbs** – many herbs can help to reduce some of the most common symptoms of environmental allergies (such as the watery eyes and stuffy nose). For example, an herb

called petastis hybridus was shown to be as effective as Allegra in a UK study.

- **Lifestyle** – managing stress, adding techniques to the routine such as contrast showers and dry skin brushing can improve overall immune function.

- **Acupuncture** – is a great way to reduce the effects of environmental allergies, as well as to rebalance the body and improve overall immune function. Recent studies show acupuncture to have a significant effect of the reduction of allergic rhinitis symptoms (itchy, runny nose, sneezing, tearing eyes, coughing), when compared to no treatment or to sham acupuncture (random points not specific for allergy being used) (Allergy. 2013; 68(3):365-74). Anti-histamine use was also reduced in 1 study comparing acupuncture with rescue medication against just rescue medication (Ann Intern Med. 2013;158(4):225-34).

Dr. Joanne uses a combination of herbal and nutritional supplements targeted at these different systems to improve the overall balance of the body. She also likes to incorporate an acupuncture protocol for supportive measures.

So if you suffer from environmental allergies, contact Dr. Joanne for a natural approach to relief.



Free Seminar with Dr. Dennis

Join Dr. Dennis Lee, D.C for a free seminar on May 1st, 2013 at 6:30 at Apple Creek Sports Medicine Centre. Dr. Dennis will be discussing how functional cranial release can benefit you. Functional Cranial Release treatments result in a better overall circulation through the Cranial Rhythm. When we get a better circulation of oxygen through the brain and spinal cord our nervous system is able to function more effectively. This can decrease the symptoms of many chronic and neurological disorders



Congratulations to Stef and Sarah!

Stefanie and Sarah have been published in a research paper that is going to be presented at the Canadian Academy of Sport and Exercise Medicine Annual Scientific Conference in Whistler at the end of April. They were involved with the article titled 'Academic Accommodation After Sport-Related Concussion: Educators' Workshop and Focus Groups'. The objective of this study was to evaluate educators' knowledge and implementation of sport related concussion management strategies at school and to determine how physicians, educational staff, and students can

including *snoring, sleep apnea, sinusitis, vertigo, tinnitus, balance and movement disorders, chronic pain syndromes, fibromyalgia, migraine headaches, post concussive disorders, etc.*

collaborate to design academic accommodations for students' optimal return to learn.



Tennis Elbow or Golfer's Elbow?

With the warm weather approaching, many people are digging out and dusting off their golf clubs and tennis racquets in hopes of enjoying the outdoor activities that have been placed on hold over the long winter. Unfortunately, some of these people will develop pain in their elbow, which is usually referred to as either tennis elbow or golfer's elbow, depending on which sport you are participating in. But what are tennis elbow and golfer's elbow? Can you only develop them by playing these two sports? How can we prevent them from occurring?

Tennis elbow is also known as lateral epicondylitis and is caused by damage and irritation to the tendons and muscles that extend and control your wrist and fingers. Golfer's elbow, also known as medial epicondylitis, affects the muscles and tendons that flex control your wrist and fingers. In both conditions, the pain may spread into your forearm and wrist. Other symptoms may include tenderness to the touch, weakness, stiffness of the elbow and wrist, and in some instances numbness and tingling into the fingers. Pain may

increase with the following activities:

- Swinging a golf club or racket, Squeezing or pitching a ball
- Shaking hands
- Turning a doorknob
- Lifting weights
- Flexing or extending your wrist

Both conditions are examples of tendonitis, where there is inflammation to the tendons of the muscles of the forearm. The damage is typically related to excess or repetitive stress — especially forceful wrist and finger motions. Improper lifting, throwing or hitting, as well as too little warm-up or poor conditioning, also can contribute to either condition.

You don't need to be a tennis player or a golfer to develop either of these conditions.

There are many activities can lead to tennis or golfer's elbow, including:

- **Golf.** Gripping or swinging the clubs incorrectly can take a toll on your muscles and tendons.
- **Racquet sports.** Excessive topspin and using a racquet that's too small or heavy also can lead to injury.
- **Throwing sports.** Improper pitching or throwing techniques in baseball, softball, or football can be another culprit.
- **Weight training.** Lifting weights using improper technique, such as curling the wrists during a biceps exercise, can lead to overload of the elbow muscles and tendons.
- **Other activities.** Any activity that causes you to repeatedly bend and straighten your elbow can cause pain, such as painting, raking, hammering, chopping wood, using a computer, doing assembly-line work and cooking. Don't worry, doing any of these activities for one or two days shouldn't be a problem. The activity generally needs to be done for more than an hour a day on many days to cause a tendonitis.

When it comes to treatment of these conditions, the sooner you start the sooner you should start feeling better. Generally, treatment includes rest, ice (on the affected area for 10-15 minutes), stretching and strengthening of the muscles that surround the elbow, followed by a gradual return to activity ensuring that you are using proper form. At Apple Creek we can show you how to perform the exercises properly, loosen up the tight muscles and help you decrease the pain!

Once again Apple Creek Sports Medicine Centre will be participating in the Unionville Festival Parade in June...follow us on Twitter to get live tweets from the parade and also stay tuned for upcoming contests.



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