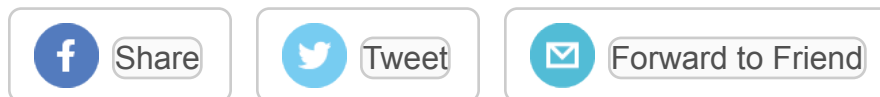




The Healthier Newsletter

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Happy Fall!

It's butternut squash season... although as I'm writing this the forecast for the day is 32 with the humidex so it's quite hard to believe. However, it is coming into that time of year where sugar intakes go up and immune systems go down. Did you know that having about 2 cups of pop (or about 10 Halloween-sized chocolate bars...) can suppress the main bacteria-fighting cell for up to 5 hours? Since we're coming into cold and flu season, see the tips below for keeping your immune system in tip-top shape!

With Halloween around the corner, have you checked out the Teal Pumpkin Project? Their main goal is to provide allergy-friendly or non-candy treats for those with sensitive tummies or food allergies. Awesome stuff and so great that this movement has continued to keep all kids included in Halloween!

Speaking of food allergies, I was so honoured to be published on the front page of the August issue of the Naturopathic Doctor News and Review. My colleague Mary MacDonald, ND and I wrote on the risks and rewards of dairy removal in kids. There are lots of great health benefits that come from that, but also some risks. You can check out the entire article [here!](#)

Have a wonderful fall!



I'll admit it. I bought a box of Halloween candy already and I have to go get more. How to not eat the new batch? Swap in something healthy that gives you a similar feel. It's no KitKat, but it does help.

Rawsome Energy Balls

12 medjool dates (pitted)

1/4 cup cocoa powder

1 cup walnuts

1/2 cup almonds

1/4 cup each of sunflower, pumpkin, and flax seeds

1 tbsp cinnamon

1 tbsp coconut oil

1 tbsp water

1/2 tsp vanilla extract

pinch of sea salt

Whiz all ingredients together in a food processor. Form into balls and pop into the fridge or freezer for a bit until they're cool and set. Rawsome!



4 Long-Term Benefits of Coffee

You know I love my coffee. Did you know that there's a good body of research to show it can help reduce your risk of:

1. Diabetes. This is a dose-dependent response, meaning the more you drink the lower your risk. Stick to 3 cups max though or some not-so-good things come with that. Also, double-doubles don't count.
2. Colorectal cancer. On the flip side, sugar increases cancer risk, so find a good brew that you can take sugar-free.
3. Gallstones. Coffee is a bitter drink which helps get your liver and gallbladder moving efficiently, reducing your risk of stones.
4. Parkinson's Disease. Just 1-3 cups per day provides the greatest reducing in risk, except if you're a smoker. Don't smoke.



6 Immune Boosting Tips

1. Hand washing. Self-explanatory. Plain ol' soap and water is all you need.
2. Vitamin C. If you're prone to frequent colds, this is a great one to work in.
3. Zinc. Research shows that when you get a cold, zinc is the only supplement that can reduce the duration and severity. Don't take it long-term.
4. Sleep. Hibernate on the weekends. It's good for you. And if you're sick, don't be a hero. Stay home and nap.
5. DIY cough syrup (pictured here). The backdrop is gorgeous because I always get sick on vacation. Raw honey, sliced up garlic, and raw onions. Mix and let sit overnight for more potent anti-viral effects. Ultra-romantic.
6. If you're getting sick really often (more than 3-4 times per year) or if it takes you a while to kick it, it could be a sign that something else is up with your immune system. Best to chat with your friendly neighbourhood ND. :)



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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