

DIY Medicinal Tea Garden :: Top 6 Non-Dairy Sources of Calcium  
Recipe - BBQ Salad (Black Bean, Barley, Quinoa)

[View this email in your browser](#)



# The Healthier Newsletter

Lindsay Self, ND  
Naturopathic Doctor



Facebook



Twitter



Website

## Spring Fever!

**And boy is there a lot going on over here!**

It's been one crazy busy spring so far! In case you haven't heard, my regulations as a Naturopathic Doctor in Ontario are about to change. Some changes may be for the better, some... not so much. It's hard to say how it's going to play out at this point as much is in the hands of the Ministry of Health, but to lend your support (help me help you!) or to learn more, visit the [OAND website](#).

I am oh-so-excited to announce that my favourite organization to promote natural health and social justice, Natural Doctors International, is now officially a registered non-profit in Canada! We've had this move in the hopper for the last year or two and are happy to report that it's finally official! I've worked with NDI for the last 6-7 years and I'm excited to be a part of this next huge step for us! Woo!

Lastly, I hope everyone's enjoying the sunshine, warmth and, of course, the return of patio season!

Lindsay.



## **Yummy BBQ Salad (Black bean, Barley, Quinoa)**

### **Ingredients for the salad:**

Equal parts:

Black beans, cooked, drained, and rinsed (or just rinse if using canned)

Hulled barley, cooked

Quinoa, rinsed and cooked

Finely chopped red pepper, green onion, green beans, roasted Brussels sprouts, cabbage, carrots, roasted sweet potato, avocado, etc (whatever veggies you like/have on hand!). Make it colourful! Toss everything together.

### **Dressing:**

1/2 cup olive oil

1/4 cup lime juice (the real kind, not from a plastic lime)

1 tbsp honey or maple syrup

1 tsp mustard

1 tsp each: cumin, sea salt, pepper

Optional: dash of cayenne for a kick

Add all dressing ingredients into a jar. Shake it like a polaroid picture.

Toss all ingredients in a bowl. This recipe makes a whole lot so it's great for leftover lunches and snacks.



## Medicinal Herbs For Your Garden

Why not use your garden as a medicinal tea cabinet? Many herbs I use in practice can be grown at home (here's my Bacopa plant which is great for enhancing cognitive function). To make into a tea, pick the leaves and pop them into a tea ball. Steep for about 5 minutes to really get the medicinal benefits.

**Stress?** Add some chamomile, peppermint and lemon balm to your garden. These are all nervine herbs which help calm the nervous system down. If you have thyroid issues, skip the lemon balm or ask your ND if it's a good one for you.

**IBS? Gassy and bloaty?** Chamomile is an awesome anti-spasmodic with specific action on the digestive tract to calm cramps. Peppermint is also a great digestive calmer, and both can help significantly with IBS. Both of these will do a great job if you simply ate too much BBQ.

**Sniffles?** Oregano and thyme are excellent anti-viral herbs that can help fight off colds.

20

Ca

Calcium

40.078

## The Top 6 Non-Dairy Sources of Calcium

A lot of people feel better without dairy which sparks a worry about calcium consumption. There are lots of other options that are comparable to help you get the strong bones you need. Plus, high dairy consumption does not mean a lower fracture risk. It's not just about the calcium, but the effect a whole food has on the body. Here's some better calcium options for you.

Just to compare, 1 cup of milk contains about 350mg of calcium and 1 cubic inch of cheddar cheese contains about 130mg.

3oz tofu (a deck of cards) = 372mg

3 tbsp sesame seeds = 275mg

1 cup chopped kale = 135mg

1 cup chopped spinach = 100mg

1 cup edamame = 100mg

1 oz almonds (about 22 nuts) = 80mg

If you feel better without dairy, you certainly don't have to worry about your bones missing out. Eat well. Eat real food. That's the best support you can give your body.

**Trouble concentrating?** Rosemary helps increase blood flow to the brain which gets your noggin working at top speed!



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).

*Copyright © 2015 Lindsay Self, ND, All rights reserved.*

[unsubscribe from this list](#) [update subscription preferences](#)

