



A WARM WELCOME TO OUR NEW LOCATION

Welcome to our newsletter and new location. We have settled into our wonderful, sunny office and hope that you find our clinic comfortable and healing.

At this time, we are able to provide you with more services delivered by current and new staff members to help you in your journey to wellness.

Fall has now arrived, a season in which we prepare for winter. Not only do these preparations include installing winter tires, sorting out winter clothes, planting spring flowering bulbs, but also, paying more attention to our health. Because winter is a time for flues and colds, healthy eating and taking supplements that support our immune system are essential. Dr. Jaconello's "Tips for avoiding the flu" includes these recommended supplements. Take the time to review the information as it may prevent you from illness.

Should you become ill, intravenous hydrogen peroxide, as indicated in the Dr. Jaconello's recommendations, may help you. Anti-Viral intravenous drips with high vitamin C are also available at the Centre. These intravenous preparations may help prevent contracting a cold or a virus infection.

Finally, along with the above physical preparations for winter health, other activities will help, as well. Balance winter's dormancy with indoor activities such as reading those books that you put aside for a "rainy day", pursuing interesting hobbies, taking part in a new exercise regime offered by the local community centre, preparing healthy and hearty soups and enjoying seasonal holidays with family and friends.

Mental attitudes can also keep you well. Appreciate winter's freshness, rekindle those childhood memories of magic and newness when you saw the first snowfall lace the ground with crystal whiteness.

Hildegard Beath RN

Have you seen our new clinic yet?



The time has come to bring new services and treatments to you, as promised.

We want to give you a brief description of them, as well as, introduce the staff members who will be instrumental in their implementation.

THESE TREATMENTS AND TESTS WILL BE PERFORMED INDIVIDUALLY OR AS A SET.

THEY ARE AIMED AT:

- **NATURAL PAIN MANAGEMENT**
- **RELAXATION**
- **DETOXIFICATION**
- **INCREASING MENTAL ALERTNESS**
- **RESTORING YOUR ENERGY LEVELS**

The following is a description of the above **services**:

The Egoscue method developed by Pete Egoscue, a nationally renowned physiologist and sport injury consultant to some of today's top athletes, has a 95 percent success rate for eliminating chronic pain without drugs, surgery, or expensive physical therapy. The key is a series of gentle exercises and carefully constructed stretches called E-cises.

Bio-Identical Hormone Replacement Therapy resets and adjusts the hormonal balance for men and women of all ages. The treatment is tailored to each person and targeted to specifically remedy your unique symptoms.

NaProTECHNOLOGY (Natural Procreative Technology) can be defined as a new women's health science that is designed to cooperate with the menstrual and fertility cycles. NaProTECHNOLOGY is the first system to fully network family planning with procreative and gynecologic-health monitoring and maintenance. Its use has applications in family planning, the evaluation and treatment of infertility and other reproductive disorders. These disorders can include recurrent miscarriage, abnormal bleeding, various abnormal hormone conditions of menstrual cycle such as premenstrual syndrome and recurrent ovarian cysts. Other applications are: the dating of the beginning of pregnancy, the prevention of preterm birth and postpartum depression.

Massage therapy improves circulation by bringing oxygen and other nutrients to body tissues. It relieves muscle and joint tension and pain, as well as increasing flexibility and mobility.

Acupuncture originated from a 5000 year old tradition of Chinese medicine. Thin needles are inserted into patients skin to correct the flow of qi or energy throughout pathways in the body called meridians. After an assessment is made, the treatment takes about 30 minutes and is most effective if done sequentially over a several week period. Acupuncture is relatively painless and commonly used to treat all sorts of pain and organ dysfunctions. In some cases the benefits can even be immediate. Acupuncture has the distinct advantage of having a very long history of traditional use and thousands of modern studies measuring its benefits.

Acupressure is similar to acupuncture in that the same set of points are use. Acupuncture pressure is applied usually by the practitioner's finger instead of using needles. Most people expect acupressure to be less painful than acupuncture, in fact, the opposite is usually true. Acupressure is more tactile with direct contact between patient and practitioner and can be integrated in to other manual therapies such as massage and active release.

Homeopathy is a system of therapy based on the concept that disease can be treated with drugs (in minute doses) thought capable of producing the same symptoms in healthy people as the disease itself. According to homeopathy, symptoms are the body's way of fighting disease. Homeopathy teaches that symptoms are to be encouraged, by prescribing a "remedy" in minuscule doses that in large doses would

produce the same symptoms seen in the patient. These remedies are meant to stimulate the immune system, helping to cure the illness.

FirstLine Therapy®. A reminder to patients new and old that our FirstLine Therapy® (FLT) program, delivered by Adrian Nasager Naturopathic Doctor (Candidate) is up and running and patients are seeing phenomenal results! FirstLine therapy is a structured therapeutic lifestyle program designed to provide practical guidance for people with risk factors for metabolic conditions like diabetes, heart disease and stroke. Some of these risk factors include obesity, high blood pressure and cholesterol, blood sugar issues, lack of exercise, and stress. The program supervisor will assess your risk for these chronic conditions and design a personalized program that will help you succeed in making the fundamental changes in your life that will ensure lifelong vitality! An appointment with Adrian can be made by calling the office.

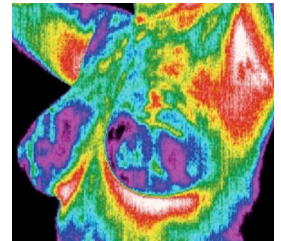
Healthy nutrition and cooking classes coming soon!

Holistic Nutritionist Patricia Meyer-Watt will be teaching about healthy nutrition and doing cooking seminars in our spacious room at the Health Centre. More details to come soon. Here are some topics that will be covered: nutritious breakfasts, winter soups in the slow-cooker, gluten free baking, Grandma's probiotics: kefir and sauerkraut, healthy traditional fats and how to prepare ghee, beautiful broth, cooking for healthy bones, etc. Let us know what other topics you are interested in. Patricia Meyer-Watt has a website: www.b-healthy.ca

The following is a description of a new **tests** that will be offered:

Breast Thermography is a screening procedure that captures images of the breast to aid in the earlier detection of breast irregularities. It is comfortable and safe, using neither radiation nor compression.

Thermology can detect tumors 8-10 years before mammogram and with 90 percent accuracy. Early detection is the best defense against breast cancer and if treated in the earliest stages, a 95 percent chance of cure is achieved.



Thermal image

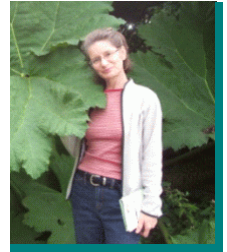
Provocative/biological testing - is the administration of a small amount of an allergen under the skin to determine if an allergic reaction occurs. Serums then can be made to suppress these symptoms and three months supply will be sent home with the patient. An allergen is a substance that causes one to react in various ways.

The Heidelberg pH Diagnostic System is a tool for measuring the pH levels in the digestive tract. The pH capsule used in the system is non-invasive and patient friendly. It is swallowed by the patient and measures the stomach acidity level to discover if there is any sign of over or under production of hydrochloric acid as both of these can cause problems with the digestion and absorption of nutrients.

Introduction to our health team members

Here are the people who will implement these services under the watchful eye of Doctor **Paul Jaconello**, clinic Founder.

- **Maya** was born and raised in Poland. After finishing University, she spent several years putting her science degree to work as an engineer in a boutique design office. In her twenties, she was dealing with various debilitating health challenges that gravely weakened her immunity and caused her health to degrade dramatically. The allopathic medical treatments she had tried at the time were of little help, and so, suffering and striving, she decided to take her health into her own hands. An inquisitive researcher by nature, Maya embarked on a long quest to regain her vitality and vibrant health. Being a lifelong self-learner, naturally curious of new ideas, always hungry for knowledge, Maya was led to discover the numerous healing benefits of ecological daily nutrition, sound and specific environmental lifestyle adjustments, and applications of energy medicine. This discovery changed her health and life forever. After coming to Canada, Maya decided to leave a well-established successful career as a designer and continue her education. She went back to school and graduated from the Canadian School of Natural Nutrition with the designation of Holistic Nutritionist. To assist her clients as Fertility Care Practitioner Maya also pursued training in Creighton Model and NaProTECHNOLOGY. Maya was working as environmental and hormone consultant alongside progressive Medical Doctor J. Krop. Passionate and dedicated to provide the best advice to her clients, she is literally living her dream in enabling people to make well-informed decisions about their health that make a tangible impact on their daily lives and long-term well-being.



Maya Fabiszak
Master of Science,
Registered Nutritional
Certified
Practitioner, Fertility
Care Practitioner
International and
Environmental
Health Consultant



Adrian Nasager
Naturopathic
Doctor (Candidate)

- **Adrian** has been in formal training for the past 7 years in medical sciences and naturopathic medicine; however, his interest lies in the integration of the best forms of all healing. Adrian is currently working with Dr. Jaconello as the Program Supervisor. He helps new patients get the most benefit out of Dr. Jaconello's initial recommendations by explaining some of the issues they might be facing, reviewing the doctor's recommendations and working with them to set simple, measurable, achievable, realistic and timely goals. He is also coordinating the FirstLine Therapy® therapeutic lifestyle program which is a comprehensive individualized program that addresses the components of diet, exercise, detoxification, inflammation and stress management with respect to chronic conditions.



**Patricia
Meyer-Watt**
Certified Nutritional
Practitioner

- **Patricia** is a first class honours graduate from the Institute of Holistic Nutrition (IHN) in Toronto, Canada, where she has been designated a Certified Nutritional Practitioner (CNP). She practices in Toronto, consulting with private clients, giving nutrition seminars, offering traditional nutrition cooking classes and working with clients referred to her by nutrition oriented medical doctors. She is a Faculty Member of the Institute of Holistic Nutrition and the Holistic Cooking Academy. Patricia volunteers for the Weston A. Price Foundation as a Chapter leader for Toronto (Downtown) promoting healthy traditional diets and supporting local farmers who use traditional farming methods.



Usha Passi
Bachelor Dental
Surgery,
Doctor of
Homeopathy

- **Usha** is a licensed Homeopathic Doctor with over 20 years of experience in Environmental Medicine. She completed her postgraduate degree in Dentistry from K.G. Medical College and Hospital in Lucknow, India in 1974. Usha attended Hahnemann College of Homeopathy in Toronto and received her Diploma in Homeopathy in 1990. She is a member of the Ontario Homeopathic Association and since obtaining her Doctor of Homeopathy, has completed a Diploma Course in Homotoxicology and a two year Homeopathic Master Clinician Course. She continues to educate herself in Homeopathy by attending seminars in Canada and India. Usha has been happily married for 36 years and has two children, both having completed post graduate education. She enjoys foreign films and cooking and never refuses the opportunity to travel.



**Edyta
Wojdalowicz**
Board Certified
Clinical
Thermographer

- **Edyta** born in Poland, came to Canada in 1992. She graduated from Cetenial Collage in 1997 with a degree in Interior Design, a field she pursued for over 10 years. Always interested in natural, holistic, homeopathic and other self healing methods she engaged in years of study at the Collage of Alternative Arts. Her courses included Chakra (an East Indian art of balancing electrical field of the body), Hollistic Bioenergy and many others. In 2007, after loosing two of her closest friends to cancer of the uterus due to late diagnosis, Edyta decided to devote her life to helping others with this disease in any way she could. In her search she came across the technology of Thermography and recognising it's usefulness she enrolled in Thermographic studies in California and became a Board Certified Thermographer.

Staff members that you should contact for specific purposes are: **Susana**, office receptionist, will schedule your appointment with Dr. Jaconello, Maya, Usha, Edyta, Adrian and Patricia. **Margaret, Merle** and **Lisa** are your contacts for scheduling LAB procedures like testing and intravenous treatments. **Ewa** is clinic director. **Hildegard** is assisting with administration and site coordinator for TACT reseach trial (Trial to Assess Chelation Therapy). **Dina** is in charge of office organizing and promotion.

"To serve those in their Quest for better health"

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Tips for avoiding the flu

Here are some ideas to help you through the flu season.

1. Take the following supplements

VITAMIN C 1000 - 2000 MG - 4 times a day

VITAMIN A 10,000 IU - 2 capsules once a day

VITAMIN D 1000 IU - 2 times per day

IMMUCORE by *Metagenics* - 1 tablet 3 times a day or

IMMUNE SUPPORT by *AOR* - 1 capsule 3 times a day.

Probiotics such as **PROFLORA** by *Professional Health Products* - 2 capsules twice a day will increase white blood cell activity and increase natural killer cells in blood stream.

2. The following essential oils may be used

Oils of **oregano**, **rosemary**, **eucalyptus** and **cloves**.

Add 2 drops of **Eucalyptus Oil** in a steam inhaler at night or use in your area of work or in different rooms. One can use a pocket inhaler or add 2 drops to a bowl of hot water and put a towel overhead to make a tent and breath the vapor.

3. Intravenous treatment for acute illness.

Intravenous **hydrogen peroxide** is given every other day alternating with 50 gm of intravenous **vitamin C** for up to 3 weeks. These drips are available in our office.

There are other intravenous treatments. Please consult with Dr. Jaconello before it develops into an illness.

4. Additional treatments

Bacterial vaccines

These are oral vaccines. They are made of killed oral bacteria from the throat, which stimulates immunity in the airway. Bacterial vaccines are backed by research and a double-blind trial has shown a protective effect in influenza. Modern oral bacterial vaccines are licensed in Europe but not in the US or Canada.

The following can be ordered on your behalf:

Broncho-Vaxon is a Swiss preparation manufactured by Laboratories O.M. It can be ordered on your behalf from an International Pharmacy. The prophylactic dosage is:

1 capsule daily for 10 days and repeat the 10 day course at 1 month intervals. Repeat with 1 course every 10 days for 3 months.

5. Homeopathy

Various homeopathic remedies are available for the flu. Please make an appointment with our Homeopathic Doctor who recently join our team.

Final commentary

Although the above measures are to boost your immune system, one must remember the following:

- ☺ Wash hands frequently
- ☺ Keep hands away from the face
- ☺ Eat a diet high in antioxidants
- ☺ Drink lots of warm fluids, which will wash the virus away from your throat (sinus rinses may be used, as well, for the nasal cavity).
- ☺ Get proper sleep

Paul Jaconello, MD

Dr. Jaconello books recommendations

1) *Vaccine Safety Manual for Concerned Families and Health Practitioners* by Neil Z. Miller, 2nd Edition, New Atlantean Press, PO Box 9638, Santa Fe, NM 87504, www.thinktwice.com

2) *Make an Informed Vaccine Decision for the Health of Your Child: a Parent's Guide to Childhood Shots* by Mayer Eisenstein, MD, JD, MPH with Neil Z. Miller, New Atlantean Press, PO Box 9638, Santa Fe, New Mexico, www.new-attantean.com

3) *Pain Free: a Revolutionary Method for Stopping Chronic Pain* by Pete Egoscue with Roger Gittines, Bantam Books, Toronto, ON

4) *NaProTECHNOLOGY Revolution Unleashing the Power in a Woman's Cycle* by Thomas W. Hilgers, MD, Beaufort Books, New York, www.beaufortbooks.com

5) *Stay Young and Sexy with Bio-Identical Hormone Replacement. The Science Explained* by Jonathan V. Wright, MD and Lane Lenard, PhD, Smart Publications™, PO Box 4667, Petaluma, CA 94955, www.smart-publications.com

The first two books can be purchased at Pace Pharmacy located at 14 Isabella Street, Toronto, ON, M4Y 1N1, phone (416) 515-7224.

Some closing thoughts...

As a patient of an alternative medical clinic, you have the knowledge and accessibility to preventive measures that you need to use at the beginning of an illness. Please help someone you know to stay healthy or recover faster by following Dr. Jaconello's advice and his counseling in maintaining a healthy lifestyle.

FREE lectures by Dr. Jaconello

Do you know someone who would benefit from learning how functional medicine can help? If so, bring your friends and family to FREE seminars and lectures by Dr. Jaconello. For the lectures schedule call 416-463-2911 or e-mail info@jaconello.com

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