

7 Ways to Feel Younger Now



Look and feel younger by following these 7 basic rules for anti-aging

Here are quick and easy anti-aging tips for good health.

1. **Water**—To stay well hydrated and flush away toxins, drink 8-10 glasses of water each day. This benefits energy, metabolism, hair, skin, etc.
2. **Exercise**—The latest guidelines suggest 30 minutes of light activity 5 times a week or 20 minutes of brisk exercise 3 times a week for weight control and a healthy heart.
3. **Sleep**—Adequate sleep is important to regenerate cells and rest your mind. Make sure your room is dark and quiet.
4. **Deep breathing**—This is the secret to defeating stress and removing toxins from the body. Incorporate 10 minutes twice a day.
5. **Fish oils**—Contain omega 3 fatty acids, an essential oil to keep your hair shiny, skin moist, mind clear, and decrease inflammation.
6. **Antioxidants**—Will quench those free radicals that cause cells to age. They are found in dark berries, herbs, spices, and green tea.
7. **Eating fewer calories**—is the secret to maintaining your weight and should be reduced yearly.

Summer Health Tips

Summer is now here in full gear. This is often a time for busy schedules, excessive sun exposure, and sugary summer drinks and treats.

While it is important to allow uncovered skin exposure to sunlight, 10-15 min-

utes a day is enough to generate adequate Vitamin D. Be sure to monitor your skin for any changes to moles or abnormal pigmentation. If you are at all concerned about your skin's health, please visit a health professional.

When selecting sun protection, choose a sunscreen with all-natural ingredients, light-coloured clothing, hats and full UV protective sunglasses. To maintain skin moisture, try a slice of lemon in water instead of a sugary drink.

Highly sprayed fruit

WORTH THE COST FOR ORGANIC

- PEACHES
- APPLES
- STRAWBERRIES
- NECTARINES
- PEARS
- CHERRIES
- RASPBERRIES
- GRAPES
- BLUEBERRIES

Principles of Naturopathic Medicine

FIRST, DO NO HARM

IDENTIFY AND TREAT THE CAUSE

TREAT THE WHOLE PERSON

SUPPORT THE HEALING POWER OF THE BODY

DOCTOR AS TEACHER

EMPHASIZE PREVENTION

Promoting health and awareness in our community

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PASS ON THE
SODA POP AND
CHOOSE PURE
WATER, HERBAL
TEA, OR JUICE TO
STAY HYDRATED

In the News

A study out last month states that drinking more than one soda a day (even if it's a diet or sugar-free soda), can be associated with an increased risk of metabolic syndrome. Metabolic syndrome is commonly associated with a higher risk factor for diabetes

and cardiovascular disease. The main features of metabolic syndrome include high blood sugar, high blood pressure, abnormal cholesterol, and excess abdominal fat.

The researchers conclude that it is not the sugar that may be causing

problems, but other ingredients of soda pop. What does this mean to you? Why not try water, herbal tea, or real fruit juice to quench your thirst the next time you are choosing your drink. It can make a difference in the long run.

Mixed Bean and Spinach Salad

Beans are a great source of protein for lunch or dinner, and will help to balance your blood sugar.

Ingredients:

- 1 can mixed beans, drained and rinsed
- 1 cup grape tomatoes
- 1 c red pepper, diced
- 1 c baby spinach,

chopped

- 1/2 c red onion, finely sliced
- 1/2 c feta cheese, crumbled

Dressing:

- 1 tbsp fresh herb mix (chopped sage, thyme, oregano and rosemary)
- 1 tbsp olive oil

- 2 tbsp balsamic vinegar
- Black pepper

Directions: Combine beans, tomatoes, red pepper, spinach, onion and feta cheese in a large bowl. Combine dressing ingredients in a separate bowl. Toss into salad and serve.



Beans, beans, good for the heart...You fill in the rest!

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