



# The Healthier Newsletter

Lindsay Self, ND  
Naturopathic Doctor



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## Hey there, spring chicken.

**Get outside and stretch those legs!**

There shall be no more mention of the "w" word... even if it keeps snowing. There's always a bit of a mental shift that comes with knowing that it's spring: anticipating the thawing ground smell, the warm sunshine on bare skin, and the feeling of traction underneath your feet. On that note, coming out of hibernation can require a bit of a kick in the pants. I have signed myself up for the Sporting Life 10k in early May to raise money for a wonderful cause: Camp Oochigeas. If you'd like to donate, know you'll be helping send a kid with cancer to a super awesome camp. Donate here: [www.ooch.org/runlindsayrun](http://www.ooch.org/runlindsayrun). High fives to you and thanks for your support! If you need a kick in the pants as well, come join me on May 11th!

Thanks for reading and sharing these nifty tips with those around you.

See you in the sunshine,

Lindsay



Spring time (yay!) means seasonal allergies (boo). I'm happy to announce that **this year in the clinics I'll be doing oral allergy shots!** This all-natural 'shot' helps sensitize the immune system to decrease allergic responses. In addition, get going on your vitamin C and try quercetin to see if that helps. These need to be taken daily though! For more severe allergies and an anti-allergy plan formulated just for you, come in for a chat.

### **Brownies with Spicy Peanut Butter Frosting**

If you're thinking of cleaning out your insides this spring, this ultra high-fibre brownie will work its delicious magic on your colon. There's a new twist with the topping: a spicy peanut butter spread. Detoxing never tasted so good!

2.5 - 3 cups of cooked black beans (or 2 cans should do it)

3 tbsp ground flaxseed, mixed with 1/4 cup water and left to sit for 5 mins

1/2 cup honey

1/4 cup maple syrup

1/4 cup cocoa powder

1/4 cup coconut oil

1 tsp vanilla extract

Pinch of sea salt

Throw all ingredients in the food processor and whiz for about a minute, or until it looks like brownie batter. Pour into 9x9 pan and bake at 350 for about 30 minutes or when the tester comes out clean.

Meanwhile...

*Spicy Peanut Butter frosting:* Mix together 1 cup of peanut butter with 1 tbsp of arrowroot powder and a fun combination of the following: ground chocolate, sea salt, black pepper, turmeric, and chili flakes. It should be about 1-2 tbsp the spice combination into the cup of peanut butter.

Once the brownies have cooled, spread peanut butter mixture on top and stick in the fridge for a bit to harden up. Mmm...



## Spring Cleaning Inside and Out!

Now's a great time to get things out to the curb. Here are some tips on how to naturally clean things out all 'round.

1. Baking soda & vinegar (but not mixed together!) These are two of the most powerful natural cleaners that nature has. Use to clean the home without increasing toxic chemicals to your burden or the environment's. For more tips on how to tackle any mess naturally, I refer to the Queen of Green at [www.davidsuzuki.org](http://www.davidsuzuki.org).
2. Open windows! The air inside becomes so stagnant and polluted with months' worth of off-gassing, pets, etc that having a good cross-breeze can work wonders, especially if you're super allergic. Using air freshening sprays only add to the toxins in the air. May I suggest baking some brownies if you'd like a tasty scent?
3. De-crap your diet. Eat a plant-based, whole foods, non-packaged diet for a few weeks to let your liver catch up and clean house. Cutting out sugar, alcohol, and coffee for this time will help increase energy and beat brain fog and blahs.
4. Tea time! Milk thistle and dandelion are great teas that are supportive for digestion and the liver.



## 4 Keys to Weight Loss

Looking to shed a few pounds of hibernation-weight? Having worked with quite a few people, here's what separates the successes from the, well, extended-hibernationers.

1. No sugar. Protein or fat won't make you fat; sugar will. Excess refined carb will turn to fat so stick with whole-food fibre-packed foods.
2. Track what you eat. This is often where most of the "holy crap" moments come from. Myfitnesspal is usually the tracker of choice because it's not just a calorie counter. See what part of your diet is protein, fat, and carbohydrate. Aim for a 30:30:40 ratio.
3. Eat protein for breakfast. This curbs the carb cravings later in the day, keeps you fuller longer, and keeps your stress hormone cortisol in check.
4. Snack healthily. Eating every few hours prevents cortisol from increasing and keeps your blood sugar stable, but remember rule #1...

### Fun Fact:

The life cycle of a red blood cell is 90 days, so you get a new set of oxygen-rich blood every 3 months! This is why we don't test

Doctor if you feel a full liver detox might be necessary or to kick-start weight loss for the summer.

your iron levels sooner than that and why iron supplementation can take a while for symptoms like brain fog to subside.



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](mailto:lindsayselfnd@gmail.com).

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