



The Healthier Newsletter

Lindsay Self, ND
Naturopathic Doctor



Share



Tweet



Forward to Friend

Happy Winter!

My apologies for being a bit late on getting this Winter newsletter out to you! January was a bit hectic with a crazy game of catch-up and fixing water issues... oh, country living! I am back into the swing of things and loving the new clinic in Brooklin. Over the next couple of months on the [blog](#), we'll be going over fertility, spring cleaning (yay!), and gut health.

It's coming to that time in the winter where we're all climbing the walls and wondering why we choose to live here (it's because Canada's awesome). But this consistent -40 windchill is about to lift and that, my friends, is some good news! I have some seedlings just sprouting and getting their heads above dirt in preparation for the epic veggie garden I have planned for this year. I'm SO excited!

Spring is just around the corner and before you know it we'll be complaining about how hot it is--so get out there, make a snowfamily, and really enjoy that peace and quiet that only winter provides.

Stay warm!

Lindsay

PS. Keep an eye out for measles, as it's making the rounds in Toronto at the

moment. Watch for cold/flu-like symptoms (runny nose and eyes, cough, fever) and a rash that develops a couple of days later. For more info, check out [Health Canada](#).

My Favourite Winter Warming Teas

Here's one of my big winter dilemmas: it's so dry that I need to drink more water, but so cold that I don't want to drink water. Plus, I find water very boring. The solution is tea. Delicious, delicious tea. Loose herbs are so easy to find (my favourite store is Herbie's Herbs on Queen St W) and it's kind of fun putting them together based on what's going on that day. If you're feeling dehydrated, invest in a beautiful big teapot, and aim for 1-2 full teapots each day. Stick with lower-caffeine if you're sensitive to it, or switch to herbal in the afternoon.

Cinnamon tea. Steep a cinnamon stick as you would a tea bag. So good and so simple, and re-steepable a couple of times.

Chai tea. Use either green or black tea as a base. Add cinnamon, cardamom, star anise (just one), fennel, peppercorns, or ginger.

Minty green. I had a David's Tea version of this which was sooooo good, but had white chocolate and a few other non-tea ingredients. So, I made my own. Green tea, peppermint, white peppercorns. That's it.



February is Hearth Month!

I've been blogging about heart health this month and looking at the best ways to keep your cardiovascular system happy. Feel free to check

that out [here](#), but here's a brief synopsis of how to reduce your risk.

1. Adopt a more Mediterranean Diet. Lots of fruits and veggies, nuts, seeds, and olive oil. Add in fish and seafood when you can. Keep meats to a minimum, only a couple times a week. If you're having grains, keep them whole (actually whole... not whole grain in flour form).

2. Move. Exercise is key to keeping your cardiovascular system working. Even if you're overweight, exercising can still reduce your risk for major cardiovascular events even if its a nice calming yoga.

3. Speaking of calming, evaluate your stress management. Chronic stress leads to chronic inflammation which leads to an increase in major cardiovascular events such as heart attack and stroke. Don't sweat the small stuff. Breathe more. Try acupuncture. Laugh.

4. Avoid sugar. Refined sugar, particularly fructose (as in high-fructose corn syrup and agave nectar) directly contributes to cholesterol formation and inflammation in the body. This is seriously toxic and addictive stuff. Try cutting it out completely for a week. After that, it's smooth sailing.

Chronic disease is where naturopathic medicine excels. We can help keep your cholesterol healthy, your blood pressure in a healthy range, and your stress in-check. We work with your medical doctor in these cases to keep you around longer because hey, you're awesome.



Winter Blues

Seasonal Affective Disorder (S.A.D.) you may know as the winter blues or seasonal depression. As the days continue to be short, overcast, and (very) cold, many people find their mood becomes down, energy levels drop, sleep increases, and appetite gets thrown off. If this sounds like you, here's some great tips to get through the winter.

1. Vitamin D3. Being bundled up means less skin exposed to sunlight to activate vitamin D. Decreases in vitamin D have been linked to depression.

2. Eat well and exercise. Try to avoid packing in the comfort foods too much and keep eating lots of fruits and veggies. Give your body the building blocks it needs to function. Exercise is proven to be beneficial for mood, and it can help break the stuck-indoors cycle.

3. Light therapy. Light boxes are available to mimic sun exposure. Now, these are quite different from tanning beds as they have very

little UV ray emissions. Be sure to choose a light specific for S.A.D. and not for skin disorders.

4. Melatonin. This our sleepy hormone. If the light therapy in the day isn't enough, melatonin can help initiate the sleep cycle at a given time to keep your sleep-wake cycle on track.

5. Therapy. If you're feeling quite down or having trouble working, talk to someone. Cognitive behavioural therapy is quite effective.

As always, if you feel you're doing all the right things but you're still a bit down, ask for help.

Your friendly ND has lots more tools suited for you such as herbs, supplements, or acupuncture.



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.

Copyright © 2015 Lindsay Self, ND, All rights reserved.

[unsubscribe from this list](#) [update subscription preferences](#)



Photo credits: Heart balloon - Andreka. Lady jumping with balloons - Konstantin Sutyagin.