

S P R I N G 2 0 1 5

Abaton Newsletter

We look forward to accompanying you as you embrace the benefits of leading a holistic and healthy lifestyle.



Thank you for joining us at our Grand Opening Celebration!

Our Grand Opening Celebration was a success! We had over 50 visitors throughout the day. The support of the Oakville community means so much to us and we can't thank you enough!

Save the Date!

Aging Well from the Inside Out Seminar

Goodness Me! Natural Food Market

May 4, 2015 – Mississauga
Location from 6:30-8:00pm

May 23, 2015 – Burlington
Location from 10:00-11:30am

Chakra Alignment and Fascial Release Demo with Tom Beslic

Abaton Integrative Medicine
235 Randall Street, Oakville

Thursday May 7, 2015 6-8pm



Meet Barbara!

We welcome Barbara Bauman, our Nutritionist, as the newest member of Abaton Integrative Medicine. If you have dietary restrictions or a picky eater at home Barbara will work with you to find tasty solutions!

When Barbara isn't making magic in Abaton's kitchen you will find her taking her dog for a run or busy developing her own skin care line. Barbara has developed multiple programs, which includes individualized nutritional protocols for the aging population, autoimmune disorders, autism and healthy detoxification.

Abaton Services

Below are some of the services Abaton Integrative Medicine can offer you and your family

Facial Rejuvenation Acupuncture

Facial rejuvenation acupuncture, also known as cosmetic acupuncture, is a non-surgical method of reducing the signs of aging while creating balance and harmony in the whole body. Insertion of sterilized, disposable needles into points on the face and body stimulates the flow of blood to the face. This tones muscles, evens skin tone and increases collagen production diminishing the appearance of fine lines and wrinkles.



Herbal Dispensary

We are excited to announce that we have a loose herb and tincture dispensary!

What is a tincture? – Herb that is usually extracted using alcohol to produce high concentration herbal remedies.

We are able to prescribe and formulate custom tinctures and medicinal teas to address individual health concerns.



Naturopathic Doula

A Naturopathic Doula provides continuous physical, emotional and informational support to families before, during and after birth. We assist expecting parents with prenatal care, creating a birth plan and developing treatment plans for both mother and baby after the birth.





What is BIE?

Bioenergetic Intolerance Elimination (BIE) is a new, non-invasive approach to treating people with allergy like symptoms. Every substance has its own vibrational signature and this therapy reintroduces the signature of intolerant substances to the body. The body then recognizes these substances and doesn't mount the immune response that would usually cause the symptoms you know as allergies. The therapy involves applying a low electronic frequency to acupuncture points (without the use of needles) that clears blockages in the

meridian channels of the body. While this is occurring the patient is exposed to the frequency of the substance they are sensitive or intolerant to. As the energy blockages are cleared the body learns to recognize the frequency of the sensitive or intolerant substance and no longer treats it as foreign. After the treatments series is completed the body will not see these substances as a threat and the patient will see benefit in symptoms.

Abaton now offers this treatment. Book your appointment today!

Barb's Famous Hot, Hot, Hot Fudge!

This delicious fudge was a hit at our open house!

- 8 cups walnuts
- 1 1/2 cups Medjool dates
- 1 1/2 cups raisins
- 1 1/3 cups cacao powder
- 2 tbsp. cinnamon
- 1 tsp. vanilla extract
- 1 tsp. cayenne pepper
- 2 pinches sea salt
- 4 tbsp. of water

Frosting

- 1 cup maple syrup
- 3/4 cup coconut oil
- 1 1/3 cups of cocoa powder
- 1/2 cup Goji berries (optional) – can also use strawberries, raspberries or rose petals

- *Line cookie sheet with parchment paper*
- *Blend half the dry ingredients in the base (walnuts, cacao, cinnamon, vanilla, cayenne and sea salt) until "mealy"*
- *Add the dates, raisins and water and blend until "cookie dough" consistency*
- *Place on parchment paper. Repeat process with remaining base ingredients and kneed together the two batches*
- *Press firmly into the cookie sheet*
- *Put all frosting ingredients in blender and process until smooth and apply to brownies*

Our Services Continued

Nutrition

At Abaton we believe nutrition is an integral part of any treatment plan. In order to heal you must provide your body with the appropriate tools. A whole food diet rich in fruits and vegetables is an essential foundation for a healthy you. Regardless of your dietary restrictions our nutritionist, Barbara can provide tasty solutions!



Cooking Workshops

Join Barbara in Abaton's kitchen! Whether you struggle with a picky eater at home or just don't know how to stock your pantry we can help! Our classes will teach you how to prepare healthy meals for the upcoming week and cook delicious alternatives for those family members with dietary restrictions.

Abaton Integrated Packages

Abaton is an integrative clinic. It is our goal to provide the most current comprehensive care to all of our patients. Therefore, we provide treatment packages that incorporate the care of more than one health care professional. Please feel free to contact us for more information and pricing.



Weekly Running Group

Each week Abaton holds a running group! We meet at Abaton and run along the beautiful Oakville waterfront. We have participants of all levels – beginner to intermediate. Looking to join? Sign up by searching “Wednesday Walk/Run” on www.meetup.com

Why do I need a Detox?

With spring in the air many people are thinking about starting a detox to rid their bodies of the winter blues and prepare them for summer. Some questions arise when discussing detoxing like why should one detox? And how do you do a detox? We hope to shed some light on this confusing subject!

In order to understand why you may need to take on a detox protocol it may be beneficial to understand some physiology. The term detoxification actually refers to a process that is always happening inside the body. The body is very good at maintaining a state of balance otherwise known as homeostasis, even when we lead unbalanced lives. Detoxification refers to a two-fold process:

1. Taking ingested chemicals that are not easily excreted by our system (fat soluble toxins) and converting them into a form that is more easily secreted (water soluble) and then....
2. Eliminating the toxins from the system

This conversion is carried out throughout the entire body, however the liver is the main hub for the detoxification process. The colon, kidneys, skin and lungs are the primary organs of elimination.

Constant daily exposures to toxins place a burden on this natural process. Left unchecked for a long period of time can leave our bodies susceptible to genetic predispositions as well as trigger new disease processes.

When we refer to “following” a detox – what we are referring to is giving our bodies a break from the toxins and chemicals it is usually exposed to while up-regulating detoxification processes in the liver. It is also important to enhance eliminatory processes through the colon, kidneys, skin and lungs.

The goal of this health intervention is to leave the body with a “clean slate” and thereby reduce symptomology of a variety of conditions and improve overall wellbeing.

Please note that you do not need to be experiencing symptoms in order to benefit from a detox! As outlined above, symptoms usually appear after the body has been exposed to toxins for a long period of time. Therefore, by engaging yourself in regular detoxes you can prevent future disease states from presenting.

Benefits most commonly reported from engaging in a detox:

- Increased energy
- Better quality of sleep
- Enhanced digestion (Regular bowel movements, less bloating and gas, relief from gastric reflux)
- Clear glowing skin
- Improved focus
- Pain relief
- Enhanced memory
- Enhanced immunity
- Reduction in anxiety
- Increased libido

Contact Us!

Please feel free to contact us if you have any questions or would like to book an appointment!

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We are currently offering **Free 15 Minute Consults** so you can meet your Naturopathic Doctor, understand their approach and learn how Naturopathic Medicine can help you!

