



ANNOUNCEMENTS



**Mango Self-Care Kits
available at Demo Soap
until Dec. 15 at Liberty
Village!**

**www.demosoap.com
[@berkano_onakreb](https://www.instagram.com/berkano_onakreb)**

CLINIC **HOLIDAY** HOURS

- Closed for the holidays December 25-26, and on January 1st
- Opened December 27-29, and January 2

Any cancellations, rescheduling, bookings while the clinic is closed must be done by leaving a voicemail at 416-603-5263

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This Issue's Contributors:

Dr. Jean-Jacques Dugoua, Aga Halonska,
Liliane Kreuder, Nicholas Romanoff Patchell

Layout/Design:
Liliane Kreuder

Newsletter Editor:
Dr. Shelly-Anne Li

AHC FUNDRAISER: THANK YOU NICHOLAS!

Nicholas Romanoff Patchell is a non-binary creative living here in Toronto and is a patient and supporter of the Artists' Health Centre.

Nicholas has created a fundraising initiative selling wellness kits to help support the Centre and its patients, where all proceeds will go towards AHC, helping new patients embark on their wellness journey.



IG: @berkano_onakreb

The kits are available for purchase at JREW during STACKT market (Bathurst and Front) on **Dec. 9 from 4-8pm**. The kits are also being sold at Demo Soap in Liberty Village at **171 E Liberty Street #123, Toronto, until Dec. 15.**



Each kit is \$60 and includes

- 1 candle
- 1 shampoo/conditioner bar set
- 1 mango coconut luxury soap donut
- 4 small mango and coconut soaps
- 1 mango lotion (free-trade)
- 1 soap lathering bag (for spent bars)
- 1 loofah scrub (exfoliating)
- 1 face cloth

How has Artists' Health Centre impacted on your journey to recovery?

The Artist' Health Centre has played a major role in my recovery after being diagnosed with mental illness as well as becoming sober after years of alcohol dependency and impulsive self-destructive behaviours. This year since going vegan I booked some time with the Centre's naturopath to review my diet, supplement and medication intake to ensure I was on track and not missing any gaps.

How did you come up with the idea of doing a fundraising event for the Centre? What was your primary motivation?

I had set a goal to fundraise for a cause near and dear to me and I couldn't think of a better fit. I wanted to bring my joy of taking a few extra minutes of self-care on a routine basis available to all and have it directly support mental health.

INTERVIEW WITH SPOTLIGHT PRACTITIONER

Dr. Jean-Jacques Dugoua



Dr. Jean-Jacques Dugoua, or Dr. JJ as he is affectionately known, is a licensed naturopathic doctor (ND) since 2003 and the first ND to practice naturopathic medicine at The Al & Malka Green Artists' Health Centre (AHC). Dr. JJ completed his PhD in Pharmaceutical Sciences at University of Toronto in 2011. His areas of clinical interest include: stress and anxiety, infections, skin and hair conditions, digestive issues, thyroid conditions and fertility support.

Can you share a little bit about yourself and how you became a naturopathic doctor?

I became a naturopath because I always had an interest in having different options for your health. I did a four-year naturopathic medicine program in Ontario and graduated in 2003. I've been in practice for 20 years.

When I was a teenager, I was on a lot of antibiotics and I hit a wall where I felt like I was taking too many meds, and meds didn't agree well with me, so I ended up seeing a naturopath in Montreal. She had pointed out that, 'gee, you consume a lot of dairy and wheat.'

So she suggested that I take a break from those. I thought she was crazy, but I was tired of getting sick every month during the winter. So I went and did those things and lo and behold, I started getting less sick. So as things developed, whenever I had an ache, I would look for something natural.

What are some of the common health challenges that you find the artists face?

Common health issues include mental health stress. The stress of having to make a career with your art, anything from visual artists to dancers, musicians, etc. So I do a lot of stress reduction and mood enhancement. I see patients with autoimmune conditions like Crohn's, colitis, thyroid issues—a mixed bag in the visual arts population. I've seen more people with chemical sensitivities, so people who start to overreact to chemicals, sometimes due to overexposure to the type of products they use in making their art. I also provide adjunctive care for musculoskeletal issues.

What supplements can be helpful to artists?

Fish and walnuts are good for your cholesterol and for heart disease prevention. For those more prone to a milder form of depression, omega-3 supplementation could help.

I find also DHA (Docosahexaenoic acid) also helps, so we've used that a lot in artists. If there's any type of mild depression what's nice about omega-3 is that it does not conflict with an antidepressant like an SSRI (selective serotonin reuptake inhibitors), or effexor or anything like that.



How do you incorporate these holistic approaches like nutrition supplements or mindfulness techniques to help artists?

It's all patient-centered. In our first intake, we chat and assess the patient's direction. Most patients use iron tabs or vitamin D, and we build on that. We check medications, considering my pharmaceutical sciences PhD. I'm skilled at combining drugs with supplements. We discuss preferences, considering budget constraints and insurance limitations.

I'm also a huge fan of psychotherapy. The data for the meds and the data for psychotherapy are nearly identical, so I'm a big proponent of recommending patients to seek some form of psychotherapy.

So when you're an artist and you're painting and that's your living, well, that can't really be your outlet because it's an artistic outlet; it might not be a relaxation outlet. We discuss outlets for stress relief—exercise, walks, meditation, singing, and writing—tailoring to individual needs. For budget-friendly options, I recommend YouTube videos for yoga.

“**Knowing how to ask the right questions and actively listening to the answers are essential aspects of this process.**”



Could you provide an example of a successful case where naturopathic medicine improved an artist's overall health or performance?

I had a patient who wrote, directed, and starred in a show, and she was concerned that she wouldn't be able to go through with the show for XYZ reasons. In the end, what we discovered by going through her bloodwork was that she was really iron deficient.

So we cranked up her iron, combined with vitamin C. Taking iron with diluted apple cider vinegar also improves its absorption.

In half a month, we managed to turn things around, and she was able to perform her show. She had some concerns about going more of a pharmaceutical route, so we were able to shed the nutritional deficiency. We just bumped up her iron, and she felt like the lights turned on.

I had another artist, who had chemical sensitivities. She was overreacting to her art. And then, bit by bit, we just kept working on a lot of detoxification pathways. To help her eliminate chemicals in her system a lot better, she started feeling a lot better.

What do you like best about your role?

I like troubleshooting. I'll give you an example. I had a patient reach out to me from the US, seeking a specialist for a procedure not available in her hometown. While on a video call, I contacted Johns Hopkins and different hospitals to find the needed assistance.

Troubleshooting involves knowing what questions to ask and how to find solutions based on experience. Over time, experience has guided me in steering people toward suitable solutions. Knowing how to ask the right questions and actively listening to the answers are essential aspects of this process.

ENVIRONMENTAL MEDICINE FOR ARTISTS

Reduce chemical exposure.

To reduce chemical exposure, it is important to set yourself up for success in your work space. **Consider wearing proper protective equipment (PPE)**, such as gloves, or having proper ventilation to reduce your chemical exposure.



Other actions you can take is to **avoid having food or drinks around your work space**, which will prevent things such as dust particles from sand landing in your drink, or accidentally taking a sip of a solvent that looks to be in a similar cup as your drink.

One of the best ways to reduce chemical exposure is to remove them from your environment if possible. **Consider looking for less chemically-nefarious options.**

Detoxification tips.

Some daily activities you can practice include **exercising often to improve circulation, having a lymphatic massage to move your lymph system, or dry skin brushing** to promote skin detoxification.



You can also detoxify your body through diet. **Drink lots of water daily to support your kidneys.** It is also important to support your liver by consuming bitter vegetables such as rapini, artichokes, or dandelion greens.

FREE WORKSHOPS

Resilience for Artists and Makers

Friday, December 15th 11am-12pm Register [HERE](#)

Maddy Woolf is a mentor and mindset coach. A former professional dancer and choreographer, Maddy has developed proven methods for creating inner strength, confidence, and motivation

The **in-person workshop** will go through key strategies that cultivate a sense of strength, perseverance, and the courage to face your challenges, including coping with ever-changing levels of success, having the stamina to persevere, maintaining artistic integrity, and more. Maddy will guide you through her proven method, empowering you with useful tools that can be incorporated into both your artistic practice and daily personal wellbeing habits.



Dancer Transitions Resource Centre

The DTRC is offering a series of workshops, in collaboration with regional and national art service organizations for dancers!



Momentum livestream: Real talk about real life in dance

- A virtual livestream of candid panel conversations featuring 5 artists from diverse practices sharing their values, perspectives, and approaches to networking

February 9th, 2024

[Link HERE](#)

Launch Pad: Career Coaching Cohort: Get savvy with hands-on guidance

- Build your career connections in these practical "how-to" online sessions. Participate in an informal group mentorship opportunity. Meet 5x over winter/spring. Must attend regularly.

January - April 2024

[Link HERE](#)

ARTISTS' RESOURCES IN DECEMBER

Ottawa Art Gallery Online Creative Space



Time: Mondays at 6:00-7:30pm; Thursdays 1:30- 3:00PM

Location: Virtual

The Ottawa Art Gallery has weekly art and wellness workshops every Monday and Thursday to foster holistic wellness by providing multidisciplinary creative exploration in an open and safe environment.

ARTREACH Info Session for Grant

Time: Wednesday, December 13th from 6:00-8:00PM

Location: Virtual



This workshop is for Toronto artists aged 13-29 who are planning to apply to ArtReach's 2024 Community Arts Programming Grant. The session will cover the basics of the application, including the proposal, work plan, and budget.

Canadian Intellectual Office (CIPO) workshop

Time: Wednesday, December 20th from 1:00-2:00PM

Location: Virtual



CIPO has a wide range of services and tools that they offer to help you understand how patents, trademarks, and copyright work in real life. Join for an interactive presentation and learn what an IP is, and how to protect and manage it.