

## Dr. Roberts Naturopathic Report

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### Preventing Colds and Flu

There are thousands of different strains of bacteria and viruses that enter our environment daily, but it is our body's internal environment that determines our susceptibility to infections. We will only get sick if our body is out of balance and our immune system is diminished. In order for bacteria or viruses to survive and cause symptoms within the body they need an environment that will nourish them. Our best defense is our very own immune system, which needs to be strong in order to combat infections. It is best to start strengthening our immune system when we are in good health. The human's immune system can be compromised by physical and psychological stress, poor nutrition, use of prescription drugs and environmental toxins.

Ways to boost your immune system:

- Eat a diet that is high in **whole, natural foods**. Processed foods can be a burden on the immune system.
- Drink 8-10 glasses of **water** a day. This will help to flush out toxins.
- Get a **good night sleep** of at least 7-8 hours. Give the body the energy that it needs to fight off any infections.
- **Exercise regularly**. Physical activity will stimulate the immune system.
- Take a **probiotic**. By balancing your digestive system, you will be supporting your immune system.
- Add **Vitamin C** (1000mg) with bioflavonoids, **Zinc** (30mg) and **Essential Fatty Acids** to your health routine. These will support the immune system.
- Take **phytophenols** (Moducare™) to regulate the immune system.

- Take the homeopathic **influenzinum** 9CH, 3 pellets/week to prevent the flu.
- Get a **homeopathic flu shot**. It is safe and effective with no side effects or harmful additives. *Ask Dr. Roberts about getting your homeopathic flu shot.*

### What's New in the Clinic

#### Intravenous Vitamin Therapy

A new and exciting service is now being offered. It is called Intravenous Vitamin Therapy. It utilizes high doses of vitamins, minerals, and homeopathic remedies that enter directly into the blood stream, ensuring maximal effectiveness. This technique is offered by Dr. Roberts and can treat or even prevent a wide variety of conditions ranging from the flu, infections, post-surgery debility, low immunity, to more serious conditions such as cardiovascular disease, arthritis, and cancer.



#### Electro-Dermal Screening

Dr. Roberts has advanced screening technology, originating from Europe, in her office. This computerized device measures galvanic skin resistance. The process consists of the client holding a brass rod in one hand. Then the practitioner touches a certain point on the body with a stylus and a measurement is recorded. It is a measurement that is based on "electrical engineering physics." It can be used to screen for all systems, organs and functions of the body, for allergies or sensitivities, toxicity and imbalances. Problems can be localized then addressed through treatment plans. Dr. Roberts includes this screening in all initial visits.

**"Natural forces within us are the true healers of disease"**

—Hippocrates, c. 460-377 BC

## Off to Switzerland

Dr. Roberts will be traveling to Switzerland in December to visit the **Paracelsus Klinik**, a world-renowned clinic that is well known for effectively treating chronic disease, including cancer, multiple sclerosis and autoimmune disease, through natural methods. She will be meeting with **Dr. Thomas Rau**, the medical director of the clinic, and learning first hand about the operations of the clinic and methods used. Dr. Roberts is looking forward to bringing this knowledge and experience to Canada when she returns in the New Year.

## Do you need a Guest Speaker?

Dr. Roberts is dedicated to the health and well-being of patients and the community. She provides effective educational seminars that give you concrete suggestions that you can implement right away to make an immediate impact on your health.

If you belong to an organization, business, health club or group that would benefit from a seminar on health and wellness, please contact Dr. Roberts by phone or email to be a guest speaker at your next meeting. Dr. Roberts has extensive experience lecturing on various health promoting topics.

## Healthy Breakfast Smoothie

1 scoop of Ultra Maintain Protein Powder  
1 cup of berries  
2 tbsp of flaxseed oil  
2 cups of rice/soy milk



Blend together for a quick, nutritious and healthy breakfast.

## Personal Achievements

Dr. Roberts earned her third degree black belt in Taekwondo in October. She was tested by Grand Master Sam Park, who is the highest ranking Master in Canada and one of the founders of Taekwondo in Canada. She trains with Master John Huh at Markham Taekwondo Academy.[[www.markhantaekwondo.com](http://www.markhantaekwondo.com)]

## Winter Seminars

### Preventing Colds and Flu

*Friday, January 13, 11am-12pm at Body & Soul*  
Learn effective, well researched ways to prevent colds and flu. Find out what vitamins, herbs, homeopathics really work to prevent and treat colds and flu.

### Treating Chronic Pain Naturally

*Saturday, January 14, 2-3pm at Body and Soul*  
Learn about natural and effective approaches to treating pain, from back pain to joint pain to headaches. Find out ways to alleviate chronic pain, including prevention and safe drug-free treatment options.

### Natural Healthy Weight Loss

*Monday, January 23, 7-9pm at RCSS, Ajax*  
It is time to put your New Years resolution into action and focus on your health. Learn how you can train your body to use food as a fuel instead of storing it as fat. Natural and healthy approaches to weight loss will be discussed. Helpful tips will be given that you can start using right away.

### Cleanse and Detoxify your Body

*Monday, March 20, 7-9pm at RCSS, Ajax*  
True health is achieved by cleansing from the inside out. We are constantly bombarded with chemicals in the foods we eat, the air we breathe and the cleaning products we use. The chemical build-up in our bodies can lead to serious illnesses. Learn how to cleanse and detoxify your body and reap the benefits of better health, more energy, weight loss and brighter skin.

Seminar Locations:

**Body and Soul Fitness, Toronto** –  
1875 Leslie St., Unit 16 (north of York Mills Rd.)  
**RCSS (Real Canadian Superstore), Ajax** -  
30 Kingston Rd., (west of Harwood Ave.)

