



The Healthier Newsletter

Dr. Lindsay Self, ND
Naturopathic Doctor



Happy Winter!

8 more weeks until Spring...

I hope everyone had a great time over the holidays and ate all the delicious things! My highly anticipated Foodtastic Staycation that took place the first week of January was filled with bronchitis. Talk about perfect timing. And yes, I still ate all the delicious things...

Since bronchitis is making the rounds, there are a few important points to note in case it hits you. As soon as something hits the lungs, we're often quick to think that antibiotics are always needed. While bacterial pneumonia is definitely a serious complication where fluid builds up in the lungs, the reality is that about [80-90% of bronchitis cases are actually viral](#), meaning antibiotics will not help. In fact, antibiotics will wipe out your body's helpful bacteria, leaving you more susceptible to infection, and will also contribute to the very real issue of antibiotic resistance. It's like taking antibiotics for a cold. That said, it is important to recognize the difference between bronchitis and pneumonia so that you know when to stop watching and waiting. [Both bronchitis and viral pneumonia will result in coughing with mucous \(yellow or green; don't panic when you see this\), wheezing, shortness of breath, and some chest pain which often results from coughing and inflammation. With viral bronchitis and viral pneumonia, there's often a mild fever and maybe some cold-like symptoms such as runny or stuffy nose. This will last about 7-10 days, with a lingering cough and](#)

mucous (ugh!) for another week or two. With the more serious bacterial pneumonia, fever is often high resulting in chills and shivering, and the chest pain may be more severe. This requires antibiotics. In short: know your symptoms and monitor your temperature. When it doubt, get it checked out.

In other completely unrelated news, ONLINE BOOKING IS COMING SOON! Yes, I'm shouting that from the rooftops! We're aiming for the end of February so stay tuned. :)

Thanks for reading!

Lindsay

Roasted Chickpeas

This recipe is awesome on so many levels. We're probably all looking for a yummy snack that's healthy because it's January, and this will certainly help. The health benefits of the legumes are pretty extensive: they help lower cholesterol, balance blood sugar, provide awesome prebiotics (food for your happy gut flora), and may help with weight reduction. I spend a lot of my days trying to convince people to eat more beans, lentils, and chickpeas for all those reasons! Here's a yummy way you can add them in your diet.

1 can chickpeas, well rinsed and drained

2 tbsp olive oil

1/2 tbsp each: garlic powder, onion powder, smoked paprika, black pepper

1-2 tsp salt (to taste)

Mix all of the spices together in a large bowl. Add rinsed chickpeas, olive oil, and salt, and toss to coat. Bake in a 350 degree oven for 20 minutes, toss around, and bake for another 15 minutes. Turn the oven off and let them sit in there for another 5 minutes (or forget about them for a while like I do...). Enjoy!



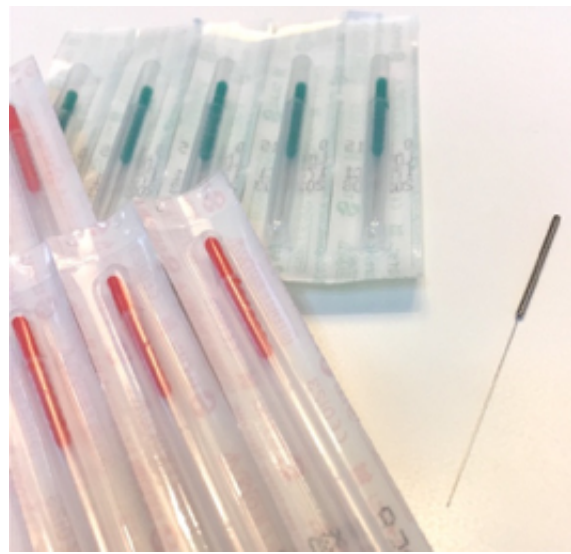
Top 5 Reasons to Have Your Vitamin D Levels Checked

Vitamin D levels decline from fall to spring due to the lack of sunshine and being bundled from head-to-toe. If you have any seasonal symptom patterns, it's best to have this checked.

1. Vitamin D is crucial to the immune system. It helps your main seek-and-destroy immune cells (called Natural Killer T-cells) multiply when it finds a bug. This is your immune system making an army. Vitamin D also has a regulating effect on the immune system which makes it crucial for any autoimmune disease.

2. Bone density. Vitamin D is needed to regulate where calcium is in the body. It's the signal for calcium to go into the bones to make them stronger. With menopause, we lose estrogen which is protective for bone density. Make sure you have adequate vitamin D.

3. Mood disorders. Vitamin D helps regulate the upper and downer signals in the brain. Less D means more activation of the downers which leads to seasonal affective disorder, or seasonal depression.



Top 5 Reasons to Try Acupuncture

Acupuncture can be an awesome treatment for a number of issues, whether it be a Traditional Chinese Medicine protocol or a localized treatment for one specific area. Here's the top 5 health concerns acupuncture can help with (and no, it doesn't hurt...).

1. Fertility. Acupuncture can help improve egg quality, sperm parameters, get circulation going to the uterus, and regulate wonky periods. It also improves IVF outcomes and can manage anxiety during one of the most stressful times.

2. Headaches. Both migraines and tension headaches often benefit by decreasing in frequency and severity. It can help ease or eliminate active trigger points that can be causing tension headaches.

3. Anxiety, depression, and plain ol' stress. Acupuncture can help to reduce cortisol levels (your stress hormone), reduce anxiety, and balance mood. For these reasons, it can also be effective for quitting smoking.

4. Joint pain and arthritis.

4. Your sleep is off. Similar to the mood disorders, low vitamin D levels are associated with insomnia.

5. You can take too much. Vitamin D is definitely one you can overdose on since it's a fat-soluble vitamin. If you've been taking high doses for a long time, check to make sure you're not too high.



Copyright © 2018 Lindsay Self, ND, All rights reserved.

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

MailChimp

Acupuncture is very effective when used locally at painful joints. I always use a microcurrent machine to run a gentle electric current through the joint, providing extra pain relief as well as stimulation for the joint or injury to heal.

5. Wrinkles. Acupuncture helps boost collagen production to reduce lines and wrinkles. Yes, really. :)

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.