

# The Wellness Report

Spring 2012



## Alternative Medicine

Alternative medicine focuses primarily on the theory of preventative therapy, a relatively unique concept given the symptom treatment regime associated with mainstream medicine. In essence, alternative medicine is a healing method that emphasizes the importance of helping the body repair itself as naturally as possible. It is typically non-invasive, and treatment plans are often focused on the long term in order to prevent future illness. It is frequently used in conjunction with mainstream medicine as a complimentary form of treatment.

### *Homeopathy vs Naturopathy*

Both holistic forms of medicinal treatment, homeopathy and naturopathy have their roots in the notion of improving health naturally.

### *Homeopathy*

Homeopathy is based on a concept known as the “Law of Similars”. This law refers to the idea that effective remedies cause disease symptoms in healthy individuals that are similar to the illnesses that they are intended to treat. Essentially, if a healthy person is given a substance that subsequently causes symptoms of disease, it is then used as a remedy to treat the actual illness.

### *Naturopathy*

Naturopathy believes strongly in the treatment of the underlying cause of disease, as opposed to just the overt symptoms (as in mainstream medicine). Typically, the use of natural remedies, teaching healthy living, and preventative care are all central concepts in naturopathy. There is a considerable amount of focus on boosting the immune system, as naturopaths subscribe to the philosophy that faulty immune systems are the cause of a variety of diseases and illnesses.

### *What's Covered?*

There is a great deal of controversy surrounding alternative medicine treatments. Critics cite contradictory research findings and a lack of scientific foundation as reasons why homeopathy and naturopathy may not be as effective as they claim. However, despite the debate, many people are quickly becoming believers in the philosophy. Following this rise in popularity and as its effectiveness becomes more recognized in mainstream medicine, most insurance providers do cover at least the visit fee for a naturopath under the paramedical coverage on a Extended Health Care (EHC) plan. Check under the “Paramedical Services” section of your group benefits booklet to find out what alternative medical treatments are included in your coverage.

210-13900 Maycrest Way  
Richmond BC V6V 3E2  
Tel 604.270.1142  
Toll Free 1.888.766.6390  
Fax 604.270.3662  
Toll Free Fax 1.888.636.1430  
Website: [www.dupuislangen.com](http://www.dupuislangen.com)  
E-mail: [info@dupuislangen.com](mailto:info@dupuislangen.com)

If you know of others who may like to receive our newsletter please let us know!

# Warning signs of heart attack

Knowing the symptoms of a heart attack can save your life, the life of a loved one, or even the life of a complete stranger. When it comes to a heart attack, time is everything. The sooner you get medical treatment, the better your chances of surviving a heart attack.

## Symptoms of a heart attack

### 1. Pain or discomfort in the chest

- Pain may feel like burning, fullness, pressure, or tightness
- The pain may not go away even with rest
- The pain or discomfort may come and go

### 2. Pain or discomfort in the upper body

- Pain or discomfort may start in the chest and spread to the neck, jaw, teeth, shoulder, arms, or back.

### 3. Shortness of breath or difficulty breathing

### 4. Nausea, vomiting, or pain in your stomach that feels like heartburn

### 5. Sweating with cold, clammy skin

### 6. Dizziness or feeling like you might pass out

### 7. Anxiety and other emotional symptoms such as fear and denial

### 8. Women may describe or experience heart attacks differently from men

- Pain may be more vague in women, but the most common symptom in women is still chest pain
- Women may be more likely to have abdominal pain, difficulty breathing, nausea, back or jaw pain, or unexplained fatigue during a heart attack

## If you or anyone you know is experiencing any of these warning signs of a heart attack:

- **Call 9-1-1** or your local emergency number immediately. If you can't make the call, have someone call for you.
- If you take nitroglycerin, take the recommended dosage.
- Chew and swallow one 325 mg ASA tablet (acetylsalicylic acid) or two 81 mg tablets (low-dose ASA) if you are experiencing chest pain. It is important to chew or crush the tablet so that the medication works quickly. Chewing an ASA tablet at the first signs of a heart attack can reduce the risk of death. Other pain relievers such as acetaminophen and ibuprofen will not help in emergency situations such as heart attack.
- Rest by sitting or lying down in a comfortable position while waiting for emergency medical services to arrive.

To protect yourself, learn the warning signs of a heart attack and what you should do, and to talk to your doctor about whether you're at risk.

Source: Body & Health Canada



## Fibre-Power Biscotti

- Preparation: 15 minutes | Cooking: 60 minutes
- Preheat oven to: 350 °F (180 °C)
- Baking sheets, lightly greased or lined with parchment paper

2 cups	bran cereal, crushed
1 ½ cups	all-purpose flour
1 cup	granulated sugar
¾ cup	quick-cooking rolled oats
½ cup	each: sliced almonds and finely chopped dried apricots
2 tsp	baking powder
3	eggs, lightly beaten
1 tbsp	vegetable oil
2 tsp	almond extract
1 tsp	vanilla

1. In a large bowl, combine all dry ingredients.
2. In a small bowl, beat eggs, oil, almond extract and vanilla. Stir into bran cereal mixture until well blended (dough will be dry and crumbly).
3. Turn dough out onto a lightly floured surface and knead 10 to 15 times, until dough holds together. Divide dough in half and shape each half into a log about 8 in (20 cm) long and 3 in (7.5 cm) wide. Place on baking sheets.
4. Bake for 30 min. Remove from oven and reduce oven temperature to 325 °F (160 °C). Remove logs from baking sheets and let cool on a wire rack for 10 min.
5. Using a serrated knife, cut each log into ½ in (1 cm) thick slices. Return slices, to baking sheets.
6. Bake for 15 min. Turn biscotti over and bake for 15 to 20 min or until light brown. Let cool.

**Nutrition** Per serving: 94 calories; 2.1 g fat ( 0.03 g sat); 28 g carbohydrates; 2 g protein; 44 mg sodium; 3 g Fiber

**Source of:** thiamine, niacin, folacin, magnesium, iron, fibre

Source: Dieticians.ca

This newsletter is provided with the understanding that it does not render legal, accounting, tax, human resource, or professional advice. The information and articles in this newsletter are obtained from various sources believed to be reliable but their accuracy cannot be guaranteed. Readers are urged to consult their professional advisors before acting on the basis of material contained in this newsletter. The performance of mutual funds or other investment vehicles is not guaranteed. Values will fluctuate and past performance is not necessarily indicative of future returns. Dupuis Langen Financial Management (1985) Ltd. does not assume liability for financial applications based on any article herein, even where an error or omission occurs. Reproduction of this newsletter or any part thereof without written permission of Dupuis Langen Financial Management (1985) Ltd. is strictly forbidden. E&O