



The Healthier Newsletter

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Happy Spring!

Or as many people are thinking: at least it's not snowing!

It's been ultra-busy in the clinic after returning from a much needed vacation and I'm feeling pretty darn good. The sun is shining (most days) and my garden is finally not blending in with the lawn. The veggie patch is sprouting and I'm looking forward to biggest crop of basil I've ever grown! THIS is the year I make pesto! For real this time.

I'm focusing much of my planting on herbs this year and on practical plants that either I can use or that bees need. When we were in Italy, one of our Airbnbs had the absolute biggest rosemary plant I've ever seen. It was literally 6 feet in diameter. Next to it was a massive planter full of oregano. Beside that, thyme. The sheer joy of going out to the garden to grab fresh herbs or lettuce or other plants that compliment the meal is one of my favourite things. Plus, they smell amazing!

I hope you're all off to a great start to the warmer months! Happy Spring to all!

Lindsay.

Super Effective Deodorant for Happy Armpits

Some of you may be familiar with my Happy Pits Deodorant that's available for sale in the clinic. This is an ultra-basic recipe that has an efficacy you have to try to believe. When I first started using this instead of my trusty store-bought stick, I seriously doubted how it could be effective. It worked in every scenario: I was biking to work in downtown Toronto in the smoggy summer, I did a talk to over 100 corporate executives, and I was running a lot. Don't get me wrong: this is not an anti-perspirant and you will sweat, but you will not stink. As for quantity of sweat: when switching from an anti-perspirant to simple deodorant, you will probably sweat more as your pores re-learn what they were built to do. After a few weeks, you'll sweat less and still smell lovely.

This is such a simple recipe that I thought I'd share it here.

2 parts organic unrefined coconut oil

1 part baking soda

1 part arrowroot powder (you can also use cornstarch)

Mash together until smooth. Apply to pits. Enjoy life.



Ticks and Lyme Disease

Ticks are here, people! Lyme disease is on the rise and it's not something you want to deal with. Here's what to do if you find a tick on you.

1. If you're out in the grass or woods (even if you're not bush-whacking), check for ticks when you come inside. Check all over. ALL. OVER. These look like the picture and are about 1/8" long.



Top 7 Plant Protein Sources

The body of evidence that's building around the health benefits of eating more plant-based protein and less meat is substantial. If you're thinking of adopting some more meatless meals, here's some great protein options to work in.

1. Soynuts and edamame (shelled).

2. If you find one with the head embedded in your skin, grab some tweezers as close to the skin as possible and pull straight up and out slowly. Keep the tick. This is valuable for testing later.
 3. Wash the area thoroughly with soap and water.
 4. Make an appointment with your doctor and keep an eye out for a skin rash especially at the area of the bite, fevers, and joint pain for the next month. Bring your new tick friend (jerk!) with you to your appointment.
 5. Keep in mind there is no reliable testing method for Lyme disease as of yet. The treatment is antibiotics. No compromises here.
- For more detailed information on what to do, please avoid Pinterest, YouTube, and Facebook. Check [here](#) instead.



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- 24g/2oz. Mmmm protein snack...
2. Tofu and tempeh. 22g/4oz. Tofu tip: start with firm or extra firm and marinate first for at least 20 minutes. Don't judge tofu based on the soft or silken styles. Always buy organic soy.
 3. Lentils. 18g/1cup. Lentils can be whizzed in the food processor and made into patties, meatless meat balls, etc, or just added to a salad.
 4. Beans. 12-15g/1cup. Same as lentils, these can be transformed. Black beans are (in my opinion) the most delicious of the beans.
 5. Green peas. 7.5g/1cup.
 6. Quinoa. 6g/1cup.
 7. Broccoli. 5-7g/1cup. Yes, broccoli! Think about adding a combo of these into your meal: how about a lunch salad with 1/2 cup lentils, 1/2 cup quinoa, 1/2 cup peas, and lots of other veggies?

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.