



The Healthier Newsletter

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These leaves, they are a-changin'.

And that includes new treatment options in my scope of practice!

There's been some excitement over here for the last month or so! Thanks to all for your patience in my brief absence for my honeymoon. We had a lovely time eating our way through in Italy and Portugal! Our drive home from the airport was filled with bright yellow and red leaves, and I remembered just how gorgeous Ontario is in the fall.

I am very happy to report that I passed the Ontario Prescribing Therapeutics exam that now allows me to continue B12 injections and high-dose nutrient therapy such as vitamin D and folic acid. This also allows me to prescribe **bioidentical hormone creams**, such as estrogen and progesterone, as well as **desiccated thyroid**. Both of these options are safe and effective treatment alternatives to synthetic hormones. I work in conjunction with a local compounding pharmacy to tailor these treatments to each individual patient and I'm so excited to offer these!

Have a wonderful fall, everyone!

Lindsay.



Change of Season Soup

It's not uncommon for the change of seasons to bring about a cold, especially at this time of year. Luckily, there's some belly-warming options to help your body adjust to this. Making a base of immune-boosting broth is the key and there's actually studies which can attest to the anti-inflammatory and immune-boosting benefits of these. Making your broth can be done though herbs in a traditional Change of Season soup à la Traditional Chinese Medicine, or through a bone broth. If you made a turkey soup with Thanksgiving leftovers, you're already there!

For the herbal Change of Season soup, you'll need:

1. Astragalus (about 4 sticks)
2. Codonopsis (about 3 sticks)
3. Wild Yam, or Dioscorea (about 3 sticks)
4. Goji berries (about 3 tablespoons)

You can find these in any loose herb store or Chinatown. Boil these all together for about 3 hours. Strain out the herbs, leaving behind a lovely broth. To the strained broth, you can add cinnamon, allspice, ginger, and garlic to continue to warm up your soup.

For a bone broth, you'll need, well, bones. Boil any marrow-rich bones for about 3 hours. Remove the bones and you're left with your immune-boosting broth. Add the same spices above to keep that warm flavour.

To your soup, pack in lots of veggies: carrots, celery, onion, peas, sweet potato, zucchini, squash... you name it, throw it in! Making a crock-pot of soup on a cold day should provide you with a bowl or two each day. This is best made and eaten around when the weather really starts it shifting. Such a great thing to do this weekend!



Mindfulness 101

For cognitive function, stress management, and just overall good vibes, mindfulness rules. This is a great technique often used for anxiety and stress management and I recommend it often. Mindfulness is simply paying attention. Here's a great acronym to help you focus on the present instead of worrying about the past or future: STOP.

S: Stop. Whether you're feeling stressed or just want to really soak up what you're doing or where you are, just stop for a moment.

T: Take a breath. A deep one, right into your belly.

O: Observe. What's going on around you? What do you smell, see, hear, feel? What's going on with your body? Are your shoulders touching your ears, getting a headache, blood pressure rising, or are you just feeling great? Just take stock of what's going on.

P: Proceed. Carry on about your day.

This technique is specifically from *A Mindfulness-Based Stress Reduction Workbook* by Bob Stahl, PhD and Elisha Goldstein, PhD. To read more, this book is available on Amazon.



Boost Your Immunity

Happy cold and flu season! I often get asked by my patients who work with or next to germ factories (aka young kids) if there's any preventative measures to keep the immune system up during this time of year. The answer is always a resounding YES!

1. Vitamin D. Have yours checked in the fall. Vitamin D is made when sunlight hits your skin so naturally these tend to fall for those of us in northern latitudes. Supplementation may be necessary.

2. Iron. Many people don't think of this one, but iron-deficiency anemia is associated with impaired immune function leaving you more susceptible to getting sick. It's a quick blood test to have your levels checked.

3. Vitamin A. Also crucial to immune system function but supplementation isn't always safe. Ask your ND about this one or better yet, work carrots and sweet potatoes into your diet. They'll give you a natural boost.

If you're prone to frequent colds or flus, visit your friendly neighbourhood ND. There's lots we can do to help.





I'm Lindsay and I'm a licensed Naturopathic Doctor. I'm at Peak Health and Wellness in Brooklin 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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