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The Healthier Newsletter

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Summer means skin care!

With summer flying by, it's a really great time to slow down and smell the flowers, feel the warm air on your bare arms, and really enjoy every time the sun decides to make an appearance!

In addition to the healthy skin tips below, if you have any forehead lines or lip wrinkles to contend with, why not try Facial Rejuvenation Acupuncture? This is quite an effective method to boost skin's collagen production to eliminate or significantly reduce wrinkles. It can also be effective for lifting sagging skin. This method is a great alternative to botox, fillers, and any of the scary stuff.

Another friendly reminder: please monitor for tick bites! In the clinic, I've seen two people with bullseye rashes after finding a tick bite in their backyards in Brooklin. For a reminder of how to deal with these properly, check out publichealthontario.ca.

Have a wonderful rest of the summer, everyone! Enjoy the sunshine and warmth while it's here!

Lindsay.



3 Favourite Kitchen Gadgets to Make Your Lives Easier (and Get You Eating More Plants)

#1. A food processor. This is the #1 best gadget in my kitchen. I'm not a meat-eater and the thought of eating plain beans and lentils is far less appealing than black bean burgers, tacos, spaghetti and meatballs, tacos, falafel, tacos, and, of course, tacos. This will not only transform your beans, chickpeas, rice, quinoa, lentils, and veggies into something completely different, exciting, and delicious, but will also help you make some amazing snacks such as energy balls and granola bars. Many processors will also have a grating/slicing blade that helps to quickly slice things like potatoes, beets, and apples into fine slices ready for baking into homemade chips. Mmm... chips.

#2. A good, high-powered blender. These blending machines, such as a Vitamix or Blendtec, function quite differently than a standard blender and can do more than just whiz up milkshakes. These are the easiest way to make smoothies, sauces, creamy soups, almond/rice/coconut/cashew/etc milk, sorbets, and even flour. I use my blender daily since I'm partial to smoothies: this is where lots of my fruits, veggies, whole flax seeds (it'll grind for you), coconut shreds, and whatever-else-I'm-feeling-that-day go into for my "brain juice" to get me going.

#3. A spiralizer. Got kids? You need this one. Raw veggies are much more exciting when carrots and beets are in fun noodle shapes and these are great additions to simple summer salads. Spiralizing a zucchini is a great way to sneak more veggies into spaghetti or mix with spaghetti squash for some different noodle textures.



4 Functions of Vitamin B12

One of my favourite little vitamins, this



5 Tips for Youthful Skin

1. Practice safe sun. Not only does

one is so often overlooked on lab tests, if it's even tested at all. Catching this being low is quite a common event in my practice.

1. Energy and brain fog. You need B12 to make red blood cells and to provide energy. Without optimal levels, your whole body and brain feel sluggish and tired.

2. Neurological function. Nerves need B12 to work properly. Low B12 is implicated in headaches, numbness/tingling, muscle pain/fatigue, and many, many more.

3. Fertility. Low B12 levels are often found in couples having trouble conceiving or with frequent miscarriages. It's standard on my testing that I do, but if this sounds like you, let me know!

4. Thyroid function. B12 levels are low among the majority of hypothyroid patients. This is also required in the pathway of making thyroid hormone itself.

excessive sun exposure increase your risk of skin cancer, but it directly boosts wrinkles by causing oxidative damage to your DNA.

2. Quit smoking. Speaking of oxidative damage, there's nothing worse than smoking.

3. Vitamin C. This is essential for collagen production. Make sure your diet is rich in fruits and veggies. If you need help to boost these in the diet, maybe check out some new kitchen gadgets to help you out!

4. Topical vitamin C. Inside and out, vitamin C is awesome. Research shows a 15-20% concentration of C applied to the skin helps boost collagen production. What a great compliment to your Facial Rejuvenation Acupuncture!

5. Drink water! This helps plump up cells and is essential to healthy skin. Try this: drink 2-3 litres a day for a week. Be sure to snap before and after selfies to compare the difference!



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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