

“Organic Health for Increasing Wellness and Energy”

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Carp Ridge EcoWellness Centre

Moment of Centring

- *close eyes
- *sink into breath
- *relax and let mind go loose
- *feel connected to your heart and spirit
- *say a prayer or positive phrase in your mind
- *get ready to absorb new information...

Overview

- *resources that really help
 - *reasons to go organic
 - *what is a balanced diet?
- *other modern causes of disease
 - *the role of stress...
- *how to become and stay healthy!

Introducing the speaker...

- 30 years in naturopathic medicine and fourth generation ND
 - Founder and director of Carp Ridge EcoWellness Centre, where she lives
 - Practice focuses on body types, emotional effects on health, family wellness and cancer+++
- Mother of 2 daughters, grandmother of one

Carp Ridge EcoWellness Centre

- *190 acres ½ hr from Ottawa

 - *holistic clinic

- *Healing House model, training, research and goals

- *Forest schools and homeschooling wilderness programs

 - *eco-community

- *how we plan to support our local community

You the participants...

Who are you and what do you want
to know??

Resources to have on hand...

- Price-Pottenger Foundation: ppnf.org
- Nourishing Traditions by Sally Fallon
- Perfect Health by Deepak Chopra MD
- Dr Mercola's free e-newsletter: mercola.com
- Environmental Working Group: ewg.org
- Ont Assoc of Naturopathic Doctors: oand.org
- Canadian Organic Growers!
- How to grow more vegetables...by J Jeavons
- Staying Healthy/Seasons by Elston Haas MD

Reasons to go organic

- Minerals
- GMO's
- Avoiding chemicals
- Saving the planet...

a) minerals

- *what they are
- *what they do
- *we lose them when stressed
- *observations on hair analyses—new normals?
- *how to replenish—organic foods not enough

b) GMO's

- *research

- *experience with MPP, GMO promoter and Health Canada

- *effects on birds???

- *politics, briefly...

c) avoiding chemicals...

- i) Barium in hair increasing
- ii) Safety of herbicides and pesticides
- iii) To watch for in processed food:
MSG: 70 names; excitotoxins; Felix
Aspartame: excitotoxins; alternatives

Saving the planet...

- Importance of our soil
- Why we need diversity
- Decreasing our toxic load
 - Small farmers
 - Local
- Our longterm health

What is a balanced diet?

- *According to your type:
constitution, blood, gland strength

- *food testing to individualize

- *animal products vs vegetarianism

- *school experience in the US

- *seasonal

- *regular cleanses

Other modern causes of disease

*EMF's—electromagnetic
frequencies

*cosmetics

*environmental chemicals

*other

The role of stress...

- *two sad stories with lessons
 - *what stress does
- *additional function of trauma and what we know from German New Medicine
- *developing emotional resilience!

How to become and stay healthy

*purpose

*movement

*the other aspects will follow because we will be motivated and involved: diet, emotional healing, spiritual practice, and social connection

*consider a retreat for all of the above!

Thanks for attending!

*another quiet moment to digest...

My contact info if you have
questions:

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