

Make Contact – Options Naturopathic E-News

Make Contact with your N.D., Make Contact with your self

No, you didn't stop getting our newsletters, we just had a hard time getting them to you!

In this Newsletter :

Welcome Back Dr. Liz! Thrilled to have her back!

Dr. Liz to see Patients on Saturdays Two Saturdays a month, starting in October

Natural Medicine Cabinet A Naturopathic Educational Series

Summer Survival Sustenance A flexible recipe to get you through short cooking time

Welcome Back Dr. Liz!

Options Naturopathic is pleased to announce the return of Dr. Liz Cavin. Dr. Liz returns to Ohio to experience the professional satisfaction that Options and the Cleveland community gave her when she was here in 2006 and 2007. Dr. Liz will serve as the primary physician in the Cleveland office with Dr. Erin's relocation to Lexington, Kentucky. Given the many changes in the last few years, we are happy to announce the stability that Dr. Liz's return brings to the office. Dr. Liz is here for the long haul and will serve to assure the continuity of consistent care that Options has offered now for eleven years. Read more about [Dr. Liz](#) on our website.

Dr. Liz Available on Saturdays

To accommodate our 9-5'ers who have difficulty with our 9-6 office hours, Dr. Liz will begin to see patients on the first and third Saturday mornings of the month. These dates will begin in October and include October 2nd & 16th, November 6th & 20th and December 4th and 18th. Appointments available from 9am-12pm, call 216-707-9137 to schedule.

Announcing the Natural Medicine Cabinet Liz Cavin, N.D.

Options Naturopathic is excited to announce a series of articles describing natural remedies you can use at home. Inspired by the sixth principle of naturopathic medicine *Physician as Teacher*, this series, which we've named the **Natural Medicine Cabinet**, will explain techniques and tools you can use at home to create a repertoire allowing you to address common ailments for you and your family. You are encouraged to accept responsibility for your health and be an active participant in the healing process. A large part of what Dr. Erin and I do is to impart all that we have learned about wellness and health. Here, we share some of the most effective home therapies that our tradition has taught us.

Often acute illness requires the attention of a trained healthcare provider; please call if you need assistance in deciding what to use from your natural medicine cabinet or if you need help determining if the condition warrants a visit to the clinic.

Using Hydrotherapy as part of your Natural Medicine Cabinet Liz Cavin, N.D.

Naturopathic medicine uses hydrotherapy to address illness. Hydrotherapy is the use of water in various temperatures to help promote the body's innate ability to heal. Two particularly useful aspects of hydrotherapy are its ability to stimulate both circulation and immune activity. Stimulating circulation is especially useful since the blood brings nutrients to cells and also takes cellular waste products away from cells. Stimulating the immune system with hydrotherapy aids the white blood cells to circulate to areas where they are needed.

Hydrotherapy uses varying temperatures of water to bring about specific therapeutic responses. For example, hot water is used for its relaxing properties, tepid water can also be used for stress reduction and to help control fever, cold water or ice is often selected to reduce inflammation, and alternating hot and cold water can stimulate the circulatory system and improve symptoms related to inflammation. Forms of hydrotherapy that you may be familiar with are hot tubs, baths, moist compresses, steam rooms, steam inhalation, and ice packs. Hot tubs are commonly used to treat sore muscles and to address stress. Baths can be used similarly to hot tubs, but with a wider array of options; a tepid bath can be used to reduce fever or Epsom salts (magnesium sulfate) can be added to the bath to help with rheumatism and relaxation. Cold compresses can reduce inflammation, reduce swelling, and relieve the pain of a headache. Hot or warm compresses soothe muscle aches and help relieve earaches.

A particularly useful hydrotherapy technique, traditionally called the Wet Sock Treatment, is often referred to as "Magic Socks" in order to aid in the appeal to youngsters. Magic socks can be used on people from ten months of age through adulthood. They act to reflexively increase circulation and decrease congestion in the upper respiratory passages, head and throat. They have a sedating action and can help induce restful sleep. The Wet Sock Treatment is used for acute conditions rather than chronic illnesses. Some conditions it can address are: sore throat, neck pain, ear infection, headache, nasal congestion, upper respiratory infection, cough and sinus infection and insomnia. Instructions on Magic Socks are [here](#) and can always be found on the Options website under the tab [Immune](#) in the [Hydrotherapy](#) section.

The supplies you will need are: 1 pair of white cotton socks, 1 pair of thick wool socks, a towel, and bathtub or a plastic tub that can be used for a foot bath.

Directions:

Take the white cotton sock and soak them completely with cold water. Wring out thoroughly.

Warm the ill person's feet in bath temperature water for 5-10 minutes. Dry the feet.

Place the wet cold cotton socks on the feet and cover with dry thick wool socks.

Immediately put the ill person to bed. Make sure the he or she does not get chilled or cold.

Keep the socks on overnight. When the ill person wakes up in the morning, the cotton socks will be dry.

The treatment may seem a little odd but it works. Putting moist cold socks on warm feet reflexively stimulates circulation and the activity of the immune system. You will find that small children respond well to this treatment. It is especially effective if you do it the day you first notice your child is getting sick. Some signs to look for are a stuffy nose, crankiness, pulling on an ear or having less energy. This is a great form of therapy to add to a natural medicine cabinet.

We often suggest the book *Home Remedies Hydrotherapy, Massage, Charcoal and Other simple treatments*, by Agatha Thrash, MD and Calvin Thrash, MD. This is a useful reference book with a good explanation of how hydrotherapy works. It provides illustrations and descriptions of techniques that can be used at home. Give hydrotherapy a try, it is easy to do at home and works. If your child or the person you are treating seems exceptionally ill or if his or her problems are not resolving, we offer many additional supportive therapies to naturally resolve most acute health conditions.

Hydrotherapy is generally a safe technique to use at home. There is an important precaution to consider. Individuals with conditions that impair the nerve endings such as diabetes and paralysis cannot accurately sense temperature changes in water applied to their skin. They should only receive hydrotherapy treatments under the guidance of a trained healthcare professional.

Summer Survival Sustenance Erin Holston Singh, N.D.

Alliterations always appeal to me for these headers; I just can't help trying to make them sound appealing especially when it comes to good, healthy FOOD! As Dr. Liz and I discussed a recipe to include in the newsletter, I had to laugh, since our summer survival sustenance was almost the same food! As we both have had a hectic summer, with transitioning and traveling, we found ourselves relying on the same basic combo, only I call mine "tortillas" and she calls hers "tacos". Okay, I guess those are legitimately different, but I think the basic concept is what is important to convey here. I'll give the basic layout, then you can modify it based on food allergies, restrictions and what's in your fridge.

The Basic Mexican Thing: a yummy taco or a tasty tortilla

Staple ingredients

Green salsa, GMO-free taco shells, spelt tortillas or brown rice tortillas, black beans, chili powder, cumin, sea salt
--

These are the things you can just buy on your next trip to Whole Foods, the Co-op, or wherever you shop, and which can last indefinitely (or close to it) in your pantry or freezer.

Green Salsa- we prefer green, or tomatillo, salsa since it is allowed for those rheumatic patients avoiding nightshades, or anyone else with reason to evade the acidic tomato. Whole Foods has a basic brand for cheap (365 Tomatillo), but I've found most every city's grocer carries at least one version of a green salsa.

Taco shells or Tortillas – Dr. Liz goes for the GMO-free corn taco shell, Dr. Erin prefers whole Spelt (low gluten) or even the Brown Rice (gluten-free) tortillas. You know which to choose based on your conversation with one of us, right? If you're not allowed any of these, you can honestly eat the rest of this without this part at all! Just get a bowl and add everything else in with the outer layer!

Black Beans – Now a rigid naturopathic doctor would have you soak and cook your own beans, which ideally you will do eventually (more on that next newsletter!) but for those who need good food fast-and not fast food-start here with an organic canned brand that you can always have hanging around the pantry.

Chili Powder –the red stuff that is flavorful but not spicy! Dee-lish!

Cumin –You can always refill spices at the Food Co-op instead of re-buying a whole new jar.

FRESH ingredients

Zucchini, lettuce, avocado, greens (beet tops, kale,), cilantro, tomatoes (where allowed but especially right NOW when they are IN season..., i.e. real tomatoes, especially heirlooms, are allowed!)
--

Any combination will do. Just use whatever you have in your fridge. (I do really try to have at least the zucchini on hand, at least).

Instructions:

Timing is everything in the kitchen and I swear, once you get this down it won't take more than ten minutes to make. First thing is to dice and sauté the zucchini (and chopped greens) in a little coconut oil. Add a little sea salt and chili powder for flavor if you have it. Once they are done, toss them in a bowl, COVER it with a lid to keep them hot and heat the black beans in the same pan. Quickly toss a tortilla (or taco shell) in the toaster oven for a partial "toast" -or just heat it on "warm" if you tend to forget things or get distracted. If you have no toaster oven, the same pan used for the zucchini and beans can be used once those are heated.

Once these are all hot, it's just assemble as you like and go for it. Remember that if your diet has you minimizing carbs it's best to either forego the tortilla or taco and just eat the beans, veggies, avocado and green salsa in a bowl altogether or at least stuff your one tortilla so it is overflowing (one BIG tortilla is better than multiple small ones where you end up filling up on the corn or flour of the shell).

Now I have to sit with the green salsa next to me and continuously add spoonfuls as I eat. You, you do whatever your heart desires.

Bon Appetit!