



Help make your experience more enjoyable.

The naturopathic profession in Ontario has undergone a number of [regulatory changes](#) in the last year. These changes have resulted in new processes and guidelines that have to be followed. Please read [Dr. Iva Lloyd's blog on How Regulatory Changes Affect Naturopathic Practice](#) to learn more about them and how they might affect you. Although some of new policies seem cumbersome, the reason for them is to ensure patient safety and quality naturopathic care. We welcome your comments and feedback as we implement these new changes.

Seasonal Allergies

Seasonal allergies season is upon it. Check out [Dr. Iva Lloyd's blog on how to best to manage your allergy symptoms](#) or [Dr. Jacqueline Cooper's blog on over-the-counter anti-histamines versus natural alternatives for allergies](#). Allergy symptoms are always more severe when there are also food sensitivities, chronic infections or a weakened immune system. Often the best way of minimizing seasonal allergy symptoms is to treat the other underlying health concerns. Talk to your naturopathic doctor to determine what approach is best for you. Keep in mind, if you haven't cleaned the duct work in your house lately, now might be the time. It will cut down on dust and allergens.

The Hidden Causes of Weight Gain.

By Pearl Arjomand, ND

Media and society has lead us to believe weight gain and obesity are largely due to poor dietary habits and lack of exercise. However, if you're over 40 and live a stressful life you may find that the primary reason you can't loose weight is stress. Check out [Dr. Pearl Arjomand's blog on the Hidden Causes of Weight Gain](#) or plan to join her for a [seminar on March 29th on Weight Loss for those over 40](#).

Tax Season - Medical Expenses

We encourage you to [check out this link](#) to ensure that you are including all medical expenses that you may be entitled to on your tax return.

New Lab Offering

Naturopathic Foundations now offers [testing for intolerances to food additives, colourings and environmental chemicals](#). This testing is through [ALCAT](#). If you deal with chronic sinusitis, eczema, migraines, IBS, joint pain, asthma or other chronic conditions.

Seminar Schedule

We continue to offer a number of free Tuesday night [seminars](#). Our seminars are a great way to learn how to improve your health and to take control of your life. [Upcoming seminars include Weight Loss for Those Over 40 and Strings of Attachment](#). If you have a topic that you would like us to present on, please let us know. Please call the clinic to reserve your spot.