

Grilled Veggie & Goat Cheese Sandwich ~ The Oh-So Useful Honey
~ Get Stronger Without Fancy Equipment

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The Healthier Newsletter

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The hazy and crazy days of summer!

Holy moly, what a busy summer it's been so far! As some of you may know, the regulations for NDs in Ontario changed as of July 1st. This means a) I am now regulated under the Regulated Health Professions Act (RHPA), b) lab procedures, such as food sensitivity testing, can no longer be done in-office, and c) I had to write a very intense and crazy stressful prescribing exam! Phew! What does this all mean for you? Some great things including more laboratory access and the ability to prescribe some drugs such as bioidentical hormones and thyroid. Yay! I'll have to send you out for food sensitivity testing rather than doing this in-office, but we can certainly still do them. It's been a busy July so far in the office and I thank you for your patience as I try to smooth out these new procedures.

In other news, I'm SO excited to report that Naturopathic Doctors International is now a registered non-profit in Canada! I've been working with this US-based charity since about 2009 and I'm very happy to be a part of this next step for us. Check out ndimed.org for more information. We'll have the Canadian counterpart up and running soon!

I hope you're enjoying your summer so far and having fun topping up your vitamin D stores! Be sure to spend some good time in nature. The health benefits are endless.

Enjoy!
Lindsay.

Grilled Veggie Sandwich

One of my absolute favourite things about summer is the grill. So. Good.

Since our fridge is often overflowing with veggies, it is such a natural pairing. We were using these mostly as grilled veggie sides, but recently have started turning them into a full meal of their own (fully Dan's idea). Here's our staples:

Peppers: any colour you've got. Grill these whole and rotate a few times.

Portabello mushrooms: the steak of the veggie world.

Onion: chop in half and peel off the larger, outer layers to lay on the grill.

Asparagus: snap the ends off and lay right on the grill. Adds a lovely crunch to the sandwich!

Zucchini: slice about 1/4" thick.

Beets: slice about 1/4" thick or less. These make AMAZING chips...

Sweet potato: cut into wedges, about fry-sized.

Delicious, whole grain bread (non-wheat if you need).

Goat cheese.

Hummus.

Arugula.

Toss all veggies in some olive or grapeseed oil. Get your grill nice and hot, and start by adding the beets and sweet potatoes. Grill for about 8 minutes over medium heat, watching for anything that's super burning. Add the rest of the veggies and grill for another 5-6 minutes, turning as needed until everything's soft and delicious-looking. You're done grilling! Next, spread some hummus on your bread and start layering the veggies on, keeping the beets and sweet potatoes as your sides. Add some goat cheese to the sandwich if you like (it's so good...) and top with arugula. Lightly salt the grilled beets and sweet potato. Enjoy!



Top 5 Strength-Building Exercises You Don't Need Fancy Equipment For

1. Burpees. I hate these but boy do they work! They work your arms, core, legs and back. So, pretty much everything. Form is everything here so if you're getting sloppy, go back to it tomorrow.
2. Sun Salutations. The opposite of burpees. Enjoyable and relaxing, this yoga sequence is the foundation of so many yoga classes. Deep breathing, stretching, and strengthening.
3. Walking Lunges. Not only are these great for overall leg strength, they help strengthen the smaller stabilizer muscles in the hip. This helps prevent knee pain from muscle imbalances.
4. Push-ups. An oldie but a goodie. Whether you're on your feet or knees, the arm and core strength developed from push-ups is amazing.
5. Planks. Who knew not moving could be SO powerful? This simple exercise targets your shoulders, core, and thighs. There is no better exercise for core stability strength which helps prevent back pain.

If you need instruction on these exercises, check out youtube, google, or a real-life personal trainer!



4 Excellent Uses for Honey

1. As an alternative to sugar. Well, duh. It's even delicious in coffee - I promise!
2. Acne. Raw honey makes an excellent antibacterial face wash or mask. It's helps reduce redness, swelling, and speeds healing time.
3. Cuts or scrapes. Provided they're not super deep or puncture wounds, little cuts and scrapes can benefit from the antibiotic nature of raw honey. Studies have shown it as effective as a broad-spectrum topical antibiotic, yet there's no worry about antibiotic resistance. Excellent!
4. Sore throats. Raw honey's antimicrobial properties help to kill whatever bug is causing the problem, not to mention the soothing properties help calm a cough and sore throat.

In order to keep honey production going, and also all of the veggies in the yummy sandwich recipe, don't forget to plant some pollinator-friendly plants in your garden.



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.

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