

[Subscribe](#)

[Share](#) ▼

[Past Issues](#)

[Translate](#) ▼

[Happy Products](#) - [Dairy-Free Ice Cream Recipe](#) - [Glowing Skin Tips](#) - [Delicious Waters to Stay Hydrated](#)

[View this email in your browser](#)



The Healthier Newsletter

Dr. Lindsay Self, ND
Naturopathic Doctor

 [Share](#)

 [Tweet](#)

 [Forward to Friend](#)



Hot enough for ya?

The dog days of summer are upon us and boy does that sunshine feel good! I've been diligently testing new dairy-free ice cream flavours (for you guys, of course) and have even ventured into making my own. Next up is mint chocolate chunk!

Some exciting new things are in the clinic now including **Happy Pits Deodorant, Happy Pores Cleanser, and Bye Bye Bug Bars**. Happy Pits is a completely natural, 3-ingredient, deodorizing power house of a deodorant - and holy moly it works! It's hot out there and everyone's sweating up a storm whether they like it or not, but that doesn't mean you have to smell like a gym bag! Bye Bye Bug Bars are moisturizing butter bars that are effective at keeping mosquitoes from snacking on your skin. Research has shown that a blend of lemon, eucalyptus, and lavender essential oils to be as effective as a low concentration DEET for keeping mosquitoes away. All my human test subjects have agreed! The latest addition is Happy Pores

which is a honey and apricot kernel oil cleanser that works to moisturize, control oil, combat acne bacteria, and pack antioxidants into the skin. All are available for purchase at Peak Health and Wellness and are made with love and care by yours truly. Of course, all are completely non-toxic, simple, and effective.

I hope everyone is staying hydrated and keeping cool! Enjoy summer while it's here!

Lindsay

Totally Delicious Dairy-Free Peanut Butter Chocolate Ice Cream

Warning: This recipe may be dairy-free, but it's still a treat!

I've been on the hunt for a delicious non-dairy ice cream that tastes just like the real thing. Many of my patients (and myself included) have been finding that it's just not worth it to have the real deal ice cream; it results in way too much belly discomfort. So I've been doing my due-diligence to try and find an awesome recipe that's easy and just yummy. I've modified the recipe slightly (below) but you can find the original recipe [here](#). No ice cream maker required if you don't have one. You're welcome!

1/2 cup raw, unsalted cashews soaked in 2/3 cup water overnight

1 cup raw organic cane sugar

1/4 cup cocoa butter

2 tbsp. plus 2 tsp. coconut oil

1/2 tsp. sea salt

3 tbsp. smooth all-natural peanut butter

1 cup plus 2 Tbsp. coconut milk

1/4 cup finely chopped organic dark chocolate*

Soak cashews overnight in water. The next day, drain and transfer to a blender with 10 tablespoons water; purée until smooth and set aside in the blender.

Combine sugar and 3 tablespoons water in a small saucepan over medium-high; cook until sugar has dissolved, about 4 minutes, then remove from heat. Whisk in cocoa butter, coconut oil, and salt until salt has dissolved, 2 minutes more. Place in the blender with your new cashew cream, add coconut milk and peanut butter, then purée. Refrigerate until cold; transfer to an ice cream maker (or just freeze) and process according to manufacturer's instructions until churned and thick. Add chocolate in the last minute of churning (or simply fold in before freezing). Transfer to an airtight storage container; freeze until set, at least 4 hours.

*You can also make your own using 1/4 cup coconut oil, 1 tbsp cocoa butter, 1/4 cup

organic cocoa powder, and 1/8 cup honey. Melt all together and pour onto a baking sheet lined with wax paper. Pop into the freezer until it's a solid sheet of chocolate. Break into bits and add at the last minute into the ice cream.



5 Tips for Healthy, Glowing Skin

1. Hydrate. Water helps plump out cells and reduce the look of wrinkles. It also helps the lymphatic system flush out cellular debris contributing to acne, eczema, or other issues.
2. Eat well. Food sensitivities are a common cause of acne, eczema, rosacea, psoriasis, etc. Dairy and eggs are the most common culprits, but individual sensitivities are also possible. You're unique, after all!
3. Breathe. Stress will flare everything including any skin complaints.
4. Pack in the antioxidants! Now's a great time to chow down on brightly coloured berries which help offset cellular oxidative damage (ahem, wrinkles...).
5. Simplify your skin routine. Your skin needs oil as a protective barrier, so continuing to strip it will only cause



Delicious Ways to Hydrate

It's hot out there and drinking plain ol' water isn't always as desirable as other frosty beverages. Here's some great options:

1. Lemon water. Also excellent for digestion, lemon water is a classic!
2. Cucumber mint. How does cucumber make water taste so delicious? Doesn't matter. When it's combined with mint, this is a super refreshing and crisp combo. Mint is also great for the digestion if you're having lots of BBQ on the side...
3. Licorice. Iced licorice tea is sweet and spicy treat. Steep a few teabags in a large pitcher of water and allow to cool. Add ice and enjoy!
4. Strawberry basil. Chop up some strawberries and tear up fresh basil leaves (not dried) to make another sweet and spicy combination!
5. Any of the above with sparkling water or club soda. The added fizz gives you that extra kick of refreshment!

more oil production. Avoid harsh or alcohol-based cleansers and just rinse with water in the morning.



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.

Copyright © 2016 Lindsay Self, ND, All rights reserved.

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

Photo credits: lemon © piyato. woman with pink rose © Inga Ivanova

MailChimp