



"September happens"

The mad scramble of **September** scheduling: work, appointments, kids, meals, money... down to business.

Hopefully, by this point in **October**, all our schedules and our brains have resumed a somewhat organized pattern, after the stunningly **sunny** summer.

Speaking of getting down to business, it's...

WORKPLACE HEALTH MONTH!

So, bring us on-site for 1 **FREE 'Wholistic' Health Seminar** ...your colleagues will appreciate it!

Check us out: www.rHealthChallenge.ca

Remember, we're here to help you feel optimal & healthy, including addressing the **BBQ-bulge**, **fending-off flus** & preventing **winter-worrying**.

Health & Happiness, the Roberts team.

Please review your **preferred** communication **method** & your **email** (for appointment reminders and eNewsletters) contact us at admin@rhealth.ca or 519-746-0770.

Thank you.

Events & Services

➔ **FREE Health talks @ Work** - fun & motivating health talks.

◆ **Mindfulness Seminar** by our *stellar* holistic counsellor Tracy Rowan. Wed.23 & Thurs.24 of November, 5:30-9pm.

◆ **FALL Immunity Package** Your special \$250 health pack, choose 4 of:

- Nutrition
- Chiropractic
- Shiatsu/Acupuncture
- Counselling
- Osteopathy
- Homeopathy

➔ **'Wholistic' Health @ Work** - the *new frontier of health care*.

by Aaron S.

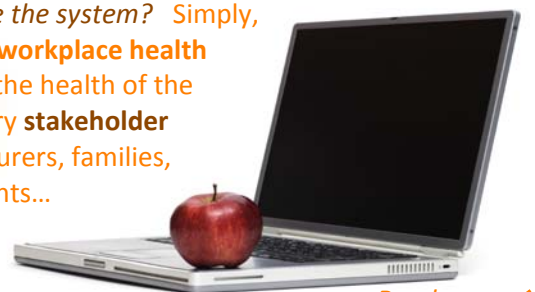
'Wholistic', firstly, is a much more fitting spelling than the emptiness of 'holistic'.

Wholistic means taking the '**big**' picture into perspective. Health wise, it means taking into account **individual, family, environment and social** health, but also the different types of **medicine**: traditional, Eastern, allopathic, complementary, alternative, etc. Wholistic health thus embodies health **promotion & prevention**, not only the treatment of disease. *Did you know?...* the leading diseases: cancer, cardiovascular, joint pain, mental health, lung, diabetes, are mostly preventable.* *...So is wholistic medicine being applied in our health care system?*

No. **Federally**, the government spends **approx 1% of the \$200 billion** health care budget on health promotion and prevention. Over-booked **MDs** prescribe fast dispensing pharmaceuticals as primary treatments. **Workplace** reliance on conventional medicine isn't helping escalating health claim costs. In **academia**, there's little funding for 'lifestyle' studies (versus drug research).

Individually, we're largely responsible for these unsustainable health costs. We don't exercise enough or eat enough veggies. We worry too much and sleep too little. It won't be long, before we'll be making significant copayments to our provincial and work health insurance plans.

...So, how can we change the system? Simply, implement a **Wholistic workplace health program**. By improving the health of the working population, every **stakeholder** benefits: employers, insurers, families, communities, governments... *it's a win-win program.*
How does it work?



[Read more](#) ↗

We would like to Welcome

Erika Zippel DC

to our team!

Elmira-born,

Erika complements

our local team by providing:

Chiropractic Medicine,

Fitness Training,

Workplace Ergonomics,

& Orthotics.

Erika's accepting new patients.



Pizza Mummies

Ingredients: Ezekiel english muffins, pizza sauce, black olives, green or red peppers, cheese slices.

Directions: Preheat oven 350° F. For each 1/2 muffin, spread sauce, set sliced olives as eyes, with pepper bits as pupils. Sprinkle pepper bits and lay cheese strips. Bake for 10minutes, or until cheese is melted, and muffin is toasty !



Health Newz

- 1.*People can **live longer** if they do 1 or more healthy lifestyles: **not smoking, eating a healthy diet, regular physical activity, and limiting alcohol**. Study showed people who did all **4** (versus none), were **65%** less likely to die early from **cancer & cardiovascular disease**, and **57%** from other causes! *Add some mindfulness practice and quality of life goes up too!*
2. School age **allergies** associated with **reduced** intestinal **bacteria diversity** during **infancy**. *An important consideration for infants and breastfeeding duration, food introductions, and antibiotic use.*

...Health @ work continued. by Aaron S.

I've been working on rHealthChallenge.ca for 12 years, and I firmly believe that it will improve the health of Canadians because it addresses the fundamentals of health: **Nutrition, Fitness, Mental-emotional.**

The 1st step is to **book** your wholistic 'rHealth Assessment' and follow-up 'rHealthConsult'. For workplaces, we provide these services **onsite**, as well as providing engaging challenges and seminars.

Baseline and yearly rHealthAssessments are vital to understanding your, or your employees, wholistic health status. Along with the **individualized plans** via the 'rHealth Consults', our program leads to optimal **management** of health and health care costs.

Our team of health practitioners, MDs, University academia, and insurance professionals are dedicated to delivering standardized wholistic health interventions and profitable ROIs.

...So, **give us a call/email**, and let's discuss how we can help you, your family, our community and our workplaces **'improve your bottom line'**.

Check out www.rHealthChallenge.ca

Health Newz (continued)

3. **Calcium** Supplements with/out Vitamin D **increases heart attack** by 25% & **stroke** by 15%... *Agreed, arterial calcification is a better predictor than cholesterol, but it's the deficiency of Vitamin K2 that leads to improper storage of Calcium. So, take vitK2 with your calcium.*
4. Poultry farmers who adopt **organic** practices and stop giving their birds antibiotics significantly **reduce the resistance of bacteria to antibiotics** in their flocks.
5. **Positive Activities Interventions (PAI)** - such as writing letters of gratitude, counting one's blessings, practicing optimism, performing acts of kindness, meditating on positive feelings toward others, which can take minutes per day - produced lasting improvements in **mild depression**. Brain imaging shows that PAIs boost the **reward/pleasure** mechanisms and **reverse apathy** - doesn't usually occur with medication alone. *Practical for everyone, including as an adjunct to medication.*
6. Cruciferous **vegetable** intake - link discovered to improved **immune** system, bacteria, barrier and wound repair of the **intestines** and **skin**.
7. **Stress management** helps patients feel better physically & emotionally about skin conditions (acne, rosacea, psoriasis, etc). Anger, anxiety, depression or tension affect neuropeptides, causing flare ups and a vicious cycle. *Did someone say mindfulness practice :-)*

Contact editor: **Aaron Samanta ND**
519-746-0770 or aaron@rhealth.ca
1322 Sawmill Rd, Waterloo, ON. N2J 4G8

Disclaimer: information in this newsletter are not prescriptions and do not substitute the consultation of a health care practitioner.

Pumpkin Chocolate Chip Muffins

Once again, thanks to **Daryl Cronin** for an awesome recipe! ...These yummy treats are **vegan** and **nut-free**, and pack a wonderful nutritional punch. Excellent for the lunch boxes of grown-ups and kids alike!

Ingredients: *Makes 24 muffins*

Two 397g cans of plain pumpkin, or 3 cups fresh pumpkin puree	1 ¾ cup raw sugar or maple syrup
1 cup apple sauce	2 tsp baking powder
2/3 cup water	1 tsp baking soda
2/3 cup grape seed or almond oil	1 tsp sea salt
4 tbsps ground flaxseed	1 ½ tsp cinnamon
2 tsp vanilla	½ tsp nutmeg
3 1/3 cup spelt flour	1 cup non-dairy chocolate chips
	1 cup hemp seeds



Directions: Preheat the oven to 350°. Line a muffin tin with muffin cups and set aside. Put the pumpkin, apple sauce, water, canola oil, flaxseed and vanilla in a large bowl and mix with a hand mixer until well blended. Set aside. In a separate large mixing bowl, stir together the flour, sugar, baking powder, baking soda, salt, cinnamon and nutmeg. Add the pumpkin mixture and stir until well blended. Fold in the hemp seeds and chocolate chips. Distribute the batter evenly amongst the muffin cups and bake for 35 - 40 minutes, until tops are golden and a toothpick inserted in centre of muffin comes out clean. Let cool for a few minutes in the pan, then remove from pan and allow to cool completely on a wire rack. These are delicious warm, but even better when allowed to sit, refrigerated, over night. This gives the flavours a chance to blend. **Enjoy!**



Mindful moment: Enjoy the **fall** colours, ...especially the **reds**, thanks to the presence of **anthocyanins** (a health promoting **pigment** similar to those in **blueberries, grapes, eggplant skin, etc.**). These pigments are thought to **prolong** the life of the leaf during dipping temperatures and **ward-off bugs** as they eventually **fall** and lay at the base of the tree.

*A little thought for your business breaks & **mindfulness** walks.*

The Dalai Lama, when asked what surprised him most about humanity, answered "Man. Because he sacrifices his health in order to make money. Then he sacrifices money to recuperate his health. And then he is so anxious about the future that he does not enjoy the present; the result being that he does not live in the present or the future; he lives as if he is never going to die, and then dies having never really lived."

