

# HYDRATE

IV WELLNESS CENTRE

MAY 2019 | ISSUE 18



Along with IV therapy, our goal at Hydrate is to create a space that offers opportunities for you to explore the many different facets of naturopathic medicine. Each month, we try to curate experiences, workshops, and events that will interest, inform, and inspire you. We have some exciting events coming up in May so be sure to check them out below. We hope to see you at the clinic this month!

## FEATURED IV



We are featuring our Hormone Helper IV for the month of May.

Our Female Hormone Helper IV is useful for PMS, fertility, hormonal acne, and perimenopausal hot flashes.

Our Male Hormone Helper IV is useful in preventing the buildup of estrogen and minimizing the production of DHT that causes prostate enlargement.

Cost: \$135

# HYDRATE EVENTS

## CURIOS OR CONCERNED ABOUT YOUR BREAST HEALTH?

If you have a family or personal history of breast pathology or are concerned about your breast health, Dr. Adella Gerry (Dr. Della) ND offers Breast Exams and Thermography Services to investigate the health of your breast tissue in order to provide you peace of mind!

## WHAT IS THERMOGRAPHY?

- Thermography is a screening technique performed with a special camera.
- It allows the examiner to see the heat patterns of the breasts.
- These patterns may indicate inflammation, vascular growth and changes in the breasts.
- It can prevent unnecessary radiation exposure. is completely comfortable (no squishing involved).
- It can pick up pathological changes up to 4-5 years sooner than other techniques.

## DETAILS

Date: Saturday, May 18

Time: Call the clinic for details

Where: 1-1015 Cook Street. Victoria. BC



MAY HEALTH TALK

# HYDRATE

IV WELLNESS CENTRE

*MAY HEALTH TALK*

## HOW TO PROTECT YOUR BREASTS FROM BEING HARMED BY EVERYDAY LIFE

Join Dr. Adella Gerry, ND for our May Health Talk on breast health and measures you can take to protect your breasts.



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***Date & time: Sunday, May 19, 1-2 p.m.***

***Cost: \$10***

***RSVP: [info@hydrate.ca](mailto:info@hydrate.ca) or 250.590.1482***

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Hydrate IV Wellness Centre offers a full range naturopathic care involving dietary and supplement advice, allergy and hormone testing, acupuncture, intravenous nutrient therapy and prolotherapy to address your all your health concerns.



1-1015 Cook Street, Victoria BC  
250.590.1482

[WWW.HYDRATEIV.CA](http://WWW.HYDRATEIV.CA)



# NATUROPATHIC MEDICINE WEEK

Naturopathic Medicine Week is May 13-19

In celebration, we're featuring daily walk-in mini visits with all of the doctors at Hydrate.

In this 15-minute session, you'll get your vitals taken, body mass measurements, tongue and pulse diagnosis, and discuss how you can benefit from naturopathic medicine.

Drop by anytime next week!

ENTER TO WIN!

The BC Naturopathic Association is hosting a contest in honour of Naturopathic Medicine Week. Check out the details below:

You could win \$175 for visit(s) with a Naturopathic Doctor during 7 days of giveaways! Sign up here [#NatMedWeek](#)

MAY 13-19 - SHARE DAILY

Daily Newsletter - Starting on the first day of #NatMedWeek (Monday, May 13), you will receive a daily newsletter in your email with a link to enter the daily contest. Use the sharing buttons on each newsletter to promote the contest to your clinic team and contacts daily.

Main Contest Page - Or share the contest page each day: <https://www.bcna.ca/daily-contests-naturopathic-medicine-week-2019>

Good luck!



# GROUP IV WITH GUIDED MEDITATION

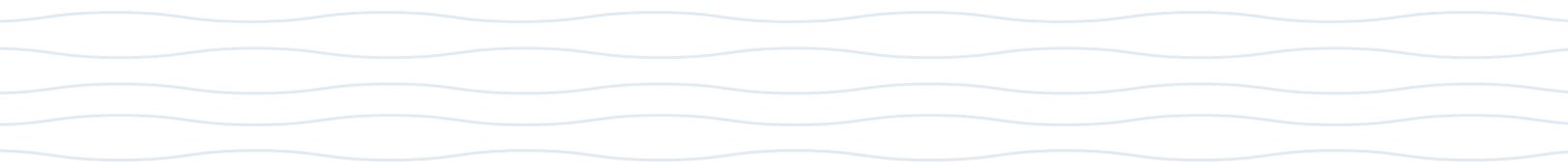
Saturday, May 24, 4-6 p.m.

Relax with your favourite IV treatment and embark on an inner journey that will teach you how to work with your body to amp up your healing process. Jill will take you deep into your self, to connect you with the unconditional support of your body.

This offering is open to existing IV patients only. If you haven't been in for an IV yet, be sure to come see us for an initial IV visit before May 24th!

## Guided Meditation IV

WITH SOUL YOUNIVERSITY



## NEW TREATMENT: REIKI

Paul is at Hydrate from Sunday to Wednesday each week. If you have any questions about Reiki and what it can do for you, please feel free to contact us at 250.590.1482. Click on the button below to book in with Paul.



Enter to win!

We're giving away a gift certificate for a Reiki session with Paul Bamra.

To enter, email Paul at [paul.mistri@gmail.com](mailto:paul.mistri@gmail.com) and let us know why you'd like to win! Contest is open til May 31 at midnight PST. We'll randomly pick one winner and contact them by email.

## FEATURED ARTICLE



BY DR. KRISTEN BOVEE

Peninsula Naturopathic Clinic  
Hydrate IV Wellness Centre

## STRESS, DIET, TOXINS AND THEIR EFFECT ON THE THYROID

Many patients come to me feeling exhausted and having difficulty losing weight. Low thyroid is often the cause of these issues, but is improperly diagnosed. Stress and general toxicity has a great impact on the function of the thyroid and its hormones and is often the cause of thyroid deficiency.

The thyroid is an endocrine organ that produces levothyroxine or T4, an inactive hormone that needs conversion to work for energy. This hormone travels through our blood stream to our tissues and organs. Once it reaches the cells, T4 loses iodine via an enzyme and becomes an active form called liothyronine or T3. When under a significant amount of stress, or other factors are inhibiting the function of the enzyme producing active T3, a secondary version of T3 called reverse T3 is formed. The production of this form of thyroid can lead to a form of hypothyroidism that often goes undiagnosed.

Symptoms of low thyroid are many and may include: persistent fatigue particularly on waking, cold extremities, cold intolerance, hair loss, headaches, migraines, poor concentration and memory, constipation, reactive hypoglycemia, low libido, weight gain, muscle stiffness, arthritis and general feeling of depression/malaise. Many people exhibit one or many of these symptoms but when tested through regular blood work, thyroid testing (TSH) often comes up normal. Too often, TSH is considered the best way of diagnosing low thyroid, and our actual thyroid hormones are ignored. Testing TSH does not give the full picture of how our thyroid hormones are working for us. It is important to also test for T4, T3 and reverse T3 (RT3). When RT3 is elevated, our metabolism acts as if there was too little thyroid hormone, which is

hypothyroidism.

Under stress, excess cortisol can cause immune suppression, elevated blood sugars, insulin resistance, abdominal adiposity, hypertension, memory impairment, and impaired conversion of T4 to T3. Our system goes into conservation mode. This results in a down regulation of one enzyme and RT3 becomes elevated. A simple blood test for RT3 can determine if this is the cause of hypothyroid symptoms.

Other factors that inhibit the production of active T3 hormone are selenium deficiency, deficient protein, excess sugar, chronic illness, compromised liver or kidney function, heavy metal toxicity (lead, mercury, cadmium), oral contraceptives/excess estrogen and BPA and other organo-toxins.

If stress is the main cause of reverse T3, one can support the adrenals glands with vitamin C, B vitamins and magnesium. Botanical adrenal support can include ashwaganda, licorice, rhodiola, relera. Meditation, yoga and exercise are lifestyle changes that are excellent adrenal regulators.

Thyroid nutrient support includes iron, iodine, tyrosine, zinc, and selenium. Foods high in selenium and zinc include Brazil nuts and pumpkin seeds. Getting sufficient exercise, testing and removing toxins such as mercury, lead, cadmium, fluoride, bromide, and pesticides, and treating inflammation and food allergies (such as gluten allergies/celiac disease) are also important thyroid treatment approaches.

Whether it is stress, toxins, nutrient deficiency or chronic illness, the thyroid and the conversion of its hormones can affect how our bodies produce energy and maintain metabolism. By testing appropriately for actual hormones as well as the factors that are inhibiting optimal levels, one can determine how to properly diagnose and treat issues of fatigue and sluggish metabolism.

## RECIPE OF THE MONTH



## STRAWBERRY + PICKLED BEET SALAD WITH WHITE BALSAMIC DRESSING

### INGREDIENTS

#### For the Dressing

- 2 tablespoons white balsamic vinegar
- 1 teaspoon dijon mustard
- 1 clove garlic , minced
- 1 tablespoons organic extra-virgin olive oil
- 2 tablespoons organic basil (fresh), chopped
- salt and pepper , to taste

#### For the Salad

- 1/4 cup toasted quinoa
- 2 cups organic baby arugula
- 1 pint strawberries , quartered
- 1 6.5-ounce package Love Beets Organic Mild Vinegar Beets (roughly 5 cooked beets, pickled), quartered
- 1 avocado , diced
- 1/4 cup organic crumbled feta

## INSTRUCTIONS

In a medium pot, combine quinoa with 1/3 cup water. Bring to a boil, cover and simmer for 15 minutes. Once quinoa is fully cooked, spread out on a baking sheet in an even layer. Adjust oven rack to upper third (about 6-8 inches away from the top) and preheat broiler. Roast quinoa for 7-8 minutes, stirring halfway through. Be sure to check frequently as you don't want the quinoa to burn, just to get crispy and crunchy. Set aside to cool.

Meanwhile, make the salad dressing by combining all of the ingredients in a small glass bowl and whisking with a fork to combine. Season with salt and pepper to taste.

In a large salad bowl, add arugula, strawberries, beets, avocado and crumbled feta. Add the cooled quinoa and drizzle the salad dressing over top. Toss to combine. Serve and enjoy!