

Naturopathic News

January 2015



Happy New Year! Let's Drink to a Healthy Year

This year is all about being grateful, counting my blessings, and sharing more of myself with others. It's about living healthy and encouraging others to do the same. Here are some of the same ol' resolutions I make every year, and then some. I think I just get better with age ☺

I resolve to:

1. Drink more water
2. Celebrate each day with fresh blended vegetable/fruit juice
3. Resist the sugar temptress known as chocolate!
4. Start each day with gratitude and end each day with gratitude.
5. Spread more joy and love through my thoughts, actions, and words.
6. Breathe, meditate, reflect, reset, rejoice.
7. Keep reading, keep learning, keep growing.

Please share yours with me!

All the very best to my patients for a prosperous 2015 !

Family Health & Cancer Support

Dr. Amita Sachdev BScN, RN, ND has been practicing family-centred naturopathic medicine for over 12 years.

With previous nursing and teaching experience, Dr. Amita Sachdev can help you and your family meet all your health care needs, safely, effectively, and naturally.

Ask me about the most effective natural therapies to help patients achieve the best results in fighting their cancer in conjunction with their medical treatments for a truly integrated approach to health.

Follow me on twitter @AmitaSachdev



Remember to try our 15 MINUTE FREE "Meet with Amita" to see if your health concerns are best addressed by Dr. Amita Sachdev ND

Amita Sachdev BScN, RN, ND www.DrSachdevND.com

To **"meet with Amita"** in Kleinburg
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