



The Healthier Newsletter

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I got spring fever...

And the only prescription is more sunshine!

There's been quite a few changes over here this year. As many of you know, I've moved to a beautiful, sunny new location at the Brooklin Village Spa & Salon. The space is warm, airy, and bright, and it's been a complete joy to be in this new space! You can book online anytime using the MindBody app or head over to lindsayselfnd.com for the link. Hours and rates are the same and I am always happy to welcome both adults and kids.

I've also had a few weekends of some intense training on Bioidentical Hormones. There's always so much to learn about these and I try to stay on top of it all on a regular basis. I'm super excited to share all this with you and help to piece your crazy hormone puzzle together. Not only can I help to figure out what's going on with both blood and saliva tests, but also how to treat effectively and safely.

Lastly, I have also welcomed a furry bundle of crazy home as well - Allie the rescue dog. She's pretty much the best dog ever... but I'm a little biased. So far we know she loves running, couch-potatoing, and stealing butter tarts.

I hope you are all out enjoying nature and this gorgeous sunshine! Don't forget to practice safe sun!



Better-Than-Chocolate-Milk Recovery Shake

If you're a weekend warrior or an athlete, you may have heard about chocolate milk being the 'perfect' recovery drink post-workout. This was the result of a 2008 [study](#) discussing the optimal protein-to-carbohydrate ratio for post-running recovery. This ratio is 1:4. Chocolate milk peeps caught on and said, 'hey, that's us!'. And hence, the whole marketing platform occurred. The initial hype has since died down a bit, but you may still be on the hunt for a yummy recovery drink. Here's two healthier, easy options: A chocolate-banana one, or a PB-chocolate one which is like drinking a peanut butter cup. Mmm....

For 1 serving (~320 calories)

1 cup almond milk, unsweetened

1/2 banana

1 tbsp cocoa powder

1 tbsp raw honey (or maple syrup)

1 tbsp all-natural (nothing added...check the ingredients label) peanut butter

OR 1 tbsp hemp hearts

Blend, drink, recover.

This mix will give you:

~10 grams of protein

~40 grams of carbohydrate

~13 grams of fat

Electrolytes: 180 mg sodium, 450 mg potassium, 40 mg magnesium.

[The exact numbers will vary depending on if you're using PB or hemp, banana size, brand of almond milk, etc, but you'll land in the same ballpark.]



How to Find Your Food Sensitivities

This is a question I get a lot, and I often encourage people to know what their bodies like and don't like. Food sensitivities can contribute to or perpetuate inflammatory responses both inside and outside of the gut.

1. Take out the Big 6: gluten, dairy, soy, corn, eggs, and the nightshade veggies. Remove these for 4-6 weeks and see how you feel. Reintroduce them one at a time and monitor for reactions.
2. Full Elimination Diet. This takes out much more than the Big 6 so can be a second step if the first didn't help. Sometimes guidance is needed to help you determine what you can eat, other than various forms of water.
3. Blood Test. This looks for IgG antibodies, or delayed-type hypersensitivity reactions. These don't pick up true allergies; instead this picks up less severe reactions that may take anywhere from 12-72 hours to show up. This gives you a tailored elimination



Boost Your Water Intake

It's really hot as I write this. I'm also bad at drinking water because I find it boring, which means I've tried a lot of things to help boost my hydration. If you're also bad at drinking water and you're tired or brain-foggy during the day, try boosting your fluid intake for a week and see how you feel. You may be surprised that the answer was so simple all along!

1. Lemon water. A classic. Along these lines include cucumber lime, mint, or berry water.
2. Herbal teas - cooled down. Fruity options are really delicious here and these are easy to brew up in a big pitcher, then throw it in the fridge after it cools.
3. Fizzy water or club soda. Flavour with a hit of strong juice such as lemon or pomegranate.
4. Use a non-plastic straw (paper ones are surprisingly durable). You'd be shocked at how well this little trick works, even with plain ol' water.
5. Use a giant glass/bottle/mug/bucket. This means you have to refill less, so even if you drink *one*, you'll be drinking more than if you had a teeny juice glass.

diet to figure out what *your* exact triggers are.



I'm Lindsay and I'm a licensed Naturopathic Doctor. I'm at the Brooklin Village Spa & Salon in Brooklin, Ontario.

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 info@lindsayselfnd.com.

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