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Dr. Heather Fox PhD ND DAC
RMT SA
**Health Education
Specialist**
Ph. 306-522-1077
Fax. 306-522-2296
Cell. 306-527-8172

Dr. Heather Fox *PhD ND DAC RMT SA*

March Newsletter

Give your Children a Safe Home

By Heather Fox, PhD, ND, DAC, RMT, SA

Earth Day is a good reminder to all of us to be concerned for the long term impact many conventional household products could have on the environment. However, nothing is as compelling or immediate as the concern for the safety of our children.

Every year, hundreds of children need medical care for poisoning from products commonly found around the home. Most accidental poisonings occur to children less than five years of age, with children aged one to three most at risk.

What can be poisonous to children?

- All medications: over-the-counter and prescription e.g. sedatives, heart pills, iron tablets and contraceptive pills
- Drain cleaners and oven cleaners
- Pesticides and herbicides
- Dishwasher powder
- Laundry detergent
- Bleaches
- Alcohol (perfumes and methylated spirits)
- Shampoos and soap
- Cigarettes
- Many common household substances

For some homes, environmentally friendly cleaning means that they only use green substances like baking soda, vinegar and lemons. Other homes may still want the convenience and at times the strength of commercial cleaners that are healthy for the environment. They will still want to avoid phosphates, chlorine, artificial fragrances and artificial colours.

Some commercial household products used every day have ingredients that you would find surprising if you read labels carefully. These can include harmful chemicals such as chlorine bleach, ammonia and phosphates; NTA and ethylene diaminetetraacetic acid (EDTA) or any of its salts; alkophenol ethoxylates (APEO); halogenated organic solvents or butoxyethanol; and volatile organic compounds (VOCs).

Surfactants constitute the most important group of detergent components. Detergents and soaps are used for cleaning because water alone isn't able to remove oily organic matter. Surfactants clean by acting as an emulsifier. Surfactants found in detergents allow oil and water to mix so that oily soil can then be removed during rinsing. During World War I and World War II there was a shortage of animal and vegetable fats normally used to produce soap, resulting in the development of detergents which are primarily surfactants. Cellulose gum, a substance derived from plants and also used as a food additive, may be added to detergents as a bonding agent to prevent loosened soil particles from returning to clothes.

Deciding if a cleaning product is safe for you, your children and the environment may seem like a difficult and even confusing task. Problem ingredients may include:

Phosphates are commonly used in dishwasher detergents due to their ability to break up greasy substances, but are not environmentally friendly. Phosphates enter waterways in everyday use and cause a flush of algae growth, resulting in depleted oxygen and death of fish and other marine life.

NTA and EDTA (ethylene diaminetetraacetic acid or ethylene dinitrilotetraacetic acid or any of its salts) are chelating or bonding agents that allow heavy metals to actively enter our water and food supplies.

APEO (alkophenol ethoxylates) is a family of chemicals that include:

- **NPEs:** The hormone systems of wildlife and human beings are similar in many ways. Possible hormone disruptions due to exposure to NPEs are being explored. They include declining sperm counts, increased breast, prostate and testicular cancers, as well as childhood hyperactivity and learning disorders.
- **Halogenated organic solvents.** This group of solvents are known to be potentially carcinogenic. They also have a fairly slow rate of biodegradability and can accumulate in the liver and lymph nodes.
- **Butoxyethanol and VOCs:** These are used to dissolve other ingredients and to enhance cleaning power. The volatile compounds enter the air during product use or application. Some estimates suggest that indoor air pollution levels can be up to 100 times higher than that of outdoor air largely due to the presence of VOCs in cleaning products. VOCs are also thought to aggravate asthma, irritate eyes, nose, throat, and skin, cause respiratory problems, dizziness, and harm the liver and kidneys. Many VOCs are known carcinogens and neurotoxins.

When looking for safer commercial cleaning products, seek out products by companies with full disclosure of ingredients that are willing to share Material Safety Data Sheets. This information will provide you with chemical composition, hazards associated with the products, first aid measures should they be required,

waste disposal and ecological information. Know what you are buying and make a contribution to the future health and safety of your children, your home and your environment. Remember Earth Day this April 22.

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Develop interest in life as you see it; in people, things, literature, music - the world is so rich, simply throbbing with rich treasures, beautiful sounds and interesting people. Forget yourself.

Henry Miller

Preventing Postpartum Depression with Optimal Nutrition

By Dr. Heather Fox

Postpartum depression or anxiety affects approximately 15% of all childbearing women and mild to moderate cases are sometimes unrecognized by women themselves. Many women feel ashamed if they are not coping and may conceal their difficulties. During the first week after the birth up to 80% of mothers will experience the "baby blues." This can be a time of extra sensitivity and symptoms include tearfulness, irritability, anxiety, and mood changes, which tend to peak between three to five days after childbirth. This is normally a result of the sudden decline of estrogen, progesterone and cortisol after birth. The symptoms usually disappear within two weeks without requiring specific treatment apart from the usual understanding and support we would expect a woman to receive. A later onset of postpartum depression can appear several weeks after the birth.

Red flags which require attention by family and care providers include:

- Mother's inability to sleep even when baby sleeps
- Significant changes in a mother's appetite or ability to eat
- Frequent sadness or crying

- Euphoric or "excited" mood which will not allow a mother to relax
- Intense fatigue
- Emotional numbness or apathy toward baby and family
- Irritability or tendency toward excessive anger
- Feelings of helplessness or hopelessness
- Guilt or shame
- Difficulty concentrating or excessive indecisiveness
- Suicidal thoughts, plans or self-harming behavior

There are a variety of stressors that may contribute to the onset of postpartum depression, anxiety many of which have been identified by women themselves are:

- changing hormones
- feeling isolated and alone
- History of previous depression
- History of sexual abuse
- Infant problems/colic
- Single parent
- Low socioeconomic status
- Former childbirth issues

A holistic view of treatment begins with recognizing that these conditions can be serious with significant impact on the wellbeing of the mother, her baby and her entire family. Consultation with an expert should occur with any condition that lasts beyond two weeks or where there is any indication of suicidal thought or you believe there is potential for self harm or harm to others.

Treatment Options for Postpartum Depression/Anxiety
Rest
Optimal Nutritious meals
Help from family and friends w/household and daily chores
Physical Activity
New mother support groups
Herbal and Homeopathic Remedies
Acupuncture
Nutritional Supplementation
Postpartum doula services
Talk/Journaling Therapy
Light therapy
Guided Imagery

One basic step a woman can take to optimize her overall health and to prevent problems associated with nutritional deficiency is to take a daily prenatal vitamin and mineral supplement. However, not all supplements are equal and it is important to evaluate the value of each product by reading labels. Compare the information from two product labels below.

Product One

Beta-Carotene (a source of Vitamin A)	2500 IU
Vitamin A (Vitamin A as acetate)	1000 IU
Vitamin E (dl- tocopheryl acetate)	30 IU
Vitamin C (ascorbic acid)	85 mg
Folic Acid (folate)	1 mg
Vitamin B1 (thiamine mononitrate)	1.4 mg
Vitamin B2 (riboflavin)	1.4 mg
Niacin (niacinamide)	18 mg
Vitamin B6 (pyridoxine hydrochloride)	1.9 mg
Vitamin B12 (cyanocobalamin)	2.6 mcg
Vitamin D (cholecalciferol)	400 IU
Biotin	30 mcg
Pantothenic Acid (calcium pantothenate)	6 mg
Calcium (calcium carbonate)	250 mg
Magnesium (magnesium oxide)	50 mg
Iodine (potassium iodide)	220 mcg
Iron (ferrous fumarate)	27 mg
Copper (cupric sulfate)	1 mg
Zinc (zinc oxide)	7.5 mg
Chromium (chromium chloride)	30 mcg
Manganese	2 mg
Molybdenum	50 mcg
Selenium	30 mcg

Product Two

Vitamin A (100% as Beta-Carotene)	10,000 IU
Vitamin C (as Calcium Ascorbate)	120 mg
Vitamin D (as Cholecalciferol)	400 IU
Vitamin E (as d-alpha Tocopheryl Succinate)	150 IU
Vitamin K	80 mcg
Thiamine (as Thiamine HCl) (Vitamin B-1)	5 mg
Riboflavin (Vitamin B-2)	5 mg
Niacin (as Niacinamide)	20 mg
Vitamin B-6 (as Pyridoxine HCl)	5 mg
Folic Acid	800 mcg
Vitamin B-12 (as	20 mcg

Cyanocobalamin)	
Biotin	300 mcg
Pantothenic Acid (as Calcium Pantothenate)	20 mg
Calcium (as Calcium Carbonate and Calcium Ascorbate)	1,200 mg
Iron (As Ferrochel® Bisglycinate)	36 mg
Iodine (from Kelp)	150 mcg
Magnesium (as Magnesium Oxide)	500 mg
Zinc (from Amino Acid Chelate)	15 mg
Selenium (as L-Selenomethionine)	50 mcg
Copper (from Amino Acid Chelate)	1 mg
Manganese (from Amino Acid Chelate)	3.5 mg
Chromium (as Chromium Picolinate)	100 mcg
Molybdenum (from Amino Acid Chelate)	80 mcg
Potassium (as Potassium Chloride)	50 mg
Choline (as Choline Bitartrate)	20 mg
Inositol	20 mg
PABA	10 mg
Vanadium (from Amino Acid Chelate)	25 mcg

While Product One is the more expensive of the two, and the more commercially popular there is significantly greater nutritional value in Product Two.

Essential Fatty Acids

Omega-3 fatty acids also play a role in pregnancy and infant health, including optimal neurodevelopment in the developing baby and in newborn infants. Women's stores of essential fatty acids progressively decrease due to the developing baby's high demand for omega-3 fatty acids and during breastfeeding. Omega-3 fatty acids are polyunsaturated essential fatty acids found optimally in fish, flax, hemp, chia and walnuts.

Women provided with supplementation and who suffered from Postpartum Depression improved by as much as 50 percent based on depression scoring systems.

Pregnancy makes demands on a woman's body unlike any other time and this is when optimal nutrition is

essential for the health and wellbeing of mother and baby alike. Even Dad may experience some postpartum depression with changes in sleep patterns, increased responsibility and all of the major changes and adjustments that come with

End

Holistic Pregnancy and Childbirth



April 12, 7:30 p.m.

Dr. Heather Fox *PhD, ND, DAC, RMT, SA*
&
Sonya Duffee - *Traditional Midwife*

Cathedral Community Centre
2900 13th Ave.
Regina

No Charge for Admission



Advanced Cert. Diploma Midwifery
Second Attendant for Midwives
Doula Certification

Western Academy of Midwifery
1168 Albert Street
Regina, SK S4R 2R1
Phone: 306-522-2160
Fax: 306-522-2296

HEALTHY COOKING With WHOLESOME FOODS

From *The Organic Planet Cookbook*
©2006 by Dr. Heather Fox Ph.D.



Hazelnut 'Hot' Butter

1/2 cup butter
1/4 cup Inari® hazelnuts, chopped
1 1/2 teaspoons chopped chives
1/4 teaspoon Red Tabasco sauce

Melt 2 tablespoons of the butter; add hazelnuts and sauté until lightly brown. Turn into small bowl and cool thoroughly. Add the remaining butter, chives and Tabasco. Beat until creamy. Can be served with baked potato or wherever you might use a butter spread with your meal.

Saag Panner (Spinach with Cheese)

1 bunch fresh spinach leaves only
1 cup Ricotta cheese, cubed
OR cubed tofu
Butter or NOW® brand coconut oil for frying
2 teaspoons dried fenugreek leaves
1 large onion, finely sliced
2 teaspoons finely chopped garlic
1 teaspoon finely chopped fresh ginger
1/2 teaspoon ground turmeric
2 teaspoons ground cumin
1 medium tomato, chopped
1 teaspoon sea salt
juice of half a lemon

1. Boil chopped spinach leaves in cup (8 fl oz) of filtered water for 5 minutes. Drain lightly and set aside.

2. In a heavy skillet, fry cheese in small amount of butter or coconut oil to a golden brown and set aside.

3. Heat 3 tablespoons butter or coconut oil in a saucepan, stir in fenugreek leaves and then onion and fry till soft and golden. Stir in garlic, ginger, cumin, turmeric, tomato, salt and lemon juice.

4. Cook till oil comes to the surface and the mixture smells fragrant. Mix in the spinach and cook for a further 5 minutes. Gently stir in the cheese cubes, heat through and serve with Inari® basmati rice and accompaniments.

Classic Indian Butter Chicken

CHICKEN MARINADE

3 pounds tender chicken (whole chicken can be de-boned and used, or chicken breasts can be used)
1 cup plain whole yogurt
1 1/2 teaspoons red chili powder
1 1/2 teaspoons garam masala powder
2 cloves garlic, crushed
1 tablespoon ginger paste or fresh minced ginger
2 tablespoons lemon juice
sea salt, to taste

GRAVY

1 cup finely chopped onions
1 tablespoon fresh minced ginger
2 cloves garlic crushed
2/3 cup butter or ghee
2 cups tomato sauce
1/4 cup cream
1/2 cup chopped green coriander
4 teaspoons honey
Sea salt, to taste

1. Clean chicken and pat dry. Mix all the remaining marinade ingredients well and spread mixture on the chicken. Refrigerate and keep aside for about an hour. Preheat oven to 350°

2. Placing the chicken in an oven baking dish bake for ten minutes, cook until the chicken is 3/4 done.

3. In a pan or wide skillet, heat butter and add onions, ginger and garlic paste. Fry until light brown and add chili powder.

4. Cut chicken into smaller (bite-sized) pieces and cook for another minute. Now add tomato sauce and cook for another few minutes on moderate heat. Finish with adding cream and honey. Garnish with chopped coriander.

Whole Wheat Chapati

2 cups whole wheat flour
1 teaspoon salt

about 3/4 cup warm water (enough for a kneadable dough)

1. Knead the dough, cover, and leave aside for at least 1/2 hour or, ideally, up to 2 hours. After about 1 hour (or right before rolling out), punch the dough and knead again without any more water.

2. Make 10-12 1 1/2" balls; dip each one into dry whole wheat flour. On a surface kept well dusted with flour, roll out into thin, 6" circles. Place a flat, ungreased griddle on the stove at medium-high heat. When hot, place a rolled-out chapati on the griddle. (An easy way to test the griddle for hotness, is to splash a couple of drops of water on it and they should sizzle and evaporate immediately.) When bubbles are visible, turn over and cook until tiny brown spots appear on the side facing the griddle.

3. Remove the chapati from the heat, and butter tops with Hazelnut 'Hot' Butter.

Indian Burfi Fudge

2 cups Inari® almonds, ground finely (using a nut or coffee bean grinder is easiest)
2 cups whole milk or milk substitute of your choice
3/4 cup Inari® cane sugar
2 tablespoons butter or NOW® brand coconut oil

1. Bring the milk to a boil in a large, heavy saucepan over high heat.

2. Stir constantly at a boil until the milk is reduced by half.

3. Add the sugar, ground nuts and butter.

4. Continue to cook, stirring until the mixture is stiff (about 3 minutes). It will have the consistency and texture of tapioca.

5. Pour the fudge onto a buttered square of waxed paper, spread it out evenly to about 1/2" thickness and let it cool.

6. Cut the fudge into traditional diamond shapes before serving and, for added decoration, add a whole almond to each piece, if desired.

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