



Newsletter, Volume 2, Number 3 – March 2010

In the News

Dr. Hoo's Stress Buster Formula and Dr. Hoo's Cold Buster Formula are now available at Choices Market in Yaletown.

Well the Olympics is finally over but did you see that final goal by Crosby??!! That was a nail biter for sure! Hope everyone had a good time throughout the Olympics.

Well with the outgoing Olympics we have the onset of seasonal allergies brought on by birch, alder and the ubiquitous cherry blossoms!

If you've been blessed with the gift of the groundhog, predicting the coming of Spring with itchy, watery eyes, sneezing, low energy and overall irritability, have I got some news for you!!

I used to be among the thousands of Vancouverites subjected to Springtime allergies – fortunately my symptoms are now relegated to mild sneezing and slight itching of the eyes. I attribute these to bi-annual detoxification programs with the elimination of dairy, wheat, alcohol, coffee and sugar as well as powdered medical foods in shakes.

Secondly, I've used a treatment called auto-hemotherapy which provides amazing results in reducing allergy symptoms. Auto-hemotherapy combines homeopathic medicines with your blood for a treatment akin to vaccination. For some of my patients, a reduction of symptoms as significant as 90-95% after only 2 treatments have been reported and this of course, is the ultimate goal!!

Naturopathic Options: Detoxification programs are essential as they facilitate the clearance of toxic waste build-up in the liver and soft tissues. When waste material are incompletely cleared from our liver/body, our ability to manage environmental allergens gets compromised. There are cells in the liver called Kupffer cells which aid in the removal of metabolic waste products and allergens alike. Liver detoxification programs facilitate this process, along with the support of detoxification from the kidneys and large intestines.

During this time, I also recommend going to the sauna (10 minutes, 3x per week) to aid in sweating for the removal of toxins from the skin; additionally, light skin brushing with a loofah sponge will also promote detoxification by stimulating the lymphatic system.

The overall effect after a detoxification program includes: improved energy, sleep and concentration, improved mood and oftentimes, some weight loss.

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Advice from Dr. Aaron Hoo

If you or someone you know is suffering from seasonal allergies, I encourage you to come into the clinic to discuss effective, natural and safe treatments to reduce the symptoms. If needles scare you (eg. Autohemotherapy), I would suggest using herbal preparations like Metagenics' Nazanol or Biomed's Nasal Spray to minimize allergy symptoms. The former is a traditional Chinese formula which dries up the nasal passages and sinus cavity while the latter is a homeopathic formula which clears the nasal passages and minimizes the runny nose so often seen with seasonal allergies.

Featured Recipe

CHICKEN PASTA SALAD (4-5 SERVINGS) - ** this recipe is GLUTEN FREE


Ingredients: You can use the gluten free pastas available at your local healthfood store; consider small shells, short elbow macaroni or rice orzo

1 ½ cups uncooked pasta; 1 ½ cups cooked chicken, diced; 5 green onions, sliced thin; ½ cup diced celery; 2 tablespoons black olives, sliced.

Cook the pasta according to package directions and cool. Gently mix chicken, onions, celery and olives into the cold pasta and add the Hint-of-Orange dressing until you feel the salad is moist enough

Hint-of-Orange Dressing Ingredients (makes 1 ½ cup): ½ cup mayonnaise; ½ cup sour cream; 2 tsp grated orange peel; 2 tablespoons milk or non-dairy substitute; 1 ½ tsp orange juice concentrate; 2 tablespoons orange juice; salt to taste. ** Consider dairy free mayonnaise and tofu sour cream for a dairy-free salad. In a small bowl, combine all the ingredients and mix well before blending with the salad – Bon a petit!

Clinic Savings

 Doctors' Choice NUTRITION	<p>Bring this portion into the clinic to receive</p> <p>15% off</p> <p>your next supplement purchase</p> <p><small>**This offer is not to be used with any other discounts or in-store promotions. Offer applicable once per month per household**</small></p>
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