



- Sugar
- Ear Infections
- Coming Workshops

SWEET NOTHINGS ~ by Sarina Kier

In my practice, I am often asked questions about sugar. Which are the best? What is corn syrup? Is brown sugar better than white? In an attempt to answer these questions, I have come to the realization that knowledge is a more potent and long lasting answer to these questions. That way people can make informed decisions and choices as to what will work for them. As my clients' know, I am not a supporter of sugar in its various forms, especially not for sensitive individuals. Sugar has no food value, is quickly absorbed, can increase severe reactions, and contributes to addictions. It depletes the body of needed nutrients and shuts down the immune system. The process by which most of these sugars are produced is heat, which destroys any possible nutritional benefits i.e. vitamins and minerals. Having said that, let's look at the various sources of sugar.

MOLASSES is made when the juice is squeezed from sugar cane and then boiled until the sugar crystallizes. The liquid that doesn't crystallize is molasses.

RAW SUGAR is taking the process above the liquid that does crystallize, coated with molasses, and full of bacteria, fungi etc. is raw sugar.

WHITE TABLE SUGAR is refined sugar and is created when the molasses is taken off the raw sugar.

TURBINADO SUGAR is produced when raw sugar which is quite contaminated, is washed and dirt and bacteria are removed.

BROWN SUGAR is when molasses is processed and more crystals form which are brown or yellow in colour. Brown Sugar can be more refined than white sugar depending on when the crystals are gathered in processing.

BLACK STRAP MOLASSES is the syrup that remains after molasses has been processed a number of times and all the possible sugar has been extracted.

SUCROSE is refined from sugar cane and sugar beets.

HONEY is sugar made by bees from nectar. It contains glucose, fructose, bee pollen, Dextrin and gums.

MAPLE SYRUP is processed from maple tree sap and primarily contains sucrose.

CORN SWEETENERS are types of sugars processed from cornstarch and are an allergen for anyone with corn sensitivities. Some of these include Dextrose, Maltose, Corn syrup, Corn sugar, and Glucose.

SORGHUM is a grain that can be processed to produce sugar crystals.

MALT is a sprouted grain sugar primarily from barley.

MALTO DEXTRINS sugars are degraded carbohydrates.

GRAIN SYRUPS are similar to Malt, they can come from wheat, rye, or rice.

STEVIA is a root sugar made from the stevia plant.

SORBITOL, MANNITOL, XYLITOL are all sugar alcohols that are converted to glucose in the body. They all have the potential to be quite allergenic. Sorbitol comes from fruit, seaweed, corn and algae. Mannitol comes from plants and plant extracts including corn. Xylitol comes from wood sugar, corn cobs, peanut shells, wheat straw, coconut shells.

FRUCTOSE is the natural sugar found in fruit and vegetables, commercial fructose is usually processed from can or beet sugar.

ARTIFICIAL SWEETENERS are sugars that have been synthesized in a lab. They are non caloric but also non nutritive. There are many adverse side effects linked to artificial sweeteners including increased appetite, seizures, depression, tremors, headaches, dizziness, and shortness of breath. Look out for names such as Poly Dextrose, Aspartame, Nutra Sweet, and Saccharin.

My personal preference is for the grain syrups, Stevia, and date paste, some of which you can prepare at home if you like.

Hopefully, this information will help you in making the best decisions around your wellness.

You can check on other articles that I have written under Integrative Health on our website www.healthtoday.ca. Feel free to call for a consultation at 604-264-9921.

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Ear Infections and Children - No, Not Another One!

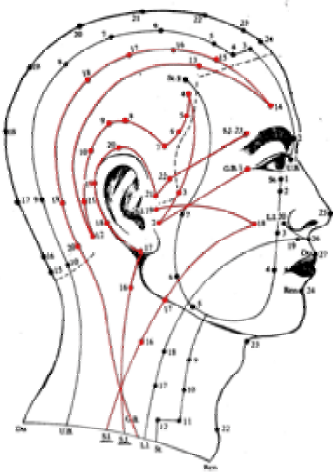
by Carla M. Wiseman, RMT, DTCM

More and more children are complaining of pain and discomfort in the ear and it is a major source of anxiety and sleepless nights for parents and children alike.

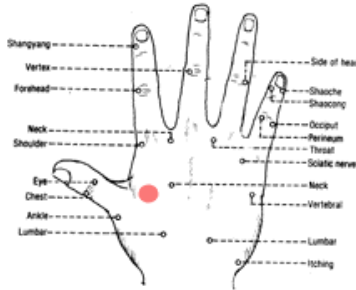
Acute otitis media commonly known as and ear infection is described as a severe pain in the ear with possible hearing loss, severe vomiting and diarrhea. The eardrum will be red and may have a fluid discharge. Western doctors usually prescribe antibiotics. Some children respond well, but it doesn't treat the core imbalance. More and more children are becoming antibiotic resistant or intolerant.

In TCM (traditional chinese medicine) there are approximately 7 types of ear infections. Three main meridians surrounding the external ear, namely, the gall bladder, san jiao and small intestine. (see illustration)

To assess which type the child has you observe their behavior, do they hold their ear or does pressure aggravate the condition. Check the pulse to see and ask them pertinent questions. The tongue is significant in showing organ imbalance and it is extremely helpful if they will show you it !



A simple 3-4 point acupuncture protocol is required. Pain reduces usually immediately with the first treatment, however a follow up may be in order. A dietary suggestion may also be required because certain foods create more heat or cold and can be a causing factor.



There are many household products that can help reduce infection, clear heat or warm a cold ear. Garlic, lavender and chamomile are just a few handy herbs to keep in the cupboard. Placing a piece of garlic on a gauze over the hand point "hegu" is great to reduce cold and pain in the ear area.

Seasons Greetings from every one at the Clinic.

We would like to thank all our friends , family and clients for their support over the past year. May peace, happiness and joy abide in 2002.

Happy New Year !

Upcoming Workshops

Qigong with Ken Cohen

What is Qigong?

Qigong (also spelled Ch'i Kung) is a powerful system of healing and energy medicine from China. It is the art and science of using breathing techniques, gentle movement, and meditation to cleanse, strengthen, and circulate the life energy (qi). Qigong practice leads to better health and vitality and a tranquil state of mind. In the past, qigong was also called nei gong (inner work) and dao yin (guiding energy).

How do I say it?

Qi pronounce chee
Gong pronounce gung, as in lung.

How old is Qigong?

The documented history of qigong goes back approximately 2,500 years. However, Chinese archaeologists and historians have found references to qigong-like techniques at least five thousand years old.

What about Taiji Quan (Tai Chi)?

Taiji Quan is a style of qigong. It is graceful, relaxed, slow, and fluid, like a slow- motion dance. Unlike some qigong methods that exercise specific systems or parts of the body-- nervous system, endocrine system, heart, kidneys-- Taiji Quan is a whole body, whole mind exercise. It treats health systemically, restoring the body to its original "program", uncorrupted by stress, pollution, and disease. The Qigong Research & Practice Center offers training in all aspects and levels of Taiji Quan.

More in the next Newsletter.....

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