

Naturopathic Group Schedule 2019-20

Overview

Carp Ridge EcoWellness Centre offers a monthly naturopathic group session where people can learn about natural medicine, monitor their health with a simple screening test and ask questions about their conditions. Group members receive discounts on tests, supplements and visits with Dr. Katherine Willow N.D. Group has been running for several years and is a warm and friendly place!

Sessions are held on the third Tuesday of the month from 10-11:30am. Participants are requested to sign up by the previous day. If you are interested in getting a metabolic screening test, eat a light breakfast and then fast on your usual amount of water for 3 hours. Please come 10 minutes early in order to give samples of urine and saliva. Test results will be ready during the group time and will be discussed together. Referrals for further medical care are given as necessary; group doesn't replace individual care, it is supportive.

Topics for 2019-20

September: Determining your body type and how to care for it

- Optimizing energy through correct diet, exercise and sleep
- Psychological profiles of each type and their management

October: How to undertake a gentle seasonal cleanse (and when not to!)

- Which organs of elimination to focus on and how
- Preparation, cleansing and moving towards a healthier normal

November: Preventing colds and flus; tongue diagnosis

- Lifestyle habits that will decrease colds and flus
- How tongue diagnosis tells you your risk factors of getting sick
- Simple remedies to dramatically shorten a cold or flu

December: Stress management, the core of a happy life

- Cultivating coping mechanisms that work for you
- Enjoying the Christmas season...

January: How to sleep and rest for optimal health

- Factors that inhibit good sleep and how to reverse them
- A powerful tool for resting during the day

February: Managing moods

- Underlying causes of anxiety, depression and mood swings
- Simple techniques to balance mood

March: What is the best diet for you?

- Combining blood type, constitution, age, season, condition and lifestyle to determine your home base of what to eat

April: Time for a spring cleanse if your body allows

- How a spring cleanse is different than fall
- Using common weeds to help you cleanse

May: Glandular health for energy, allergy control and libido

- How to assess your glands
- Basic lifestyle tips for restoring tired glands

June: The core importance of digestion and how to optimize it

- Symptoms of digestive weakness
- Lifestyle and supplement program for rebuilding digestive capacity

July: How to maximize vitamin D in our climate

- When and how long to sunbathe for safe vit D assimilation
- How much vitamin D to take?

August: Developing a movement plan for your body type and condition

- Determining how vigorously you need to exercise
- How to make a realistic plan

Participants are welcome to ask questions about their individual concerns at each session no matter what the topic. We typically do a little meditation, visualization and explore other healing techniques along the way. Dr. Willow may make suggestions for you to try as homework.

Cost:

The cost is \$20 per session with an optional metabolic screening test for \$10 (regular \$20). If you would like to pay for the whole year, it is \$199, resulting in 2 free sessions.

Registration: please email or call Ellie at info@ecowellness.com or 613-839-1198 by latest the day before the session, thanks. We look forward to seeing you again and welcoming newcomers!