

Healthy Holiday Travelling: Tips to help you avoid getting sick on your vacation

The month of December marks the beginning to a few things: the countdown to Christmas (and the subsequent number of shopping days left), the numerous holiday dinners and get togethers, the rush to finish off any year-end tasks for work, the first big snowfall (for this year anyway) and for some lucky few, the countdown to a well-deserved and much-needed vacation.

The opportunity to get away from the never-ending shoveling of snow, the treacherous driving conditions and the below freezing temperatures is a gift in itself. However, it is important for travellers to be cautious about what they consume when on vacation to avoid getting sick.

Too often, we stock up on medication to help us *when we get sick*. In naturopathic medicine, *prevention is key* so instead of loading up our bags with medicine, it's important to load up our bodies to help ward off any infections that could lead to sickness.

Afsoun Khalili, B.Sc., ND is a member of the clinic faculty at the RSNC, as well as an associate professor at the College. She offers the following tips for all travellers to keep in mind before heading out on their vacations.

- In preparation for your trip, it's important to consume lots of anti-oxidant foods (a variety of leafy greens, orange, yellow and purple vegetables and fruits).
- Take lots of Vitamins C – Khalili says it's not only good for immune health but helps with traveller's constipation as well.
- Taking a probiotic is important for a healthy gastro-intestinal (GI) tract and the immune system (a lot of brands out there don't need to be refrigerated and thus can be taken when travelling).
- Khalili suggests Arsenicum Album, (a homeopathic remedy) to treat traveller's diarrhea.
- Use Arnica (in homeopathic form) as well as Traumeel to treat any injuries that may occur while travelling.

continued on next page

What is Naturopathic Medicine?

Naturopathic medicine is a distinct system of primary care that addresses the cause of disease and promotes health using natural therapies. It supports your body's own healing ability using an integrated approach to disease diagnosis, treatment and prevention.

Naturopathic doctors (NDs) are highly educated primary care providers who integrate standard medical diagnostics with a broad range of natural therapies. NDs relieve your symptoms and improve your health by identifying and treating the causes of your illness.

Therapies used at RSNC include: acupuncture/Asian medicine, botanical (herbal) medicine, physical medicine (massage, hydrotherapy, etc.), clinical nutrition, homeopathic medicine and lifestyle counselling.

The Robert Schad Naturopathic Clinic (RSNC) is the teaching clinic of the Canadian College of Naturopathic Medicine (CCNM). RSNC interns treat patients under the supervision of regulated naturopathic doctors (NDs).



UPCOMING FREE INFO SESSIONS

**New Year's Health Resolutions:
Making Diet & Lifestyle Changes Stick**
Wednesday, January 6, 6:30 p.m.

Adjunctive Cancer Care at RSNC
Tuesday, January 12, 6:30 p.m.

**Hot Stuff: Surviving Menopause with
Naturopathic Medicine**
Tuesday, January 19, 6:30 p.m.

**Tackling Stress and Promoting Adrenal
Health**
Wednesday, February 18, 6:30 p.m.

Intended to inform and educate, sessions do not replace professional health care and advice based on a thorough physical assessment and patient history.

To register for these upcoming sessions, visit News and Events at www.ccnm.edu

CLINIC HOURS

Mondays 2:45 – 7 p.m.
Tuesday – Friday 8:45 a.m. – 7 p.m.
Saturdays 9:45 a.m. – 5 p.m.

A GUIDE TO PORTION SIZE

For those of us staying home this holiday season, to avoid packing on the pounds, it's important to remember to consume the correct portions and not over-indulge.

Of course, we can't walk around with scales, or measuring spoons or cups, so keep the following handy tricks in mind so you can enjoy that treat, in the proper amount!

Handy Visual Serving Sizes

Thumb tip = approx. 1 tsp

Whole thumb = approx. 1 Tbsp.; 1 oz of cheese

Palm of hand = approx. 3 oz (1 portion of meat)

Tight fist = approx. 1/2 cup

Loose fist or open handful = approx. 1 cup; 1 oz nuts

Check the size of your hand's measurements with measuring cups, spoons or a scale

Household Visual Serving Sizes

1 teaspoon of nut butter = 1 dice

2 Tbsp. nut butter = a golf ball

A medium potato = a computer mouse

1 bagel = a hockey puck

3 oz meat/poultry/fish = a deck of cards or cassette tape

1 1/2 - 2 oz cheese = a 3.5 " computer disk/
tube of lipstick/three dominos

1 cup of pasta/1/2 cup canned fruit/

1 medium fruit = a tennis ball

1/2 cup = a racket ball

1/2 cup of vegetables = a light bulb



The Robert Schad Naturopathic Clinic

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416-498-9763

www.rsnc.ca

Southwest corner of
Leslie and Sheppard
(steps from Leslie subway station)

- Drink ginger tea to treat nausea and peppermint tea for indigestion.

While flying:

- Drinks lots of water. Ask for a low-sodium meal as well. Airplane food tends to be high in sodium which can lead to water retention.
- Doing leg exercises and walking around, especially on very long flights, is important for keeping your circulation going.
- Melatonin is a great idea for anyone experiencing jet leg (Khalili recommends individuals check with their NDs to get the proper dosage).
- Take your vitamin C and probiotics while en route.

Other tips to remember:

- For those of us who like to escape to warm, sunny destinations sunscreen is an absolute must.
- If travelling in a developing country, avoid eating raw vegetables. Steamed and/or cooked vegetables are a better option.
- Drink bottled water unless you feel safe drinking the tap water where you are.
- Lastly, if you get stuck with an unforeseen delay, and don't know where to find something to eat, Khalili suggests packing some healthy snack bars (like Lars or Elevate Me bars).

If you would like to speak to an ND about getting your body 'travel ready' or for any other health concerns, visit the Robert Schad Naturopathic Clinic. Call 416-498-9763 to make an appointment or visit www.rsnc.ca

CLINIC HOLIDAY HOURS

The RSNC will be open to patients until December 23. We will be closed for the holidays and will reopen on January 4.

From all the staff at the RSNC and CCNM, we wish you and your families a safe, happy and healthy holiday season. All the best for 2010!

STARTING 2010 OFF RIGHT!

After the holidays, we find ourselves looking back on all the wonderful memories we've made with family and friends, all the great gifts we've received and *unfortunately*, all the rich, delicious food we've consumed.

It's no wonder that exercising and living a healthier lifestyle top most of our New Year's resolution lists. And while we start the year off committed to keeping those promises, by the middle of the year most of us fall back into lazy mode.

If you're looking for ways to stay on track in 2010, come out to **New Year's Health Resolutions: Making Diet and Lifestyle Changes Stick** - a free information session taking place Wednesday, January 6 at 6:30 p.m. To register, visit www.rsnc.ca