

Room for everybody

A fixture of Sudbury, Paris Natural Foods and the co-located Sudbury Homeopathic Clinic serve as a nexus for health food aficionados and devotees of natural healing

BY NORM TOLLINSKY

Customers walking into Paris Natural Foods for the first time realize they're in a special place. Located in a non-descript mall off Paris Street in Sudbury, the store is a virtual cornucopia of vitamins, supplements, natural foods and remedies displayed in aisle after aisle of eight-foot high shelving.

A health-care landmark frequented by thousands of Sudburians, Paris Natural Foods has its origins in the mountains of Lebanon, where Abdul Wahid Dabliz and his 11 siblings watched their father collect herbs from his orchards and gardens to cure whatever ailed them.

Dabliz, who just turned 70, came to Sudbury in 1968 with the intention of working for a year at Inco and saving enough money to complete a degree in architecture at the University of Montreal. One year stretched to two when Inco workers went on strike and, by then, Dabliz's roots in the Northern Ontario city were firmly entrenched.

He read a lot about herbal remedies and medicines over the ensuing years, but continued making a living as a miner and millwright. When the then money-losing Paris Natural Foods went up for sale in 1983, Dabliz bought it for \$17,000. He didn't dare quit his day job, so he hired someone to manage the store while he was at Inco and worked a 3 pm to 9 pm shift at the store.

Expansion

The business continued to be a losing proposition for some time, but he turned it around. Eventually, he was able to leave the mining industry and devote all of his attention to the store, expanding several times and taking on new lines of organic and gluten-free products as well as other foods for people with lactose intolerance and celiac disease.

Over the years, he occasionally hosted alternative health-care professionals who would set up a table in the corner and consult with patients, but a more permanent arrangement for a co-located homeopathic practice presented itself in 2012 when Jessica Ernewein introduced herself to Dabliz.

A recent graduate of the Canadian College of Homeopathic Medicine in Toronto, Ernewein wandered into the store during a visit to Sudbury and returned with her resumé in hand. Dabliz was looking for someone to



Abdul Wahid Dabliz, owner of Paris Natural Foods, came to Sudbury from his native Lebanon in 1968. He worked as a miner and millwright in the mining industry for many years before buying Paris Natural Foods in 1983.

manage the store and she was looking to set up a practice, so it was a perfect confluence of interests. Though from widely different backgrounds – Ernewein grew up in Stayner, a small farming community 43 kilometres west of Barrie – they shared a passion for health foods and natural remedies handed down from their parents.

According to Dabliz, Paris Natural Foods is the only health food store in Northern Ontario with a co-located homeopathic practice.

Both Dabliz and Ernewein say they have the utmost respect for the mainstream medical profession and have a number of medical doctors and nurses among their clientele.



Paris Natural Foods is a Sudbury landmark and veritable Mecca for people in Sudbury and district who trust in natural products, supplements and medications.

"I believe both medical systems are meant to coexist with each other," said Ernewein. "Homeopathy does exceptionally well with long-term and preventative care, while conventional medicine does a great job in acute and emergency situations."

According to Ernewein, Sudburians are predisposed to a number of illnesses due to the toxins in the city's environment.

"Because of our environmental toxins, there is an extremely heavy load on the lymphatic system," she said. "There's a lot of cancer, Alzheimer's, dementia and mental illness. The endocrine system – the pituitary, adrenal and pineal glands, the thyroid and the pancreas – are very heavily taxed because of our environmental load. We see a lot of thyroid issues, a lot of adrenal fatigue because of the work schedules. Shift work is really hard on the adrenal glands."

Toxins

"Heavy metals is massive," said Ernewein. "There are strong links between heavy metals and Alzheimer's and dementia, so we see that soaring here in Sudbury. I also do a lot with inoperable cancers. About 40 per cent of my practice is brain, esophageal, pancreatic and lung cancers that are inoperable. I use the Bangieri protocols for cancers and we get amazing results. Generally, I require my patients on treatment for cancer to get blood work done every month or every second month depending on if their doctor allows it, and we see their counts normalizing on a monthly basis."

"Patients have seen their counts completely normalize in some cases. A lot of what I see is end stage cancers because I'm never the first line of defence they come to. Generally, by the time they come to me, they've already been through several different avenues or methods of treatment and they haven't worked. And even with patients like these we're able to get some great results."

"The protocol we use depends on the type of cancer. There are different remedies for pleural effusion – fluid building up in the lung – for ascites and pain. The location of origin is very important for treating homeopathically. You can have it in your lung but if it started in your liver, we would use the liver cancer protocol."

Homeopathic treatments have no side effects, and patients are meant to wean off treatment and remain symptom free, said Ernewein.

An initial consultation takes approximately two hours.

"We go through everything top to bottom," she noted. "Family history, medications, the symptoms. What the symptoms were a year ago, 10 years ago. We track the progression of the pathology. From there, we find a remedy that's going to help. We're matching it to the person and boosting the body's self-healing mechanisms."

Ernewein said she never tells patients to get off their medications. Instead, she helps get rid of the symptoms and then advises them to talk to their doctor.

"We don't say we do everything. If we have someone come in and their blood pressure is 200 over 100 – that's dangerously high. They're at risk of a stroke or a heart attack. We'll refer them to their doctor or Emergency to get them on a medication. When they want to do it the natural way, they'll come back and we'll work on correcting the problem long term so they don't become dependent on the medication."

Ernewein works long hours managing the store and has a large caseload, including patients from Elliot Lake, North Bay and Timmins. She also does consultations via Skype when patients refer friends or relatives from distant locations.

"I have a lot of repeat patients once they see me and start seeing results,"

she said. "It's not very often that someone will come in only once."

An initial consult is \$90. A follow-up is \$50, but Ernewein offers a money-back guaranty.

Results

"Most patients begin seeing results in a month, which is big for someone with chronic issues who is seeing multiple specialists, but if they don't see results, I don't charge."

Ernewein attributes the shortage of homeopathic practitioners in Northern Ontario to the lack of business savvy among graduating homeopaths.

"The problem is that no one hires a homeopath. You have to start your own clinic... your own business," she explained. "Graduates have a passion for homeopathy and get the right training, but they don't know anything about business."

Ernewein's teaming up with Dabliz and Paris Natural Foods was a win-win for all concerned.

In the health-care sector, "there's room for everybody," said Dabliz. Reflecting his live and let live philosophy, his own son is a pharmacist, currently working overseas in Abu Dhabi. ■

www.sudburyhomeopathicclinic.com
parisnatural.foodpages.ca



Jessica Ernewein, is a homeopathic practitioner, and graduate of the Canadian College of Homeopathic Medicine in Toronto. She manages Paris Natural Foods and sees patients at the co-located Sudbury Homeopathic Clinic.





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