



Ottawa Integrative Health Centre Inc.

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New satellite office inside The Ottawa Birth and Wellness Centre - 2260 Walkley Rd. Ottawa

## Helping You Achieve Health . . . Naturally!

January 2017

### **Post Holiday Resolutions For Increased Energy From Your Friendly Naturopathic Doctor**

By: Dr Christine Nguyen, ND  
Naturopathic Doctor

So, the holidays are over. The parties are done. The rush of adrenaline sweeping you from one activity to another has now subsided. Now it's back to work or school...and it's still winter outside. For some of us we feel rested and rejuvenated. For others, we need a holiday to recover and we are more tired, more lethargic and heavier than we were 2 weeks ago. Here are some tips to prioritize in order to deal with the post-holiday blahs, improve your mood, maintain more stable energy and even lose weight.

**1. Eat a wide variety of fresh fruits and vegetables** (preferably organic) for their protective phytochemicals and micronutrients needed for optimal metabolism. Yes, put aside or give away all the left over chocolates and eat a rainbow of crunchy goodness instead. Your body will thank you.



**2. Eat regularly.** If you don't have time to eat 3 regular meals a day, eating smaller meals or healthy snacks throughout the day can help keep blood sugar levels steady. Aim to eat something every 2-3 hours, especially if you are hungry.

**3. Eat more foods that are low Glycemic Index** and practice ways to reduce the glycemic index of your meals (incorporating fiber, protein and healthy fats help to reduce the glycemic load of your meal)

**4. Stay hydrated.** Dehydration is a common cause of fatigue and headaches - drink water or non-caffeinated tea, or other healthy liquids throughout the day. Add 1/4-1/2 a lemon into your morning water.

**5. Snack right.** Choose healthy snacks that contain some protein, carbohydrates, and beneficial fats or select whole foods that do not contain trans fats. Good options include a handful of unsalted nuts, fresh fruit, yogurt, vegetable sticks, hummus, guacamole with veggies or on whole grain crackers.

**6. Eat more fiber.** Vegetables, fruits, whole beans, chickpeas, and lentils are all rich in fiber, which slows the release of insulin and helps maintain a steady supply of energy. Also, stress can lead to abdominal cramps and constipation. Eat more fiber to keep your digestive system moving. Aim for at least 30 grams of fiber per day. For breakfast, eat whole fruits instead of just juice and whole-grain

cereals or oatmeal and include vegetables and legumes throughout the day for healthy snacks.

### **Foods that Promote Mood & Energy Stability**

- Prioritize foods rich in:
- B Vitamins
- Magnesium
- Omega 3 Fatty Acids
- Foods that balance blood sugar
- Low Glycemic Index (GI) foods
- Protein – also important for neurotransmitter regulation in the brain
- Fiber – regular Gastrointestinal function is crucial for elimination of toxins from the body

### **The B Vitamins include:**

- **Thiamine (B1)** Chronic B1 deficiency is associated with a heightened experience of anxiety.
  - o Food sources: beans, egg yolk, sea food, pork, beef liver, wheat bran, brown rice, peanuts, and sunflower seeds.
- **Riboflavin (B2)** The more calories you need, the more B2 you need. This explains why riboflavin-deficient people tire easily and have a poor appetite. There is also evidence that Vit B2 deficiency is associated with migraine-like headaches
  - o Food Sources: Yogurt, whole grains, legumes, fish, vegetables (green leafy), lean meat, milk, eggs, cheese, nuts, and organ meats.

*For more information or to make an appointment please call:*

*(613) 798-1000 or email: [info@oihc.ca](mailto:info@oihc.ca) or visit our website at: [www.oihc.ca](http://www.oihc.ca)*

• **Niacin (B3)** Responsible for energy production as well as, fat, cholesterol and carbohydrate metabolism in the body

- o important for adrenal hormone production (ie. Cortisol, norepinephrine)
- o Niacin reduces anxiety by increasing the production of serotonin and reducing lactate levels in blood.
- o Food Sources: Fish, green leafy vegetables, milk, seeds, asparagus, legumes, cereals, liver, meat, organ meats, peanut yeast, nuts, rabbit, poultry

• **Pantothenic Acid (B5)** - deficiency of Vitamin B5 can cause fatigue, insomnia and depression

- o Prevents the adrenal glands from burning out in situations of chronic stress
- o Food Sources: Whole wheat, whole rye, saltwater fish, nuts, mushrooms, liver, legumes, kidney, vegetables, eggs, brewers yeast, and beef

• **Pyridoxine (B6)**

- o Involved in the formation of body proteins and structural compounds, chemical transmitters in the nervous system, red blood cells, and hormone-like compounds known as prostaglandins.
- o Maintains hormonal balance and proper immune function.
- o Essential for the production of serotonin. Serotonin deficiency is linked to depression and anxiety.
- o B6 Food Sources: Walnuts, wheat germ, peas, kidneys, liver, fish, carrots, chicken, eggs, and brewers yeast.

• **Biotin (B7)** functions in the manufacture and utilization of carbohydrates, fats, and amino acids. Without biotin, sugar metabolism is severely impaired.

- o deficiency is associated with depression and lassitude.
- o Food Sources: nuts, brewers yeast, spinach, salmon, chicken breast, mushroom, eggs, cauliflower, beef liver, and cheese

• **Folic Acid (B9)** often deficient in depressed people.

- o Food Sources: Liver, whole grains,

beans, starchy vegetables, fruit, broccoli, and spinach.

• **Cobalamin (B12)** involved with serotonin production. A deficiency of vitamin B12 is associated with depression, anxiety and fatigue.

- o Food Sources: Milk, fish, cheese, eggs, shellfish, muscle meat, organ meat, and liver.

*If your diet is not up to par, consider a high quality B vitamin in their most bioavailable forms. I often find a good B complex to be more beneficial than a multivitamin for a lot of my patients.*

### **Magnesium**

- Magnesium is helpful in improving fatigue associated with depression.
- In addition, magnesium is a muscle relaxant because it prevents excessive muscular contractions and relieves spasms.
- Magnesium Food Sources: The best dietary sources of magnesium are tofu, legumes, seeds, nuts, whole grains, and green leafy vegetables.

### **Omega-3**

- The brain and nervous system are dependent on essential fatty acids. EPA and DHA are involved in numerous neuronal functions, including proper neurotransmitter function for dopamine and serotonin.
- An insufficiency of omega-3 fatty acids causes a wide range of adverse nervous system defects and has been linked with various mental disorders, including depression.
- Sources: Fish, fish oil
- Vegetarian Flaxseed oil, walnuts

**Regular exercise** may be the most powerful natural antidepressant available

- Exercise increases the level of endorphins, which are directly correlated with mood.
- Rough rule of thumb for aerobic exercise:
  - 10 minutes for feelings of depression
  - 20 minutes for mental clarity
  - 30 minutes for cardiovascular benefit

**CONSISTENCY is KEY!**

**Vitamin D** Consider getting your Vitamin D levels tested as during our Ottawa winters, most of us are deficient and knowing our serum levels will dictate how much we need to get us into the optimal range. Speak to a naturopathic doctor who can easily provide you with more information and a lab requisition.

Diet, nutrient adequacy, and physical activity. Keys to energy stability and improved mood. Start off the year with a new found resolve to make 1-2 changes at a time or grab a friend or group of friends and challenge each other to stay accountable.

*Happy New Year to you!*

## UpComing

### Winter Yoga Session 12 week session

**January 10 to March 30, 2017**  
*Join us for FUNDamental yoga that everyone can join in. We will be stretching, strengthening, breathing and finishing with relaxation. You will receive the guidance to ensure ease and confidence.*

**Adaptive Yoga**  
Tuesdays 2-3pm

**Unwind Yoga**  
Tuesdays 6:15-7:15pm

**Hatha Kripalu Yoga**  
Thursdays 9:30-10:30am

\$162 (tax incl. for 12 week session)  
To reserve your spot please call:  
613-798-1000

### Holiday Massage Specials Diana M Sheldrick, RMT

30min. Head, Neck & Shoulder  
Massage \$45 (plus HST)

60min. Massage \$75 (plus HST)  
*Please call the office to book a time.*

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