



PRODUCT OF THE MONTH

VITAMIN D

10% OFF IN NOVEMBER!

WE NEED MORE THAN
A LITTLE SUNSHINE



This is recommended for everyone all year round now, but especially in our dark and cold winter. Vitamin D is shown to enhance immune system function in many ways. We have it both as solo D3 and in combo with K2, magnesium and MCT for bone boosting power as well.

TIP: If you take Vitamin D, make sure you get enough - 1000 IU per 50 lbs of body weight is the "maintenance" recommendation!

NOTE; Vitamin D is a "fat soluble" vitamin so it is true that over a long time at high doses, you could have "too much". That would require taking over 5000 IU per day for many months or years. You are more likely to be too low than too high in our environment!

PREPARE FOR THE DARKNESS

Sounds kind of ominous, like Darth Vader coming, but with the time change happening some of us feel like that. Shorter times of light can definitely make a person feel cranky. So, personally, I always try to prepare for this time of year. Some things to think about from a health point of view... Make sure you have a good pair of waterproof sneakers, if possible. I like to walk on the Rails to Trails even in crappy weather. So I get a headlamp and/or walk with a buddy. The buddy thing is good for safety issues (unfortunately needed) and also it can be an accountability partner because it's so easy to fire up Netflix vs going for a walk when it's dark out. If it is affordable, join a gym or look for a class in your community. Depending on your age there are lots of yoga and tai chi classes in the area. I personally like classes, again for the accountability piece, but also for the social aspect. It's super important to be around people and socialize during these dark months.

I also enjoy crib/cards and especially enjoy beating my partner/wife Dr. Wanda. Whether it be cards or any other excuse to socialize it's so important to drag yourself out on those nights especially when you don't want to. Look for others that live alone and get them out with you. One of the things I love about the Bay is the camaraderie and strong sense of community we have here. I like to tie salmon flies in the winter too so I stock up on what I need and prepare.

As you all know by now, if you have followed us at all, we are huge proponents of Vitamin D aka "the sunshine vitamin". Folks that live in northern climates where sunlight is lower in the winter months have been shown to have very low blood levels of vitamin D. Vitamin D affects mood and hormones and has an incredible impact on immune function.

Most of us don't take enough!! Experts in nutrition recommend 1000 IUS of D3 per 50 lbs of body weight. Yes, you can take too much but that is in very high doses and up to 4000 IU per day is considered to be within a safe range. One of Dr. Wanda's Wellness Burst of Sunshine capsules is 1200 IUs.

So, in summary, line up some exercise classes, get social, join a club or classes locally and crank up your Vit D intake!! Darth Vader may still find you, but he will find you less!!

Cheers,

Dr. Andrew

CALENDAR OF EVENTS

Remembrance Day is November 11th
The clinic will be open at 1:30 pm

Clocks fall back on Sunday Nov 3rd at 2 am.
Don't forget to change your clocks!!



Lest We Forget



RECIPE OF THE MONTH

Healthy Squash Soup!



Ingredients

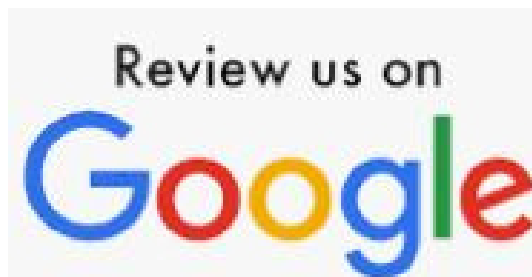
- 2 Tbsps extra Virgin Olive Oil
- 1 large yellow onion, chopped
- 1/2 tsp sea salt
- 1 3lb Butternut Squash, cubed
- 3 garlic Cloves
- 1 Tbsp chopped fresh sage
- 1/2 tbsp minced fresh rosemary
- 1 tsp grated fresh ginger
- 3 to 4 cups vegetable broth
- freshly ground black pepper

Instructions

- Heat the oil in a large pot over med heat. Add the onion, salt, and several grinds of fresh pepper and saute until soft - 5 - 8 mins. Add the squash and cook until it begins to soften, stirring occasionally for 8 to 10 minutes.
- Add the garlic, sage, rosemary and ginger. Stir and cook 30 seconds to 1 minute, until fragrant, then add 3 cups of broth. Bring to a boil, cover and reduce heat to a simmer. Cook until squash is tender, 20 to 30 minutes.
- Blend either with an immersion blender or stand blender. If using stand blender, allow to cool slightly and working in batches, if necessary, blend until smooth. If soup is too thick, add additional broth.
- Season to taste, service with parsley and pepitas.

We Welcome your Referrals!!

Did you realize (although Dr Andrew has a lot of white hair) he still keeps 2-3 spots every week for new patients to join us. If your friends, family or neighbours need care ask about our friends and family discount.



Win an \$80 Gift Card

Share your thoughts by leaving us a Google Review, and you could win an \$80 gift card to use on any product you desire! Draw will take place on November 30th. Good Luck!