



The Healthier Newsletter

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A belated Happy New Year to you!

It almost seems strange to title this newsletter "Winter" since it was pushing 16 degrees last week, but I have a feeling Old Man Winter still has a few tricks up his sleeve. I've been staying fit by actually winter running for the first time in years and for that I must thank my neighbour for holding me accountable. Knowing that I need to be at the street corner really helps to stay motivated and get out there. This is a pretty well-known tactic, and I will say it works!

We are wrapping up our Clean Eating Challenge at Peak for this year and I will give a shout-out to everyone who's stuck it out! High fives to you all. This is a fun event that we do every year and thanks to the wonders of technology, I've been able to provide some (hopefully) useful information in a much easier and comfier way via FaceBook Live. We run this every year to clean out our guts after December, so feel free to join in next year!

Since we're coming into the home stretch of winter, make sure you take advantage of every ounce of warm sunlight that comes through. Now is when Vitamin D levels really hit their lows, so top up when you can!

Thanks and chat soon!

Lindsay.

Souped-Up Cholesterol-Busting Oatmeal

On cold days, it's nice to start your morning off with something warm and comforting. Oatmeal is a great way to do that. Here's some great additions you can do to really ramp up the protein and nutrient content to this humble breakfast.

1 cup steel cut oats (not the instant version)

2-3 cups water (less water will make it chewier, more water will make it silkier)

1/2 cup chopped walnuts

1/2 cup blueberries (frozen works!)

2 tbsp coconut oil

2 tbsp maple syrup

2 tbsp natural peanut butter

1 tbsp cinnamon

1 tsp salt

Cook oats over low heat, stirring occasionally, until almost all of the water is absorbed, about 20 minutes. Add in the coconut oil, peanut butter, maple syrup, cinnamon, and salt. Stir until melted and combined. Allow to finish cooking until all the water has absorbed. Stir in chopped nuts and blueberries. If you're using frozen blueberries, prepare for a slight colour change!

You can prep this ahead of time and scoop out what you need each day. Will store for 3-4 days in the fridge.



Tips for Choosing Healthy Snacks

1. Avoid flour-based snacks. While tempting and delicious, these will likely leave you in a brain fog



4 Keys to a Good Sleep

1. Avoid screen time within an hour of bedtime.

Back-lit screens emit light that disrupts melatonin

within the hour. Avoid the muffins, croissants, or anything in the above picture.

2. Have protein and/or fat. Nuts, seeds, hummus, avocado, roasted chickpeas, or Greek yogurt or cottage cheese if you're okay with dairy. These sustain blood sugar and increase satiety.

3. If you're grabbing something packaged, look at the label. Specifically, under carbohydrates, make sure the fibre content is greater than or equal the sugar content.

4. Have some fruit or veg. This helps to meet your quota for the day and gives your brain some boosting nutrients!

5. Have a mindful check-in. Be sure that it actually is time for a snack to avoid over-eating or snacking when you don't really need it. Use this time as a mental break for the day, even if you only check-in with your mind/body for 5 deep breaths.



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patterns. Melatonin is your sleepy hormone which is needed in a big surge to help you fall asleep and stay asleep. Any reading materials that require an actual lamp are sleep-approved!

2. Avoid caffeine after 3pm. Caffeine takes about 8 hours to be fully metabolized and removed from the body, so best to stick with a tea in the afternoon.

3. Establish a routine that involves a mind-calming exercise. The one exception to tip #1 above is using a mindfulness app such as Headspace. These brief 10-minute exercises help teach your brain how to shut itself down for bedtime.

4. Eat well. Nutrition plays a huge part in how well your brain and body function. Be sure you have lots of fruits, veggies, healthy fats and protein in the diet, and skip flour-based, fried, processed, or fast foods.

I'm Lindsay and I'm a licensed Naturopathic Doctor at Peak Health and Wellness in Brooklin.

My practice focuses on sustainable, realistic changes toward a healthier lifestyle. I help correct the root cause of health concerns using food, herbal and nutritional supplements, and acupuncture.

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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