

SEPTEMBER 2022

WHAT'S NEW AT NMAC

Office Hours

Monday - Friday 8am to 5pm | Saturday - Sunday 10am to 3pm



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Services

Medical » Aesthetics » Medical Weight Loss » Nutrition & Life Coaching » Naturopathic Medicine
Covid-19 & Laboratory Services » Hair Restoration & Salon » Rheumatology » Sexual Health



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- ❖ Screen for disease and health issues and so much more...

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SAVE YOUR LIFE

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Get That Back 2 School Hair



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AT NORTHSORE MEDICAL CENTER



Sheri Burgess
Certified Trichologist
& Cosmetologist



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BACK

TO

3
TIPS

SCHOOL

Tips

Stop the Paining You've been doing the best job keeping healthy the past few years! Yay, you! Yet, your pals at school will still happily share all kinds of friendly bugs with you. Remember: WASH your hands (with soap and warm water); cover your mouth when you sneeze. Take your C-PAK from Dr. Brown. And stay home when you feel you are paining.

Nocturnal Creature? It's time to Sleep So, I know you've been living life like a nocturnal creature this summer. But, you are going to need to reset your clock a few days earlier! Start heading to bed 15 minutes earlier and set that alarm for regular wake up time. You will hit the road running on the first day. And you are going to be miles ahead of your sleepy classmates!

Healthy Lunch = Healthy Brain You are going to need a healthy balanced lunch to keep focused and awake for all your classes. Be sure to have healthy snacks like fruits, sliced veggies and some hummus dip (Dr. Dale's easy recipe below) ready for school.

It's Recipe Time! Easy Humous Recipe

- ▶ **1 Cup (one can) of chickpeas**
- ▶ **2 tbsp of tahini (sesame butter)-optional; or substitute peanut butter**
- ▶ **2 Tbsp of fresh squeezed lemon juice**
- ▶ **3 Cloves garlic, fresh crushed**
- ▶ **1/4 tsp salt (to taste, really)**
- ▶ **1/4 tsp cumin powder**
- ▶ **1/4 cup olive oil (add gradually to check texture)**

Start by mixing together the lemon juice and tahini in a bowl; create a smooth paste. Add the paste to the chickpeas and blend with a mixer, add a bit of water. Throw in the garlic and spices. Add olive oil gradually to create a nice smooth texture.

Enjoy with Ryvita crackers, or fresh veggies (carrots, celery, and cucumber). Go crazy with a fancy plate adding green olives to the plate and a sprig of fresh parsley for that "je ne sais crois" or special touch!



Dr. Katherine Dale, ND

Naturopathic Doctor

Using Your Body's Intrinsic Healing Power!

Northshore Medical & Aesthetics Center



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- ✓ ***Affordable Annual Physicals***
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THE BERMUDIAN
**BEST
OF
BERMUDA
WINNER 2022**

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STAFF INTERVIEWS, *We will be featuring staff all year on why NMAC is the BEST. Here is what some staff had to say...*

1. What's the best part about working at NMAC?

The best part about working at NMAC is to witness patient care at the highest most caring level.

2. What is your favorite service/product you like at NMAC to do?

My favorite service is the Naturopathic Service because they change and inform lives

3. When did you start working at nmac?

I started working again in February 2022. However, this is the 3rd time I have been on staff. I was first employed as the following:

1. Practice Manager and Consultant
2. HR Manager Consultant
3. Acting Group General Manager and Human Resource and Special Projects Consultant

4. What's your favorite memory working at nmac? (Can be a client, coworker, community service or other moment)

My favorite time at NMAC is working with staff, in a caring and understanding manner, to resolve issues. Staff is our most valuable resource and I appreciate their contributions.



Dr. Melvin Dickinson



Ieysha Berkeley

1. What's the best part about working at NMAC?

1. My favourite part about working at NMAC is the support and encouragement I have been given by management, especially Dr Brown who has consistently afforded me the opportunity to contribute to the NMAC team while I has pursued my studies.

2. When did you start working at nmac?

I started with NMAC on August 16th, 2021.

3. What's your favorite memory working at NMAC with a client as call center agent?

1. My favourite client to date is one who needed anyone's help and she just happened to get through to me. She was due to travel in the height of covid and needed test results. We may have spoken close to 50 times that day with numerous "I'm still working on it" calls in between. Our patient went from frantic to relieved once the results were sent through and It was satisfying just to know that our patients trust us enough to help them through everything.

2. Every time she calls now, its an absolute pleasure to speak with her.

BIRTHDAY CELEBRATIONS



Cherrece Salmon-Shirley

September 1



Jill Chapman

September 10



Ceita Rochester

September 11



Dwayne Simpson

September 26

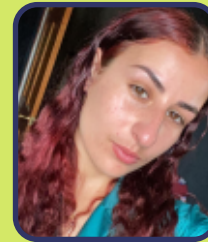
NEW HIRES



Sylas Young



Dr. Lunette Castillo



Selena Araujo

STAFF APPRECIATION

Hey Dr Brown I really love how you have all the young ppl working down at your place, I enjoy coming down there you've really outdone yourself with that amazing well run Medical Center Happy to Support my own. 🍌🍌🍌 keep up the amazing work!

7:21 AM

Thanks Brandi - if I don't train them who will ! 🙌

Sent

*" Sylas has been doing an excellent job on his own."
from **Cherrece***

The Royal Gazette

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Naturopathic doctor aims for hormonal balance

Jessie Moniz Hardy

Updated: Aug 30, 2022 08:06 AM

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Naturopathic doctor Katherine Dale joined the staff of Northshore Medical & Aesthetics Centre in June (Photograph supplied)

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- ✓ Restores the body
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- ✓ Immune boosting
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- ✓ Many patients have immediate results (results may vary for every patient)

***We recommend clients get this cocktail
monthly or quarterly to help!***



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ONLINE HEALTH EDUCATION COURSES

SEPTEMBER 2022



Dr. Amani Flood
Naturopathic Doctor



Dr. Katherine Dale
Naturopathic Doctor

IMPROVE YOUR DIGESTION

Tue/Wed 6th and 7th, 6:30 – 7:30 pm

Fix the digestive disorders that give you pain, gas, bloating and other discomfort after eating. Learn what you're doing wrong and what is right

BETTER SLEEP AND RELAXATION

Thursdays 8th and 29th, 6:30 – 7:30 pm

Stressed about your stress? Sleepless worrying about not getting sleep? Discover some situations that prevent sleep and learn tools & tricks to relax into natural sleep

WOMEN'S HORMONES & FAT GAIN

Tuesdays 13th and 27th, 6:30 – 7:30 pm

Have you noticed a little more weight around the middle? Understand how a lack of hormone balance could be creating the ideal environment for your situation. Balance is Key!

HAVE A HAPPY, HEALTHY VAGINA

Wed/Thu 14th and 15th, 6:30 – 7:30 pm

If you have a vagina please attend this class! Learn secrets of its complex anatomy. Say goodbye to UTI's, bacterial infections, odours, itching and painful sexual intimacy. Fun and informative!

FIGHT DISEASE WITH FOOD

Tue/Wed/Thu 20th – 22nd 6:30 – 7:30 pm

Eat to Live! What foods form a Healing Diet for any condition? Which diet is right for you? Learn to design meals suited for your specific health condition and health goals. See why Food is Life!

INTRODUCTION TO INTUITIVE EATING

Part 1/4 Wednesday 28th, 6:30 – 7:30pm

Are you tired of feeling out of control with dieting & yoyo weight loss? Dig below the surface with 10 Steps to understand and improve your relationship with food. Learn to trust yourself again. And love the skin you're in!

- > All classes meet via Zoom for 1 hour from 6:30 – 7:30 p.m.
- > Enroll in as many courses as you wish, as long as you qualify, based on your Diagnoses
- > A cash fee is available if you are uninsured or do not qualify based on your Diagnosis
- > Please call or email us with your questions or to enroll

ANYONE CAN ATTEND

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Primary Care & Dermatology



Dr. Amani Flood
Naturopathic Doctor



Dr. Gonzales
Internal Medicine & Rheumatology



Dr. Jonathan Mekanjuola
Urological Surgeon



Dr. Paula Estwick
Primary Care



Dr. Katherine Dale
Naturopathic Doctor



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Sheri Burgess
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- ✓ Dermatology
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- ✓ Weight Loss
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- ✓ Colon Hydrotherapy
- ✓ Rheumatology
- ✓ Laboratory

- ✓ Purchase of Supplements
- ✓ Hair Restoration
- ✓ Acupuncture
- ✓ Spinal Manipulations
- ✓ Massage Therapy
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- ✓ Wheelchair Accessible

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SPECIAL PRICE \$568

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*Payment must be made at time of booking
to receive the discount

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Dr. Katherine Dale

*NMACs Newest Doctor of
Naturopathic Medicine*

Katherine Dale's interest in natural medicine started with a pregnancy scare back in the 1990s.

She went to a doctor who told her that based on her last period, she could not be pregnant.

She was an adult, but knew very little about her own fertility cycles.

"I said, wow, how do you know that?" she said. "Is that information out there?"

The experience sent her on a journey to learn more about fertility and natural methods of birth control.

"I did not want to take something every day that would suppress my fertility," she said. "I studied bits of methods that had been used to monitor mucus and cervical positioning. I used temperature taking."

Today she is a naturopathic doctor with a focus on hormones. Originally from Toronto, Ontario, Canada, she joined the staff of Northshore Medical & Aesthetics Centre in Devonshire in June.

Previously, she lived in New York City and Hong Kong, and had an online practice with patients worldwide.

She feels that every woman should understand their own hormones and cycles starting from when they start menstruating.

"Fertility is one of your vital signs," she said. "A woman should understand how her body works. There are a lot of signs telling us we are fertile, and it is not every day."

To help, she offers online courses not only on natural birth control methods, but also on sleep, menstruation, fertility, self-care, and menopause.

Dr Dale did not start off in natural medicine. In her undergraduate years she did environmental studies at the University of Waterloo in Waterloo, Canada, but quickly realised that it was hard to get humans to make the planet healthy when they were not healthy themselves.

She graduated from the Canadian College of Naturopathic Medicine in Toronto, with a doctorate of naturopathic medicine in 2002, after studying for eight years.

Dr Dale comes from a family of nurses and doctors. When she became a naturopathic doctor, they did not really understand, and confused what she did with homeopathy.

"I use homeopathy in my practice, but I am a naturopathic doctor," she said. "I have been in practice for 20 years now, and in Ontario you can now call yourself a doctor. That is a major change."

When she found the job at Northshore Medical, she was preparing to leave the United States to return to Canada.

"Being here feels like a miracle," she said. "I didn't stop pinching myself for the first three weeks I was in Bermuda. It did not seem real."

She enjoys the beauty of the island.



"I love the water," she said. "I love that I am never more than three minutes from a dip."

She recently learnt to surf.

But what really makes it special for her here is the collaborative set-up at Northshore Medical.

"It seemed like a real opportunity," she said. "I am now collaborating with medical professionals. I am able to work with the medical doctors to order investigative studies, and we have a lab on site."

She said in the United States it was highly unusual for naturopaths to work directly with medical doctors.

"I never had that kind of relationship with a medical doctor who asked my advice or took information from me," she said. "That could also be the culture of Bermuda."

Although she can deal with issues relating to perimenopause, menopause, ageing and fertility, many of her clients in Bermuda, so far, have been pre-diabetic or struggling with weight issues.

"The treatment of diabetes has been much more focused on the medical profession everywhere I have been," she said. "But here I am doing a lot of work with people who are progressively moving towards having issues with diabetes. That all impacts our hormone levels as well."

Being overweight can contribute to other health issues such as high blood pressure or heart disease.

"A lot of it comes from lifestyle and not getting on their bicycles and not walking," Dr Dale said.

She also thought local food choices and costs could be limiting in Bermuda.

"I went to buy raspberries the other day and they were \$10, but I still bought them," she said.

In the last two months she has also seen many patients who have vitamin deficiencies particularly in B vitamins. In fact, she felt she was seeing more people with this here, than in other parts of the world.

"I think it is related to food," she said. "It could be genetic. It also has to do with absorption from the tummy. It could be toxins, maybe from the water. But I am not there yet, in terms of figuring out why."

Symptoms of a B vitamin deficiency can include tiredness, weakness, confusion, weight loss and numbness and tingling in the hands and feet, among other things.

Dr Dale said people with these symptoms need to visit a health professional and ask questions.

"It is really important that people are watching those signs," she said. "It comes up for women, maybe more easily, but men as well can be B vitamin deficient."

She said there are some foods that can help raise your B vitamin levels such as organ meats. She said vegans also have to be conscious of their B vitamin levels.

"Being a vegan is a huge effort," she said. "It is noble, but it is not something to do lightly. You need to be very conscious of what else you are putting into your body."

In her practice, Dr Dale is also very conscious of her patients' mental health.

"Mental health is so important to our well being," she said. "Our bodies talk to us. They tell us that there is something wrong and we often continually ignore it and try to intellectualise it. We try to say oh, I feel this way because I did this and I will be OK tomorrow. There are early signs such as heart racing, discomfort in a situation, inability to get out of bed, fatigue. A lot of people will ignore these things for too long."

Dear Valued NMAC Patients,

We had a successful launch last month of our Online Health Education programme, with patients expressing their gratitude for the opportunity to improve upon their health. Now we are back with **exciting new courses for September**. Once again we invite you join in so you can **Learn about your health from the comfort of your home via Zoom**. We are offering **6 new Courses** which will meet on **Tuesdays, Wednesdays or Thursdays** from 6:30-7:30 p.m. Our new Naturopath, **Dr. Katherine Dale** will be sharing her expertise this month with **3 unique courses that we are sure you will enjoy**. **Dr. Flood** will be offering **3 new courses** that are relevant to so many.

1. **Improve Your Digestion** by Dr. Flood, is for those with acid reflux, heartburn, experiencing gas and bloating after eating, constipation, diarrhea, diverticulitis, food sensitivities, Irritable bowel syndrome or Inflammatory bowel disease.
2. **Better Sleep and Relaxation** by Dr. Dale, is for those with insomnia, difficulty falling asleep, unable to fully relax or unable to fall asleep and stay asleep all night.
3. **Women's Hormones & Fat Gain** by Dr. Dale, is for females who find their waistline expanding no matter what they do.
4. **Have a Happy, Healthy Vagina** by Dr. Flood is for women who suffer from recurring vaginal or urinary tract infections, frequent yeast infections, dryness, pain and those who want to understand their female anatomy better.
5. **Fight Disease with Food** by Dr. Flood is for anyone who wants to understand the connection between what they eat and how they feel, and those who want to learn how to eat to live a long and healthy life.
6. **Introduction to Intuitive Eating** by Dr. Dale is for those who want to learn how to choose the right foods for them to achieve their weight and other health goals and how to generally feel better about themselves and their chosen diet.

These new courses are **interesting, fun and easy to follow**. The content will focus on the basics and **teach you the simple things you can do to improve your overall health**. You can participate at your own comfort level, with your video on or off. Handouts, recipes, charts, logs and other materials will be provided.

This is your chance to....

- **Understand your treatment plan better**
- **Learn about your condition and what it means for your overall health**
- **Get the tools you need to get the results you want**

Join in and **BE THE CHANGE** you want to see in your health.

We hope to see you there!

Dr. Amani Flood, NMD

Dr. Katherine Dale, ND

Clinic of Naturopathic Medicine

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- ✓ Receive practical education for easy immediate life application



Dr. Amani Flood
Naturopathic Doctor



Dr. Katherine Dale
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