



The Healthier Newsletter

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Oh, what a winter...

Happy new year! It's supposed to be the time of year for hibernation, warm blankets, and hot chocolate, although we seem to end up spending January clearing out the Festive Five (pounds) while fighting off the sniffles and worrying about the H1N1 resurgence. Phew, you must be tired... I know I am. Winter poses some significant health challenges and icy roadblocks but with a little encouragement and some fresh ideas, we can all get through in one piece.

I'm so excited to have this jam-packed newsletter to share with you! I also have additional tips and yummy recipes regularly on my [website](#), or follow on [Twitter](#) or [Facebook](#). I'm also thrilled to announce I'll be **starting alternating Sundays at Yonge Sheppard Health Centre as of February 2nd to help serve you better!**

As always, thanks for reading and feel free to share. Cheers! ~Lindsay

Resolutions out the window yet?

Don't give up. You may need to simply revisit your resolution. **Is it too much, too fast?** Break it down into 5-10 manageable steps, and start with baby-steps to build your motivation. **Is it results-based instead of action-based?** Instead of stating your end result, what are the behaviours you need to adopt or change that will get you to that goal? Be specific. **Is it too drastic a change?** If you're aiming for an

overhaul, maybe it's not realistic. Start by looking at what you're doing now and tweak it.

Fun Fact!

Straight coconut oil makes a great, simple moisturizer even in the winter. It absorbs easily and quickly. If you're looking for a facial moisturizer, try apricot kernel oil. It's light and effective.

Meatless Monday Inspiration: Nutty Meat-less Balls

New research is showing that a diet heavy in animal proteins may contribute to cancers. Having some great meatless options can be challenging, but they're out there. I've adapted from this recipe courtesy of VegKitchen.com. This is my absolute favourite veggie recipe!

1/2 cup each of walnuts and pecans

1 medium chopped onion

1/2 cup chopped cremini mushrooms

3 cloves of garlic

3 tbsp oats (slow or quick)

1 tbsp nutritional yeast

2 teaspoons tamari

1/2 teaspoon each of thyme, onion powder, paprika, and black pepper

1 tsp sea salt

Sautee the mushrooms, onions, and garlic in a pan with some olive oil for about 5 minutes, or until soft. Toss in food processor with remaining ingredients and whiz for about 30 seconds or so. Form into balls and bake on a cookie sheet uncovered at 375 for about 20 minutes. Use with your favourite tomato sauce or toss with some good pasta, fresh tomatoes, basil, and olive oil.

Ah-mazing.



4-Week Challenge!

Daily exercises to keep things interesting. Go until you're fatigued for 3 sets of most exercises. It only takes a few minutes a day to ditch the holiday slug.

Movin' Mondays

30 minutes of higher-level moving: run, bike, run/walk, stairs, snowboard, skate, ski...

Core Tuesdays

Plank it up! Regular planks, side planks, reverse planks. For an added challenge, hold each for 30 seconds and move to the next one without taking a break. Rotate around at least once!

Rumpday Humpday

Get your butt working! Lunges, squats, sidewalks with bands. Buns of steel, baby!

Push-up Thursdays

Knees down, knees up, one-handed, feet on a chair...see what you can do!

Free-For-All Fridays

It's Friday. No better day for a freebie!

Walkin' Weekends

Around the block, park in a far spot, or walk/run for an extra cardio boost.



Mood Boosters

Even though we're on the upswing toward spring and the days are getting longer, it can be difficult for some to keep spirits up during the stretch toward spring. Here's some tips to push through to the spring!

Vitamin D

We need sunshine to activate vitamin D, which is in short supply these days. Supplementing with 2,000IU per day can offset Seasonal Affective Disorder (SAD) and keep your immune system in tip-top shape.

Exercise

Walking, yoga, cross-training, skiing, skating... so many options to get moving. Exercise helps boost endorphins and decrease cortisol (if under 45 minutes or so). It may be cozier under the blankets, but you'll feel overall much better.

Eat well

Eat like ____, feel like ____. You can fill in the blanks. Make sure each plate is balanced with a variety of veggies, healthy fats, whole grains, and lean proteins.

Smile and laugh

Ups endorphins, drops cortisol. Feels good.

What do you call cheese that's not yours?

Nacho cheese!



I'm Lindsay and I'm a licensed Naturopathic Doctor. I'm at [Evolve Complete Chiropractic](#) on Roncesvalles and at [Yonge-Sheppard Health Centre](#) in North York.

My practice focuses on sustainable, realistic changes toward a healthier lifestyle. I help correct health concerns using food, acupuncture, and herbal and nutritional supplements to treat the root cause of your concerns.

Complimentary 15-minute consults are available to see if we're a good fit. Shoot me an email at lindsayselfnd@gmail.com.



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