



Plattsville Natural Health Clinic

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Plattsville Natural Health Clinic
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Plattsville ON
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Newsletters and Articles written by:
Dr. Elisha Cook ND

Clinic Newsletter and Healthful Information

Clinic Events:

August 27, 2018:
Acupuncture Clinic: 11am – 2pm

Clinic News/ Information:

We have chosen one of our applicants to fill our position for Chiropractic Doctor! Stay posted for who it is in the coming months!

Inside Our Treatments

Did you know that Dr Cook ND makes custom teas based on your specific health concerns. Herbal teas can be helpful for various health concerns including high blood pressure and insomnia!

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

Call or Text: 226-232-7665

Email:
info.pnhc@gmail.com

Website:
www.plattsville.doctor.ca

Facebook
@Plattsville Natural Health Clinic

How Does Acupuncture Work?

When I recommend acupuncture, one of the most common questions I get is “how does acupuncture work or how will it help?”. Acupuncture has been used for thousands of years to aid with many different health concerns. Over the course of that time, many studies have been conducted to determine how this therapy causes effect, and what it can be used for. The following presents a list of actions that can take place in the body as a result of acupuncture, and the potential conditions or symptoms it can help to alleviate.



How Does Acupuncture Work?

Acupuncture works via many different pathways which cause:

- Release of endorphins – reduced pain
- Relaxation of muscle – reduced pain and reduced tension
- Stimulation of neuronal activity and brain tissue – reduced stress and improved mental health
- Secretion of hormones and neurotransmitters- improved hormone balance and improved mental health
- Promotes blood flow – decreased pain and increased organ function
- Stimulates the parasympathetic nervous system - reduced stress and improved digestion

What Can Acupuncture Help with?

Acupuncture can help with many surprising conditions/symptoms including:

- Pain – including arthritis and muscle tension
- Sports injuries
- Stress/Anxiety
- Depression
- Infertility
- Headaches/ Migraines
- Insomnia
- Menstrual irregularities
- Smoking cessation
- Heartburn
- Digestive disturbance
- Pregnancy/Labour Induction
- And More!

How Does Dr. Elisha Cook ND Use Acupuncture?

My approach to acupuncture is based more on Chinese medicine than on Western medicine. What I mean by this is that I do not simply put a needle where it hurts, but rather look at the body as a whole and attempt to support the whole system. As I often tell my patients, you are not your disease and you need to be treated as such. This implies that you are a unique individual with unique presentations. This results in you needing certain points over others. So for example, if two individuals receive acupuncture for fertility, I would not use the exact same points on these two individuals, but would rather use acupuncture points to support fertility but also their individual body’s deficiencies. I also do not use solely acupuncture on a patient. In my opinion, it is best to use the acupuncture while allowing diet, lifestyle, botanicals, and supplements to boost deficient areas. However, all of this is determined with the patient’s level of comfort in mind, and I work with you where you are at (for example if you only want acupuncture, then we only do acupuncture).

If you are interested in trying acupuncture, feel free to contact the clinic by texting/calling 226-232-7665 and book your appointment today!

Recipe of the Month: Gluten- and Dairy – Free Granola!

Ingredients:

- 1 ½ cups walnut pieces or halves
- 1 ½ cups hulled pumpkin seeds
- 1 cup pecan pieces or halves
- ½ cup whole flax seed
- ½ tsp cinnamon
- ¼ tsp vanilla
- ½ cup extra light/virgin olive oil
- ½ cup honey
- ½ cup frozen blueberries (optional)

Yield: 5 cups

The granola recipe is great for summer snacks, camping, breakfast, and more. This protein packed snack is a great addition to yogurt or as a stand alone!

Directions:

1. Preheat oven to 325 degrees Fahrenheit.
2. Combine walnuts, pumpkin seeds, pecans, flax seed, and blueberries in a bowl.
3. In a separate bowl, combine olive oil, honey and vanilla. Then pour over nut mixture and mix until all nuts and seeds are coated evenly.
4. Line a casserole dish with parchment paper and pour nut mixture into dish. Press down and make the thickness even across the whole dish.
5. Place in oven and bake for 25-30 minutes.
6. Set aside to cool before transferring to an air tight container.



Reference: This recipe is from Dr. Elisha Cook ND's book: "The Ultimate Guide to the Elimination Diet".

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.

Vulnerability and Authenticity

In the past, I had read a book by Brene Brown called, "The Gifts of Imperfection". Though a lot of the tools presented in her book were integrated into my practice already, the book brought to light the importance of being able to be "real" and vulnerable with people. When you have a person in your life that you can vent to, admit your short comings to, and frankly just be your real self with, this opens the door to our true authentic selves.

When we are our true, authentic selves, we have greater resilience (ability to bounce back from stress) and have a greater overall feeling towards our selves. More importantly, when we are able to be vulnerable or "real" with people, we are more willing to accept our short-comings and moments of failure.

What I would encourage you to do, is find someone in your life (whether family, friend, or practitioner) that you can trust and be "real" with. Allow yourself the ability to TRY and recognize it is okay to not get it all perfect and to have some short – comings. We are only human.

