



The Healthier Newsletter

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Fall: When the air is so crisp!

And butternut squashes are in season!

Well, that was a short summer! I hope everyone is all stocked up on vitamin D, laughs, and BBQs, and had a lovely Thanksgiving. It's now time for crockpots, squashes, and brisk walks. All things I love! The urge to hibernate is getting more intense so make sure you're still keeping up with exercise. Walk around to look at the leaves, get some extra mileage on the bike, or do whatever your heart desires!

Don't forget that benefits roll over in about 10 weeks (hard to believe!) and the schedule tends to get quite busy over the month of December. If you know of anyone that could benefit from naturopathic medicine, it's great to get that initial appointment out of the way. Also, since we're coming into holiday season, I'll just mention that acupuncture is great for stress relief!

Have a lovely fall, everyone! I'm thankful for all of you and your support!

Lindsay

Roasted Veggies

It's chilly out. No more 'refreshing' salads! My absolute favourite side to any meal is a good dose of

roasted veggies. Here's what I normally make, and a few suggestions to keep it interesting. Adjust the amount of veggies you make according to how many people you have to serve (or how much leftovers you want), but always keep a good mix of them in there.

You will need:

Broccoli

Cauliflower

Brussels sprouts

Beets

Sweet potato

Olive oil

Sea salt

*Pepper & cumin; Chili powder & lime; Balsamic vinegar

*Vary your spice combo based on what you like or what's going beside them

Wash and cut your veggies into manageable pieces. Get the beets prepped and started on their own as they will take a bit longer to roast and they turn everything pink (which is sometimes fun).

Toss veggies in olive oil and spice combo of your liking until well coated. Spread on a baking sheet and roast at 350 degrees for 20 minutes, stirring them up once. If you're doing beets, get them started in the oven about 10 minutes earlier. Warm, nutritious, delicious.



Sniffle, Cough?

Kids are back in school which means the germ



Get Your Gut Going

It's Thanksgiving weekend which marks the unofficial start of overeating season. Why DO they put Halloween candy out in stores so early??

Bloating, gas, indigestion, and heartburn are all indicators that your digestive system just isn't working well or has taken in something that it just can't handle. Here's a few simple ways to help

factories are up in full-swing. Here's how to keep your immune system in tip-top shape as we come into prime cold and flu season!

1. Hand washing. Self-explanatory.
2. Vitamin C. If you're prone to frequent colds, this is a great one to work into your day.
3. Zinc. Research shows that when you get a cold, the only thing that actually decreases duration and severity is zinc. Short-term supplementation only.
4. Sleep. Hibernate on the weekends. It's good for your immune system.
5. DIY cough syrup (pictured here). The backdrop is gorgeous because we both got sick on vacation. Raw honey, sliced up garlic cloves, and onions. Mix and let sit over night for best antiviral effects.
6. If you're getting sick really often (more than 3-4 times per year) or if it takes you weeks to kick it, it could be a sign that something else is up with your immune system. It's best to chat with your friendly neighbourhood ND.



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your gut out without requiring stretchy pants (though they do help):

1. Apple cider vinegar. Grab a shot glass and do half vinegar, half water. Get that down about 5-10 minutes before meals to get your stomach juices primed. This is signal #1 (after chewing 50 times... which we all do...) in the digestive cascade which tells the rest the pathway to get things going!
2. Fennel tea. Great for gas. You can also munch on some fennel seeds which are also effective.
3. Crampy in the belly? German chamomile tea is an intestinal anti-spasmodic, so you end up digesting your food properly and without pain. Peppermint tea is also a great after-dinner option. If you've got heartburn, skip this one as it might make things worse.
4. Don't forget the fibre. Often we fill up on as much "non-fillers" as possible on Turkey Day. In all fairness, it does come but once a year, so I say go for it with gravy on top. When you're on to leftovers, get those veggies in to keep things moving. Nothing's worse than being gassy AND constipated.

I'm Lindsay and I'm a licensed Naturopathic Doctor. I'm at Evolve Complete Chiropractic Clinic 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, herbal and nutritional supplements, and acupuncture to treat the root cause of your concerns.

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

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