

## HOW TO COMBAT S.A.D. THIS COLD & DARK SEASON

The changing of clocks marks a significant moment in the year and one that makes us notice quite a few things about the world around us. We finally give up the residual feeling of summer as the evenings now get dark as soon as you finish work for the day. Mornings too, while brighter are that extra little bit colder, making it hard to pull off those thick duvets when the alarm blares off.

Those who suffer that extra bit more in this period could find that they struggle with S.A.D. (seasonal affective disorder), a type of depression related to the shifting of the seasons. A common symptom is finding that your general mood falls going into autumn and worsens into the winter months before resolving as we head into spring and summer.

Other symptoms include: losing interest in activities you usually enjoy, having low energy, feeling sluggish, sleeping too much, difficulty concentrating, experiencing carbohydrate cravings, overeating, weight gain, feeling hopeless and losing your sense of worth.

Simply having the “winter blues” and that you need to get over it, doesn't help those who struggle with the condition. But if you're someone who has even one of these symptoms then hopefully some suggestions on this list could help you this winter.

### 1. Prepare yourself for the change of seasons with activities

If all of your favourite activities are those which you can only do in spring / summer these months could feel even worse for you. Try finding a sport / activity that is based solely in the autumn / winter or can be done all year round. By getting yourself in the headspace to go do those things a month or so before you could help the seasonal switch.

### 2. Get yourself a S.A.D. friendly alarm clock

Those with S.A.D. are known to react well to light-based treatment by using an alarm clock with a warm light that simulates sunrise and sunset for a more natural routine when it comes to going to bed and waking up.

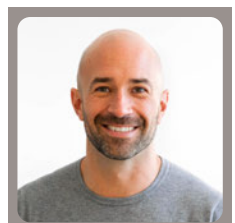
### 3. Take a holiday / break

We know that not everyone will be able to afford to go on holiday during the winter months, especially as you have to travel further in order to reach somewhere sunny. But you could take a mini-break somewhere in nature or far enough from home for a few nights in order to really get a chance to relax and reset. While it would be nice to read a book on a tropical beach getting out in nature's beauty could be just what you need to take a rest.

If you're someone who struggles with any of these issues in the winter months we hope these tips can help.

*Luc Archambault*

Chiropractor





# 5 Superfoods To Help Your Health

Superfoods, we've all heard of them but in terms of what counts as a superfood and what it actually does can be a bit of a mystery. As we head towards the winter months, where illnesses like colds and flus can become more troublesome we decided to put together a short list of these 'superfoods' that can help your health.

But first, what is a superfood? According to the Cambridge Dictionary, it's "a food that is considered to be very good for your health". And while that might seem almost intentionally vague, it's because each type of food or ingredient can have different benefits.

Let's get into the list...

## 1. Turmeric

This orange-hued 'superfood' can mostly be found on your spice rack or under the cupboard, but it shouldn't go unloved collecting dust. Turmeric has been found to help reduce inflammation, improve memory, lower the risk of some cardiovascular diseases and help support the immune system. Some ways you can consume more turmeric would be through teas, which can be found in most supermarkets as well as using powered turmeric on scrambled eggs or in soup.



## 2. Pomegranate Seeds

Now, this can be a tad messy - depending on in what form you obtain it. Pomegranates are packed with nutrients and antioxidants, the latter of which help protect your body's cells from damage. It also contains properties that can help with inflammation as well as being rich in polyphenolic compounds which may benefit heart health. Pomegranates can be bought in juice form as well as in a container with just the seeds and the whole fruit. We'd recommend removing any white clothing before removing the seeds from the skin.



### 3. Hemp Seeds

These small brown seeds are rich in many things including protein, fibre and healthy fatty acids. These fatty acids are better known as omega-6 and omega-3 which play a crucial role in brain and heart functions. Hemp seeds are also a great source of vitamin E which helps to maintain healthy skin and eyes. You could try adding them to your salads or oatmeal or yoghurt for breakfast.

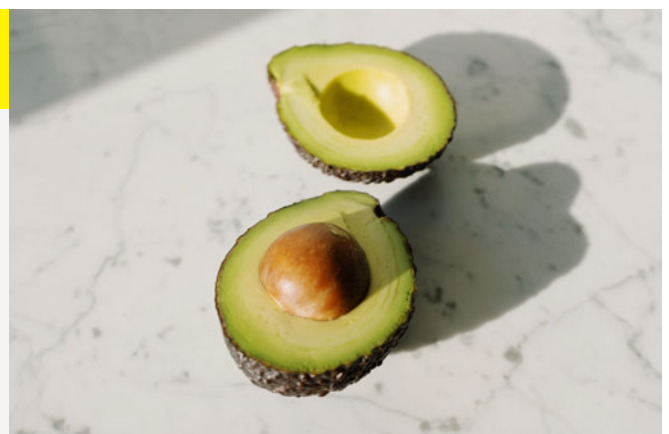


### 4. Moringa

This 'superfood' which is native to South Asia and Africa is grown on a tree where almost all the different parts can be eaten. We usually see the leaves from the tree dried and ground in powdered form. Moringa is packed full of protective antioxidants which again protect the body's cells from damage, as well as being used to help with balancing blood sugars (but studies are still ongoing about this). Try adding a scoop of powdered moringa to your smoothie!

### 5. Avocado

This green fruit (yes, it really is a fruit) is jammed packed with health benefits like nutrients that include fatty acids, fibre, antioxidants as well as vitamins and minerals. The monounsaturated fats found inside avocados are healthier for the heart than regular saturated fats found in unhealthy snacks. The best thing about avocados is that there are lots of different ways to eat them - Avocado toast is a breakfast favourite as well as adding it to salads and smoothies.



**We hope these 'superfoods' can help you this winter.**

# BAKED PLANTAIN CHIPS

## Ingredients :

- 2 green plantains, rinsed, peeled, and sliced into **1/8"-thick ovals**
- 2 **tbsp.** neutral oil (such as canola, sunflower, or peanut)
- 1/2 **tsp.** kosher salt

## Instructions :

**Step 1 :** Preheat oven to 180°. In a large bowl, toss plantains with oil and salt until evenly coated. Arrange plantain chips in a single layer on two large baking sheets.

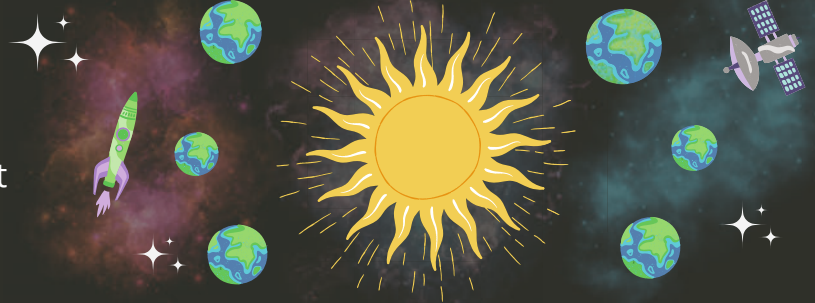
**Step 2 :** Bake until golden and crispy, about 20 minutes. If necessary, transfer golden chips to a plate and return thicker, blonder chips to oven to continue baking until crispy, 3 to 5 minutes more.

**Step 3 :** Optionally, make seasoning blend: In a large bowl, stir together all spices until evenly combined. Add baked chips and toss to coat.



## Fun Facts ~

Over one million Earths could fit inside the sun.



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## PATIENT OF THE MONTH

# CONGRATULATIONS!

# VALERIA!!!

# WONDERFUL!

