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# The Healthier Newsletter

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## Summer!

**August marks the perfect time to reflect on where your year has taken you, and where you want the rest of your year to go.**

I may have borrowed that nugget of wisdom from a Facebook post, but it really got me thinking. This is the time of summer where we start to dread the end of it. When we do this, we end up missing the fact that it's still very much in the middle of heat waves, shorts, iced coffees, and that warm breeze on the skin. It really is the perfect time to reflect on how this year has gone: did you meet any goals? Anything really awesome happen? Anything you still want to do? Anything you're putting off?

There's been a lot of change this past year for me and all of it has just been amazing. I moved clinic spaces in May and am really loving being part of the team at the Brooklin Village Spa! I couldn't ask for a better environment to be in each day. Dan and I also adopted a rescue dog named Allie, which I may have mentioned last time but I'm still super excited to get out for so many more walks this summer. She's also super into hide-and-seek. Anyway, my garden is thriving and my tomatoes have blown way past their cages. They may be around 6-8 feet tall if they weren't growing sideways now. We should have pasta sauce for many years to come.

And finally... vacation! I'll be off to Portugal and Italy on September 22nd and back in action on October 10th. If you're a teacher, make sure you use up your awesome

benefits before they roll over in September!

Enjoy the rest of your summer, peeps!

Lindsay

## Too-Hot-To-Cook Summer Bowl

We don't have air conditioning, so during these heat waves lately it's been too hot to BBQ (ours is right in the sun) and definitely too hot to cook inside. So we devised this mishmash of deliciousness that involves minimal, if any, heating of the house, and is packed full of yumminess.

1 cup couscous (you can make quinoa if you're gluten-free and have air conditioning)

1 cup boiling water

1 tsp salt

1 can organic black beans, well rinsed

1 can organic chickpeas, well rinsed

1 cup green peas (fresh or defrost them if they're frozen)

2 cups of chopped veggies - anything you have! I use cucumber, cherry tomatoes, red peppers, yellow peppers, carrots and sometimes beets.

1/4 cup sunflower seeds

1/4 cup dried cranberries

Dressing (whisk all together):

1/3 cup extra virgin olive oil

1/4 cup lemon juice

1/8 cup maple syrup

1 tbsp whole grain mustard

Salt and pepper to taste.

Using the kettle, boil a little more than 1 cup of water. This saves you from running the stove for 10 minutes. Add your dry couscous to a pot with salt. Once kettle has boiled, add 1 cup of water to the pot and stir. Place the lid on the pot and let sit for 5 minutes... don't open it!

While the couscous magic is happening, chop up all your veggies and throw them in a large bowl. Add the beans and chickpeas, and stir until it's all mixed. When your couscous is done, fluff it up with a fork and add to the bowl with the veggies and beans. Add your dressing on top and stir well to combine. Season with salt and pepper as needed.

Will store in the fridge for a few days, hopefully until the heatwave has passed and you can comfortably cook again.



## Indications You May Have a Food Sensitivity

Food sensitivities are often delayed immune reactions to food, meaning they may not show up right away, like a true allergy such as with peanuts. In fact, they may take between 12-36 hours to show up making it quite difficult to pinpoint exactly what the trigger foods are. If you have any of the following, it may be worth investigating if a food sensitivity is the culprit:

- Eczema, psoriasis, or other persistent skin issues
- IBS
- Thyroid disorders
- Chronic headaches (that can't be explained by a long weekend or summer BBQ with friends...)
- Joint pain not due to injury
- Persistent fatigue

There are two ways to find your sensitivity: Elimination diet or a blood



## Sneaky Reasons for Weight Gain

Weight is often something that sneaks up when you're not looking. Or as much as you're trying, the weight just won't budge. If you rapidly gain without changing your routine, this may require some blood work to see what's going on. Otherwise, here's a few reasons to keep in mind that may help to explain:

1. You're eating more than you realize, or not the right stuff. Track your diet.

This is the easiest way to monitor if those butter tarts are sneaking in more often than you realize, or to see if you're eating more than 50% carbohydrates.

2. Your hormones are off. This may include your thyroid, estrogen, progesterone, and always look at cortisol (stress hormone) levels.

Hormones certainly change as we age, which has a huge impact on weight gain.

3. You're not sleeping well. This will affect your cortisol patterns and also how well you're recovering from your

test. Elimination diets involve removing the most common offending foods for about 6 weeks and seeing if your symptoms calm down. If they do, add foods back in, slowly and one at a time, while monitoring your symptoms.

Blood tests look for antibodies against a number of foods. This helps to provide a tailored, individualized elimination diet specific to what your body is reacting to.

Both methods are effective. If you feel you may need to explore this avenue, have a chat with your friendly neighbourhood ND!

workouts. If you're quite overweight, ask your doctor about getting checked for sleep apnea. Often stress levels are tied in here so you may need some help regulating your stress response.

4. Your vitamin B12 is low. This is often touted as a weight loss vitamin, but if your levels are already high, it won't help much. If you're low, however, this can make it difficult for your body to burn fat. It's an easy blood test.

5. You're doing the wrong kind of exercise. Working out intensively for more than ~45 minutes can increase cortisol levels. If you already have issues with stress and cortisol regulation, HIIT for less time may be a better option for you.



I'm Lindsay and I'm a licensed Naturopathic Doctor. I'm at the Brooklin Village Spa 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 [info@lindsayselfnd.com](mailto:info@lindsayselfnd.com) or visit [www.lindsayselfnd.com](http://www.lindsayselfnd.com) for more information.

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