

# HYDRATE+

IV WELLNESS CENTRE



It's another busy and exciting month at Hydrate! We have some great new treatment options for you, an April Health Talk that will quench your thirst for holistic nutrition, and great ways to reduce stress, in honour of National Stress Awareness month. The clinic will be closed on Good Friday (April 19) and Easter Monday (April 22), so be sure to book in your appointments as the month is already going fast!

In honour of National Stress Awareness Month, we're featuring our Stress Relief IV and Adrenal Support Mini Boost this month.

#### Stress Relief IV

Calms the nervous system and supports the adrenal glands. This is an ideal IV to get when you're feeling overworked, anxious and run down—what we like to call "wired and tired".

#### Adrenal Support Mini Boost

Contains complete B-vitamins, glycine, and homeopathic adrenal support to help calm the mind and reduce cortisol levels.

Stress Relief IV: \$135

Adrenal Support Mini Boost: \$60

## APRIL FEATURED PRODUCTS



Featured products for April

ADR-LF, AKA "adrenal life force"

A restorative formula for the adrenal glands that contains B vitamins, amino acids, Rhodiola and Adrenal glandular for a comprehensive rebuild for exhausted adrenals

Mag-matrix liquid, lemon flavour

A highly absorbable chelate forms of Magnesium useful for cramping (leg, periods) and as a general muscle relaxant to help sleep and muscle strain

Cortisol manager

A blend of botanicals to help reduce cortisol release from the adrenals and brain support of L- theanine and phospholipids to help modulate the stress response.



Happy Easter

Enjoy a chance over the long weekend to relax, recharge, and rejuvenate. Book an IV therapy appointment for Saturday, April 20 and enjoy some Easter chocolate, on us!

HYDRATE MONTHLY EVENT

# HYDRATE+

IV WELLNESS CENTRE

## APRIL HEALTH TALK

### JUICING FOR LIFE WITH STEPHANIE WAKEFIELD, RHN

Join Holistic Nutritionist Stephanie Wakefield as she walks you through the benefits of juicing while providing hands-on juice blending for different conditions.



---

Date & time: Sunday, April 28 at 1-3 p.m.

Cost: \$30

RSVP: [info@hydrate.ca](mailto:info@hydrate.ca) or 250.590.1482

---

Hydrate IV Wellness Centre offers a full range naturopathic care involving dietary and supplement advice, allergy and hormone testing, acupuncture, intravenous nutrient therapy and prolotherapy to address your all your health concerns.



1-1015 Cook Street, Victoria BC  
250.590.1482

[WWW.HYDRATEIV.CA](http://WWW.HYDRATEIV.CA)



## INTRODUCING MEDITATION & IV THERAPY

Take your IV and Naturopathic treatments to a new level with mind, body connection through guided meditation. Jill Wauthy, of YOUiversity Meditation & Soul School, is excited to bring you two new offerings to help you connect to your inner world and learn how to direct your body in its healing process.

Your body is a complex system that requires support unique to you. It takes the exploration of self to find your recipe for health. These offerings will offer a mix of education and experience to assist you in the reclamation of your innate power of self-healing and empower you with tools to create lasting change in your quality of life.

### Guided Meditation with IV

\$155 including IV (choose from Immune Boost, Energy Blast, or Stress Relief)

Support your next IV treatment with a guided meditation. This promotes cellular level relaxation so you are able to fully receive the nutrients of your IV and

Available to existing IV patients only, if you haven't come in for your first IV yet, be sure to do so before May 11th to participate!

\*private sessions also available for \$30 add on to your usual IV treatment\*

### Subtle Anatomy with Guided Meditation

\$25 per person, 1.5 hours

We will look at what's going on inside your body on a physiological level to help visualize how our bodies are taking care of us and then enjoy a deep relaxation through guided meditation to experience the mind body connection. After this workshop you will have new tools you can take home with you to practice in your daily life to support the positive changes you're making for your health.



## NEW TREATMENT: REIKI

Reiki is an ancient healing technique based on the principle that a practitioner channels energy into another person or themselves by means of touch and positive intention. This activates the natural healing process that restores the body, mind and spirit. Reiki is a Japanese word that means “universal life energy” and is an ancient healing method that manipulates energy flow in the body. They believe there is a flow of energy between the reiki practitioner and the receiver of the treatment. It is thought reiki releases energy flows and allows the body’s own natural healing ability to work.

Reiki focuses on seven main energy centres, called chakras, in your body. The energy should flow freely through your chakras in order for you to be spiritually, physically, mentally and emotionally balanced and healthy. I believe that if energy paths are blocked, you may feel ill, weak or have pain. In some cases, people use reiki to help aid in muscle tension, speed healing, decrease pain and help improve sleep.

### 1hr treatment

Consists of light, non-invasive touch with with the practitioner's hands placed/held over chakras accompanied by reiki stones, working from crown chakra to the root chakra. Additional hand placements can be done as needed (torso, limbs, injury, acute pain etc.). After each chakra receives energy, an alignment is performed with all chakras, ending the treatment with a cleansing of the body’s aura and gentle pressure massage on the feet for grounding.

### 30min treatment

Consists of alignment of all chakras with stones and/or an acute area with grounding and aura cleansing.

### About Paul

Paul is an old soul, born and raised on Vancouver Island. A professional and sensitive practitioner, he is a strong believer in the benefits of talk therapy and other interactive treatments. A Reiki Master since 2017, Paul loves empowering people to understand their bodies and discover the gentle power of the healing arts. As an Empath and Reiki Practitioner, he enjoys providing a safe and nurturing atmosphere in which to help promote healing or aid in your life journey.

## FEATURED ARTICLE



BY DR. KIRSTEN BOVEE

Peninsula Naturopathic Clinic  
Hydrate IV Wellness Centre

## QUERCETIN- AN AMAZING FLAVONOID TO THE RESCUE

Itchy eyes? Runny Nose? Yes, its hay fever time! For most of us it's a joyous return to spending time outdoors, for others it's the start of congestion, discomfort and daily annoyance. Most people who have allergies are aware of what they are allergic to, but other than taking antihistamines and keeping away from the offending elements, there is little more people know how to manage this condition. In my practice, quercetin is often the first line of defense to assist in managing the symptoms of hay fever.

Quercetin is a plant nutrient called a 'flavonoid' in the polyphenol group (like that in red wine) that gives plants their vibrant colours of reds, purples, orange, and yellows. Foods such as apples, grapes, capers, red onions and kale contain significant amounts of quercetin. Being a flavonoid, it exhibits similar protective antioxidant effects on the body like vitamin C and resveratrol. It also has supportive benefits on the immune system that helps to stabilize the release of histamine by our mast cells, making it an excellent alternative to pharmaceutical antihistamines. Below are three main areas quercetin has been used therapeutically and make it an exciting nutrient we should be getting enough of in our diet.

1) Environmental allergies- Mast cells are the immune cells responsible for allergic responses due to the foods we eat or elements in our environment. The cells when triggered produce a molecule called histamine that is responsible for the swelling, itching, mucous, and tears we experience with allergies. In a peer-reviewed study, quercetin was shown to be more effective than the pharmaceutical cromolyn sodium for mast cell

stabilization. This makes quercetin an effective natural alternative for IgE mediated immune responses such as hay fever and other allergic conditions such as contact dermatitis.

2) Gastrointestinal health- Most of our gut issues stem from inflammatory reactions from foods or toxins acquired from our environment. Our GI tract can also be victim to allergic responses that cause histamine to be release and cause our gut to become 'leaky'. Because these cells are overturned at a higher rate than other cells in our body it is important to protect our gastrointestinal cells to keep them functioning optimally. Most flavonoids, including quercetin, exhibit protective antioxidant and antihistamine effects preventing damage to our tissue including our gastrointestinal wall. Quercetin specifically has also has been shown to protect liver cells from damage due to ethanol (alcohol) consumption.

3) Cancer treatment: Quercetin could potentially rise on the forefront for cancer prevention and treatment. There have been clinical trials performed using quercetin at different doses intravenously with very encouraging results. It has shown to inhibit cancer progression by blocking growth signals and triggering tumour cell death. It also has been shown to act by MCT1 inhibition associated with mechanisms of some anticancer drugs used today. Currently in my practice, I have begun to utilize intravenous quercetin as an adjunctive anticancer therapy.

With limited options to aid and assist our body from allergic reactions, quercetin is a nutrient that should not be overlooked. Because it can have more difficulty absorbing gastrointestinally, therapeutic doses are usually high. Consider using 500mg two to three times daily a few week prior to the start of allergy season for the best responses and to enjoy spring to it's fullest.

## RECIPE OF THE MONTH



This kale detox salad is the perfect meal for a cleanse, made with whole, real ingredients. Made with a mouth-watering carrot top pesto and roasted vegetables.

Prep Time 15 minutes  
Cook Time 45 minutes  
Total Time 1 hour  
Servings 2 as a Main, 3-4 as a Side

### Ingredients

#### Carrot Top Pesto

Tops of 1 Bunch Carrots  
1/4 Cup Extra Virgin Olive Oil  
1/4 Tsp Salt  
1/4 Tsp Pepper  
Juice from 1/2 a Lemon

#### Roasted Veg

1 Lb Fingerling Potatoes cut into rounds  
3-4 Large Purple Carrots cut into rounds  
1 15 oz Can Chickpeas drained and rinsed  
A Generous Drizzle of Olive Oil  
1 Tsp Salt  
1 Tsp Pepper  
1 Tsp Dried Parsley  
1 Tsp Dried Basil  
1/2 Tsp Garlic Powder  
Few Sprinkles of Dried Thyme

### The Rest of the Salad

A Few Handfuls Lacinato Kale Sliced Thin  
1 Cup Cooked Brown Rice  
Sliced Jalapeño if desired  
Sesame Seeds if desired

### Instructions

Preheat oven to 425 degrees F.

Prep vegetables - wash and dry carrots and potatoes. Cut both into rounds (disks), about 1/4 inch thick.

In a bowl, combine chopped potatoes, carrots, and chickpeas. Add in olive oil and spices, and mix well until everything is evenly coated.

On a baking sheet lined with parchment paper, bake vegetables + chickpeas for 45-50 minutes.

When they're done cooking, remove from oven and let cool.

While vegetables are cooking, make pesto - combine all ingredients into a food processor and process on high until a slightly smooth pesto is formed.

In a bowl, mix thinly sliced lacinato kale and pesto until kale is evenly covered. Then, add in roasted vegetables + chickpeas and brown rice. Mix well until everything is evenly combined.

Serve in bowls and top with sesame seeds.

Enjoy!

### Recipe Notes

If you can't find lacinato (Tuscan) kale, any other hardy green will do - like chard, regular kale, or collard greens.