

Super Simple Sweet Potato Soup ~ Top 5 Blood Tests for Fatigue ~
3 Simple Energy Boosters

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The Healthier Newsletter

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Happy Fall!

We knew it had to come sometime...

It's been a whirlwind of a summer in the clinic and, while I do miss the warm weather, I have to agree that the butternut squashes at this time of year are pretty darn delicious.

It's also hand-washing-like-mad season! There are a few of the same viruses that were making the rounds last year: they start with typical cold symptoms for 4-6 days (runny nose, sneezing, sore throat) followed by a dry cough that can last about 3 weeks. Don't be alarmed if this happens. Unfortunately it's just due to that viral strain and it will pass. The general antibiotic guidelines have been changed to not give prescriptions in these cases as the cause is most likely viral. Antibiotic resistance is a pretty serious thing to contend with, so try to ride out the viral bronchitis and expect that this pattern can happen. Unfortunately, there aren't any natural products that can really help either, so lots of warm tea and lozenges!

Have a great fall everyone, and enjoy your cozy sweaters!

Lindsay.



Super Simple Sweet Potato Soup

Full credit to my husband on this one! Dan came up with this perfectly delicious, warm, creamy, and nourishing soup on a whim... that's so darn simple. It's a perfect starter or side with the fall chill in the air!

- 2 large sweet potatoes, diced
- 1 medium onion, very thin
- 1 clove garlic, minced
- 2 tbsp olive oil
- 1 box organic vegetable stock
- Salt and pepper to taste

Toss diced sweet potatoes lightly in 1 tbsp of olive oil and spread in a single layer on a baking sheet. Roast at 350 until tender and golden brown, about 20-30 minutes.

In a large pot, sauté onion in about 1tbsp of olive oil until soft, about 5 minutes. Add garlic and stir for 1 minute.

Add sweet potatoes and organic vegetable stock. Stir to combine. Using an immersion blender, blend all ingredients in the pot until smooth (a high-powered blender also works well to get it 'restaurant smooth' as Dan says!).

Enjoy as you would a warm hug!

The image shows a laboratory test requisition form with two columns of tests. The form includes fields for 'First Name', 'Gender', and 'Time Collected'. The tests listed include:

TEST	
Ascorbic Acid/Vitamin C	
AST (Aspartate Transaminase)	
Beta Carotene	
Bilirubin, Direct	
Bilirubin, Total	
CA 125	
CA 15-3	
Cadmium, Urine	
Calcium, 24hr Urine	
Calcium, Ionized	
Calcium, Urine	
Calcium, Serum	
Carbon Dioxide	
Carcinoembryonic Antigen (CEA)	
CBC (includes differential)	
Celiac Disease	
Ceruloplasmin	
Chloride, Urine	
Chloride, Serum	
Cholinesterase, Plasma	
Cholinesterase, Serum	
Cholinesterase, RBC	
Complement C3	
Complement C4	
Copper, Serum	
Copper, Urine	
Random Serum	
HLA B27	
Homocysteine	
IgA	
IgG	
IgM	
IgG Fractionation (IgG)	
Insulin Glucose	
Creatinine Clearance	
Creatinine/CFR	
DHEA	
Digoxin	
Dihydrotestosterone (DHT)	
Endomyxial Antibody	
ESR/Sedimentation Rate	
Estradiol/Estrogen	
Estrone	
Fatty Acids, Free	
Ferritin	
Fibrinogen, Quant	
Folate, RBC	
Folate, Serum	
Free T3	
FSH	
G6PD (Requires a CBC)	
Galectin 3	
GGT	
Gladin Antibodies (IgG)	
Glucose, Fasting	
Glucose, Random	
Glucose Tolerance 2hr (75g load)	
Hemoglobin A1C (HbA1c)	

Top 5 Labs for Fatigue

Blood work is one of the first things I'll call on to investigate one of the most common concerns I see: fatigue. Here are some of the most helpful tests.

1. Iron, or ferritin (iron stores). Most people will feel well when this number is over 60. Fatigue will set in before full-blown anemia.

2. Vitamin B12. Aim for levels over 500. Fatigue, brain fog, and a few other random symptoms pop up when this is low. This one is probably the one I catch most often.

3. Thyroid testing: TSH, T3, T4, anti-TPO. Your thyroid gland runs your thermostat and your metabolism. TSH levels should be under 2 ideally.

4. Vitamin D. It's that time of year again! This is a good one to get checked pre-winter to get a baseline. Aim for levels between 100 and 150.

5. C-reactive protein (CRP). This may shed some light on whether inflammation is dragging you down.



3 Simple Energy Boosters

Before we go taking blood and sending you to the health food store for supplements, let's make sure you have the basics covered.

1. WATER! The most common answer to my "how much water are you drinking?" question is "not enough". Your body needs proper hydration to function. Your cells can't work well and your brain will work better with lots of water (hello, electrical tissue!). No supplements can make up for dehydration fatigue.

2. Exercise. If you're training for a Netflix marathon, you'll be fit enough to do just that. Even walking 20 minutes each day can make a pretty big difference. If you're working on a long project or studying intensely, drop for 10 push-ups every hour.

3. Fresh air. It's amazing what a little oxygen does to the energy!



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 drself@peakbrooklin.com.

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