



## Plattsville Natural Health Clinic

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Plattsville Natural Health Clinic  
16 Albert St Unit A  
Plattsville ON  
N0J 1S0  
Newsletters and Articles written by:  
Dr. Elisha Cook ND

### Clinic Newsletter and Healthful Information

#### Clinic Events

July 6, 2018:  
Acupuncture Clinic 3-6pm  
July 27, 2018:  
Acupuncture Clinic 3-6pm

#### Clinic News/ Information:

We have been interviewing applicants for our Chiropractic Doctor position. We will have more updates next month on this!

#### Inside Our Treatments

Did you know that acupuncture can be effective for conditions such as migraines, pain, infertility, arthritis, insomnia, anxiety and more!

**For more information, to book an appointment, or to Contact us:**

**Call or Text:** 226-232-7665  
**Email:** info.pnhc@gmail.com  
**Website:** www.plattsvilledoctor.ca  
**Facebook**  
@Plattsville Natural Health Clinic

## What is Naturopathic Medicine?

Many individuals are not entirely sure what Naturopathic Doctors (NDs) are or what they do. Some might view NDs similar to General Practitioners, but just using herbs instead of pharmaceuticals, while others might think that homeopathic doctors and NDs are one in the same. It is my hope that I can “clear the air” and hopefully bring some justice to what NDs actually do.

When I explain what naturopathic medicine is, I begin my explaining the



training. The training to become a ND is very similar to that of a medical doctor. To become a ND, one needs a 4 year university degree in a premedical program, followed by 4 years of naturopathic medical school, which includes a 1 year internship. With this in mind, NDs are able to diagnose, requisition for certain testing, and treat accordingly. The main difference in schooling lies in the tools used to heal. As a result, a ND might use the following treatment options to help a patient reach a healthy/well state: Acupuncture, Botanical Medicine (teas, tinctures, etc.), Clinical Nutrition (supplementation and diet recommendations), Traditional Asian Medicine, Lifestyle Counselling (e.g. stress management), Homeopathy, and Hydrotherapy (water applications). These treatment options are used to treat a variety of conditions that can include, but are not limited to:

- Weight Loss
- Anxiety/Depression
- Stress
- Infertility
- Pain
- Digestive Concerns
- Migraines
- Post – concussion syndrome
- Fatigue
- Insomnia
- Allergies
- Hypertension

How a ND goes about treating these various conditions looks quite different than what one might see with conventional medicine. Naturopathic medicine aims to treat the root cause of disease, and not just merely the symptoms. In order to treat the root cause, NDs look at the individual as a whole, and not merely their parts, and attempt to cure disease through this framework and looking for the cause of disease. For example, if you came in with a skin rash we will not just look at that. A ND might look at stress, mental-emotional health, occupational triggers, diet, nutritional status, and more in an attempt to discover what caused the rash and how could it be prevented in the future.

As a result, each individual is treated as just that, an individual. One individual’s treatment plan might not work for another simply because everyone is different, and the cause of disease can be completely different for two individuals, even with the “same” condition. For example, two individuals could present with headaches, but one person might get headaches due to muscle tension, while another might get headaches due to hormone dysregulation. Though both of these individuals might have similar presentations, treating their headaches with the same treatment may not result in a cure for both. With all of this in mind, a ND may be able to offer you a different perspective or different route through which to treat your concerns. Want to learn more? Book your FREE 15 minute consult with Dr. Elisha Cook ND today to see how she might be able to help!

## Recipe of the Month:

# Gluten-Free, Dairy – Free, Egg – Free Cookies!

### Ingredients:

- ½ cup coconut oil
- ¾ cup lightly packed brown sugar
- 1 tbsp chia seeds
- 3 tbsp water
- 1.5 tsp vanilla
- 1/3 cup almond flour
- 1/3 cup quinoa flour
- 1/3 cup gluten - free oat flour
- ½ tsp baking soda or tapioca starch
- 1 cup gluten-free rolled oats
- ½ cup dairy-free chocolate chips
- ¼ cup almond milk

### Directions:

1. Preheat oven to 400 degrees F.
2. Cream thoroughly coconut oil and brown sugar. Set aside.
3. Take 1 tbsp chia seeds and grind. Once well ground, add 3 tbsp water and beat. Add vanilla to mixture and combine well.
4. Beat chia seed mixture into coconut oil mixture. Set aside.
5. Blend/sift together almond, quinoa, and oat flour. Add baking soda and combine well.
6. Add flour mixture to creamed mixture. Mix well.
7. Blend in rolled oats and chocolate chips. Mix well.
8. Add almond milk, and stir until mixture is well combined.
9. Drop from teaspoon onto greased baking sheet (or parchment paper). Bake in preheated 400 degree F oven for 12 minutes.
10. Remove from oven and place the baking sheet on a cooling rack.



Please note if you have celiac disease, it is best to use brown rice flour instead of oat flour, and walnuts instead of rolled oats.

Reference: This recipe was adapted from “The all new purity cook book” by Jean Pare – Recipe 135 page 58 “Small Oatmeal Cakes”.

## Services Provided at Plattsville Natural Health Clinic

Naturopathic Medicine  
Traditional Asian Medicine  
Acupuncture/ Cupping  
Clinical Nutrition Counselling  
Lifestyle Counselling  
Supplementation  
Medicinal Teas  
Hydrotherapy  
Food Sensitivity Testing  
Homeopathy

**Book your FREE 15 minute  
consult with our Naturopathic  
Doctor to find out more!**

## A Personal Message from Dr. Elisha Cook ND

### “No man is an Island.” – John Donne

This quotation was very much on my mind when Plattsville Natural Health Clinic was opened. I would not have been able to embark on this mission nor succeed without the love and support of my family, friends, and community. I want to share some insight into this and I hope it inspires you to have compassion with yourself, and ask for help!

Our society prides itself by being “self – made people”. You may hear some say, “I am a self-made woman/man” and that they did it all on their own. I take pride in the fact that I am NOT a self-made woman. I have been and am moulded and shaped by my family and community. Without the influence and help of my family and community I would not be who or where I am today. I have had to ask for help when it was hardest and most uncomfortable, but I am grateful I could and that I had others to help. I want to encourage you that you are not alone and it is okay to ask for help. It does not make you weak, but makes you human. You have resources that you can seek for help including family, community, and health care providers. Remember, “No man is an Island”.



Pictured above: Dr. Elisha Cook ND

