



# The Healthier Newsletter

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## Spring excitement!

It's been a slow start to the spring, but not much has slowed down over here. There's been no shortage of birdhouses, hummingbird feeders, and pollinator plants taking over my house these days. Oh, and home-made kombucha! My crafty muscles have been getting a serious workout and I love it. Fun fact: my first job ever was at Michael's.

Now that I've officially left the Yonge Sheppard Health Centre, I'm happy to refer all of my existing and new patients to Dr. Christine Cho, ND at Focus Integrative Therapy ([www.focusitc.ca](http://www.focusitc.ca)). She just returned from playing pro basketball in Korea and is excited to get back into the ND world. We have very similar practice styles and I know you will be in good hands!

Meanwhile out in Brooklin at Peak Health and Wellness, I'm SO excited to let you know about a seminar I'll be doing on May 26th at 8pm. I'll be chatting about Natural Beauty: easy and awesome ways to love your skin using all natural DIY products (samples included!). Give the clinic a call to confirm your spot as space is limited! Cost is \$10.

I hope your springs are springing well! Hope to see you soon and, as always, feel free to share what's here!

Lindsay.

# Kombucha

I always chat with people about adding good sources of probiotics into their diet in a manageable way to control gas, bloating, and all things gut. Sure, you could take a probiotic capsule everyday, but how delicious is that? Here's my new, absolute favourite way to get probiotics in your belly.

Kombucha is fermented tea. It's a wonderful substitution for pop since it's fizzy and delicious, but very low in sugar. Don't let the 1 cup of sugar in the recipe fool you - those bacteria will gobble this up long before it gets to you.

First, you need a Self-Contained Organism of Bacteria and Yeast (aka a "SCOBY"). I got mine from a lovely man named Sam on a lovely place called kijiji. With each new batch, a new SCOBY will form. So if anyone's making their own kombucha, they have plenty of extras hanging around. You can also order them online.

There are a lot of recipes online but all have the same basic structure: brew a large pot of tea (about 4-5L), dissolve 1 cup of sugar, and allow to cool. Transfer this into a large, glass container for brewing. Cover with a cloth and wait. Patiently. After about 7-14 days, you will have a tart, fizzy, delicious drink and a brand new baby SCOBY on top to share with your friend. Flavour options from this point on are endless... While I'm still new to this, I think the lemon ginger may be my favourite.

Yummy in (and for) your tummy.



## 5 Ways to Drink More Water

1. Flavour it. This can be a wedge of lemon or a splash of organic lemon

- juice, cucumber, mint, or cranberry juice (like, *actual* cranberry juice...).
- Herbal teas. Any herbal or caffeine-free tea counts. Make a big pot and work on that, or make a pitcher of iced tea for the hotter days.
  - Kombucha!
  - Buy a big bottle. The less you have to get up to refill it, the more likely you are to drink it.
  - Time block. Drink 1L by noon. Drink another 1L by 5pm. Find a drinking buddy if necessary to help keep you on track.



### 3 Rules for Choosing Probiotics

- Make sure the store keeps it in the fridge. Probiotics are live bacteria which do die off. Being refrigerated helps preserve quality and potency.
- Check for prebiotics (sometimes called FOS or fructo-oligosaccharides). Prebiotics are food for probiotics which help keep them alive before they get to your belly.
- Keep fermented foods in your diet. Probiotics in capsule form are useful when treating certain conditions (gut health, IBS, immune disorders, eczema, allergies, etc) but overall gut health is determined by food. Fermented foods help keep bellies happy.

\*Your friendly ND can help you choose a probiotic that is best for you and help you find a good one.

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

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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