

Naturopathic News

Fall 2011



The Leaves Are Falling!

Summer is almost behind us and there's a distinct chill in the air. People are back to work, children are back to school, and fall is just around the corner. As we look forward to colder months ahead, we look to nature to help us adapt to this shift.

The same way that trees rest by allowing leaves to fall and animals begin to hunt and store food in preparation for hibernation, our bodies also begin to slow down during fall and winter months.

What can we do to support this process and what health concerns do we need to be aware of during this time?

Getting enough rest

Even if you're not, your body is in tune with nature and it detects the discrete changes in the amount of daylight. As the days get shorter and our brains perceive more darkness, it triggers a desire for earlier sleep at night and longer sleep in the morning. Just go with it and give your body the rest it needs.

Getting adequate Vitamin D

With less sun exposure, it becomes important to talk to your ND about which form of vitamin D and what dose is right for you during fall and winter months. Depending on your health concerns, you may need 1,000 to 10,000 IU per day.

Eating Healthy

We are creatures of habit that thrive with routine and repetition. Try to eat at regular times throughout the day, everyday, and talk to your ND about healthy recipes that are right for you.

This Season's Feature is: "Getting Back on Track":

Summer is a time of fun and fast times, making it easy to upset your body's rhythms and routine.

Here are some easy steps to get back on track.

- *During the summer to fall transition, your body needs more rest, sleep early (before 11pm) and ensure at least 7-8 hrs of sleep per night.*
- *Cut back on summer indulgences such as alcohol and sugary foods.*
- *Enjoy warming foods such as soups and root vegetables.*



*Ask about
naturopathic alternatives
to preventing and treating
the flu this season.*

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