



Gluten Free. Have we gone too far?

By Dr. Iva Lloyd, ND

Like all things, the concern with gluten contains a bit of truth and bit of fiction. The most relevant piece that is often missing is the individual. What constitutes "healthy eating" is unique to each individual. It depends on a person's unique susceptibilities, their age, vitality and health status. The motivation for [this blog](#) is that I work with a number of patients that are going to the extreme with respect to being gluten-free, thinking that they are making a healthy choice, yet they are actually worse off. To learn more about gluten-free and whether it is advisable for you, check out my blog on [Gluten-Free. Have we gone too far?](#)

Are you concerned with lead in your water?

By Dr. Jacqueline Cooper, ND

[Environmental toxins](#) are playing a greater role in the development and progression of many health conditions worldwide. Of all the [toxins, lead](#) is the one that is the most concerning. [Lead](#) exposure is especially problematic with respect to behavioural and/or developmental concerns in children as well as heart disease and cognitive function in adults. For more information, check out the blog "[What's in Your Water? Health Concerns Associated with Lead Exposure & Other Environmental Toxins](#)" by [Dr. Jacqueline Cooper](#). The blog looks at the sources of [lead](#), the symptoms and conditions associated with [lead exposure](#), what you can do to decrease the impact of [lead](#) on your body, as well as outlining ways to assess whether or not [lead](#) accumulation is a concern for you or someone in your family.

Pelvic Floor Dysfunction - Do You Have It?

by Dr. Urszula May, ND

Have you suffered with [stress incontinence](#), urinary urgency / frequency, painful bladder syndrome or painful intercourse? What about pelvic organ prolapse, prostatitis, heaviness in the vaginal or rectal area, constipation, fecal or gas incontinence? These are a few of the conditions that are related to pelvic floor dysfunctions and that can be addressed through pelvic floor treatment. To learn more read the [blog on Pelvic Floor Dysfunction](#) by [Dr. Urszula May](#).

Clinic Updates

Our [naturopathic doctors](#) have been busy. [Dr. Kimberley Ramberan](#), presented at the Canadian Nutrition Conference on the link between Cancer and Food. [Dr. Cooper](#) taught children at Drewry Secondary School about Healthy Nutrition. [Dr. Iva Lloyd](#) is scheduled to present at the [International Conference on Naturopathic Medicine](#) in July, in Paris.

Health Tip

Do you suffer from [seasonal allergies](#)? If so, there may be a number of foods that have [cross-reactivity](#) and are best avoided, such as swiss chard, wheat, buckwheat and other grasses. Check out the [listing of pollen-fruit/vegetable cross reactivity foods](#) and other [home care tips to decrease your symptoms](#).

Seminar Schedule

The [seminars](#) that are lined up for June include [Summer Detox](#), [Avoid Gout Attacks during the BBQ Season](#) and [CPR for the Whole Family](#). During July and August [Dr. Anthony Moscar](#) will be running a number of [seminars](#) on [food and healthy eating](#). Check out our website for more information on the [seminars](#).