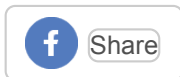




# The Healthier Newsletter

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Naturopathic Doctor



## Happy, healthy holidays!

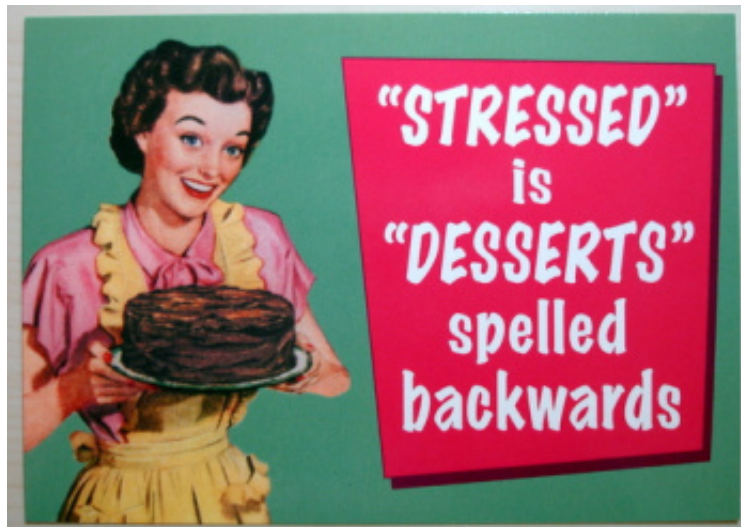
It's that wonderful festive time of year that brings family, cheer, and lots of delicious treats! I thought a surprise bonus edition of The Healthier Newsletter might be great to bring you some easy tips on how to make it through the month of gluttony (relatively) unscathed!

I also have some exciting clinic news for you all! After my big move out of the city, I'm now very happy to be at Peak Health and Wellness in Brooklin! As a result, I'll be leaving Evolve Complete Chiropractic at the end of the year. It's been such an awesome time there and I can't wait for what this new year and clinic have in store!

I hope everyone has a safe and awesome holiday this year. Take some time to

hope to see you all soon,  
Lindsay.

PS. You've got 2 more weeks to use up those benefits! Massages! Acupuncture! Naturopathic stuff! Oh my!



### Preventing Santa-Belly

**Eat a good breakfast.** Many meals become out of our control during the holidays, but breakfast is often a safe bet for a healthy meal. Ensure a good dose of protein (about 15-25g) to keep blood sugar stable throughout the day and curb carb cravings.

- **Try:** smoothies, fruit with cottage cheese, Greek yogurt with berries and nuts, oatmeal with walnuts, or an omelet

**Pack in protein.** Especially with sugary foods, a dose of protein or fat can slow the spike of blood sugar and insulin that can lead to weight gain.

- **Try:** Keep some nuts, cheese, edamame, hardboiled eggs, or greek yogurt in your lunch bag.

**Make friends with healthy fat.** Fat also stabilizes blood sugar and keeps you feeling full.

- **Try:** Avocado, olive oil, nuts, seeds, coconut oil, and salmon are all excellent.

**Don't skip the fibre.** Fibre slows blood sugar spikes. It's also necessary to keep you pooping.

- Skip white bread, pasta, and rice. Go for

### Managing Holiday Stress

From a Naturopathic perspective, stress requires a very individualized approach. Here's some simple tips that help just about everyone!

**Exercise** daily for at least 30 minutes, even by simply walking on your lunch hour. Every little bit helps.

5-10 minutes of **deep breathing and/or meditation** per day. Just allow everything to slow down.

**Get acupuncture and/or a massage.** Many people find this really helps to take things down a notch. Did I mention you've got three more weeks to use up those benefits??

Maintaining a healthy and **balanced diet** rich in fruits and vegetables. In between cookies, of course!

Ensuring **self-care** such as walking, reading, bubble baths, or any activities you enjoy.

Maintaining a regular **sleep** schedule.

Do 5 minutes of **yoga**. Learn how to do a sun salutation on YouTube. Breathe.

**Ask for help.** Talk to your loved ones. Talk to

whole grain options which have more fibre.

your ND. It's okay to say "no", especially if you feel like you really need a break.



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](mailto:lindsayselfnd@gmail.com).

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