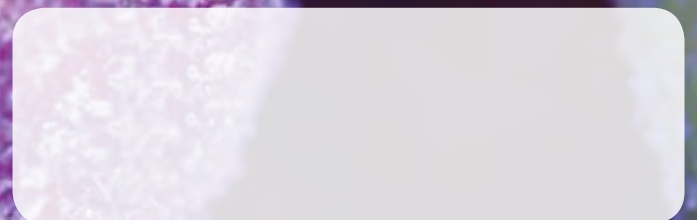


Health Action

THE VOICE OF NATURAL WELLNESS

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Guidance Counselling— Canada's Food Guide

For decades, Canada's government-promoted Food Guide for Healthy Eating has provided us with advice on how to eat. But, given rising rates of obesity and diabetes, is it meeting modern nutrition and health needs? In short, no. Alexis Costello takes a look at where Health Canada misses the opportunity

to make relevant changes to Canadian's eating patterns.

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Natural Cold and Flu Remedies

At this time of year, it's a hot topic—preventing nasty bugs from snagging you and your loved ones. But what makes this article special? Well, these tips by naturopathic doctor Kali Maclsaac are clinically proven ways to prevent and treat cold and flu this season.

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A Cancer Breakthrough from Traditional Chinese Medicine

The sweet wormwood compound artemisinin has undergone promising cancer research at the University of Washington. To further understand this, HANS director of operations Michael Volker went down to Seattle to do an exclusive interview with Dr. Tomikazu Sasaki.

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Emotional Freedom Technique to Overcome Five Blocks to Love



Intimate relationships are often a source of stress. Enter emotional freedom technique (EFT), which is an exceptional way to transform stress and set us up for healthy relationships. Author and EFT advisor Heather Donaldson investigates the five blocks to love and asks some essential questions about how to develop and maintain a loving connection.

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Powerhouse Herbs and Spices

Herbs and spices not only add intrigue and unique taste to a dish, but they also can be a powerful asset in increasing nutritive value in any meal. Here, holistic nutritionist Eden Elizabeth presents mouth-watering recipes not to be missed for both their flavour and nutritional value.

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Homeopathy for Depression

by Christy Zettl, BHSc (Hons), Hom, RSHom

In Canada, approximately eight percent of adults will experience a major depression in their life and almost half of those who feel they have suffered from depression or anxiety have not sought help.

For the past 30 years, a common medical treatment option for many Canadians has been the use of antidepressant medications, including SSRIs. Over time, research has shown they come with a host of side-effects for some people and have limited effectiveness in the treatment of mild to moderate depression.

Fifteen years ago, researchers discovered a connection between depression and low levels of our main inhibitory neurotransmitter, γ -aminobutyric acid (GABA). GABA is the body's main relaxing neurotransmitter. When it's low or absent, people can feel anxious, depressed and excessively stressed and have sleep disturbances.

More people are seeking out natural alternatives for their health and homeopathy may have a part to play as a safe, nontoxic and effective option for treating mild to moderate depression.

In March 2014, a study published in the *Journal of Ethnopharmacology* found that a homeopathic medicine called *Gelsemium sempervirens* caused a statistically significant decrease of the prokineticin receptor 2. Its neuropeptide,



prokineticin 2 (PK2), has a marked inhibitory effect on GABA activity.

The authors contend that it is possible *Gelsemium* enhances the activity of GABA by removing the suppressive effects of PK2. Full GABA function would allow a person to feel calmer, sleep better, settle and relax.

Interestingly, *Gelsemium sempervirens* has been used in homeopathic practice since the 1860s for anxiety and depression patterns and I have recommended it to patients who have stage fright for its calming effect.

Classical homeopathic treatment takes a whole view on health, which can include creating a timeline with the patient. Sometimes it is very clear that from a period

of time onwards there is a marked change in their emotional health. If there is a clear etiology, it becomes a very important factor in determining what remedy to prescribe for the depression.

Many homeopathic remedies like *Gelsemium* have been used in clinical practice for more than 150 years and have indications for use based on a range of causations. Depressions following a severe loss emotionally or financially, such as a death in the family or losing a job, can strongly indicate different remedies.

Sometimes the cause is more physical, such as in menopause. I have seen many women who relate the start of anxiety, depression and sleeplessness to when their cycles started fluctuating.

Through individual treatment and with minimal dosing, the process can be supported, with many people only coming in for a consultation two to six times per year and taking two to 12 doses per year to manage all their health complaints—hormonal, emotional and otherwise.

Health isn't merely the absence of disease but being able to bounce back, too, and I've certainly seen homeopathy's ability to strengthen this. ☼

Christy Zettl, BHSc (Hons), Hom, RSHom, is a London-trained homeopath with practices in Vancouver and Kelowna. Join her free monthly newsletter and stay up to date on all things homeopathic. zettlhomeopathy.ca | (604) 355-WELL (9355)