

NATUROPATHIC NEWSLETTER

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Beat the Winter Blahs



You can't stop the snow or the skies from turning grey, but you can take these steps to ensure you don't feel blue.

How can you tell the difference between the winter blahs and Seasonal Affective Disorder (SAD)? Research in Ontario suggests 2-3% of the general population may suffer from SAD (fatigue, decreased energy, irritability, anxiety and despair), while

15% experience milder symptoms described as the winter blues. Here are some ways to help.

1. Winter fitness—Get outside for some fresh air. Keep active by trying at least one new activity a week. You can raise your brain's levels of dopamine, serotonin and norepinephrine (which are all chemicals known to reduce depression) with a single workout.
2. Vitamins—To make sure you're getting enough mood lifting nutrients, try omega-3

fats (found in fish oils), folic acid and B12 (B complex, whole grains and chicken or eggs), and vitamin D (sunshine or cod liver oil).

3. Sunlight—To combat SAD, doctors recommend getting out during the day. For those people that cannot get outside, a light box may benefit your mood. These specially designed machines emit full-spectrum artificial light that mimic the sun and can lift your mood.

New Year's Resolutions

The new year is a great time to assess your health and improve it, and this is the #1 resolution made by most people around the world. This can be done simply by finding balance and planning ahead of time. Schedule some time daily for relaxation and

deep breathing to calm the mind and reset it. If you are going to treat yourself to an extra dessert, offset it with a salad or more vegetables. Drink lots of water and herbal tea. Get outside and be active. And the number one preventable lifestyle modifica-

tion is to quit smoking. If you already follow these tips, then go the extra mile by choosing whole grains, not just whole wheat. Also, skip the refined and processed foods. Treat yourself to a glass of red wine and dark chocolate, you're doing a great job!

Examples of 1 serving of fruit or vegetable

- 1 MEDIUM FRUIT
- 1/2 CUP SMALL OR CUT-UP FRUIT
- 3/4 CUP 100% FRUIT OR VEGETABLE JUICE
- 1/2 CUP COOKED LEGUMES (BEANS OR PEAS)
- 1 CUP RAW, LEAFY VEGETABLES
- 1/2 CUP RAW NON-LEAFY OR COOKED VEGETABLES
- 1/4 CUP DRIED FRUIT

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

ADD 14 EXTRA
YEARS TO YOUR
LIFE BY
FOLLOWING ALL
OF THESE
HEALTHY
BEHAVIOURS

In the News: 4 Ways to Live Longer

Research involving 20,000 people over a decade was recently conducted by the Public Library of Science Medicine. In this study, people who adopted four healthy behaviours—not smoking, being active, moderate alcohol intake, and eating five servings of fruits and vegetables

a day—live on average an additional fourteen years of life compared to those who adopt none of these behaviours. This study was the first of its kind to look at all these measures at once. Previous studies only focused on one factor at a time. It means a large proportion of the popu-

lation really could feel health benefits through moderate changes. These small changes affected the reduction of cardiovascular disease and cancer the most. What does this really tell us? 4 small changes can help more than one alone, so make sure to address them all.



Salmon is a great source of protein and omega-3 essential fatty acids. It will boost your mood and brain function.

Maple Glazed Salmon

Ingredients:

- 1/4 cup maple syrup
- 1 tbsp lemon juice
- 1 tsp Dijon mustard
- 1/2 tsp ginger root, finely chopped
- 1 lb salmon filet
- 2 tbsp scallions, thinly sliced

Method: Mix all ingredients except scallions and salmon. Drizzle about 1/4 cup of marinade over fish, reserving about 1/4 cup of marinade to serve over cooked fish. Refrigerate for 30 minutes. Heat oven to 400 degrees. Remove fish from marinade and set aside. Place fish in baking dish. Bake 15-20

minutes, basting with marinade, until fish flakes easily with fork.

To serve: Drizzle reserved 1/4 cup marinade over fish; top with scallions.

Add brown rice and vegetables, and you have a warm and nutritious meal that the whole family will love.

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