

# Happy reading

NEWSLETTER

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(I feel it's important to state, this was written by me personally, not by AI. Enjoy, errors and all. lol)

A big hello; happy fall to all my beautiful clients! I'm reaching out to you to connect. I hope to give you some inspiration, and a few tips on how to avoid inflammation this season. As for my new journey into motherhood, combining work life together, I've settled into a comfortable schedule. Just as a reminder, I now work 3 days a week: **Mondays to Wednesday**. This will be my schedule for the remaining of the year, unless something springs up.



*Oct Nov*



Through my experience, I can't help but notice the increase in levels of aches and pains in my clients this time of year. Although, I do take into consideration the temperature and weather changes. I do believe there's a correlation between what we consume and how we feel not long after. I'm not a trained nutritionist, nor do I pretend to be. I do have a passion for health, and I love motivating people to adopt long lasting healthy habits. I have come up with basic helpful tips on how to avoid inflammation this season.



Now don't get me wrong. I've fallen into the pumpkin spice and everything nice seasonal trap myself; It's such a fun season. Hear me out. You can have your pumpkin spice and cinnamon flavors without all the preservatives and artificial coloring. **Preservatives and artificial flavors/dyes can trigger inflammation in the body, especially in the gut.** This can affect the communication highway between your gut, and your brain. Impacting how you **think and function.** Try using natural fall flavors like, cinnamon, nutmeg, apples, ginger, natural maple syrup. Happy mind, body and spirit. Once again, this is only my helpful advice.



Oct Nov



Aside from that, the season is full of beautiful natural anti-inflammatory foods such as pumpkin, sweet potatoes, brussels sprouts, beets, apples, cranberries, kale, pears, carrots, turmeric.

Personally, I shred fresh ginger into almost all my dinners for my family. It's a classic immune system booster secret for transitioning into the cozy months.

My next tip is about **staying active.** I completely understand if this is already very difficult for you. Not everyone is built the same. What I mean by this; will mean something different for everyone. But simply put; don't stop moving. (No couch potato hibernation) **Movement boost circulation. Circulation reduces inflammation.** We get less blood circulation during the colder months, so stretching and exercise become more essential as the temperature drops.

Now some people might dislike me for this next one. Let's talk about **white flour**. Pumpkin pie, stuffing, dinner rolls, cinnamon rolls, chicken pot pie. Oh yes; tis the season. I completely understand. I just want to remind you to be more intentional with how much you consume. A lot of the time, your inflammation comes from a family dinner you ate 3 nights ago. If that's the case, it will digest and pass once you get back on track. (Yes, sometimes your gut can take 3 days to a week to fully flush out toxins)

Not to state the obvious, but **it's essential to manage your stress daily**. How do you choose to manage your stress? Do you have a regular wind down routine? Are you waiting until you explode, burnout or meltdown before you do something? **Chronic stress = Chronic inflammation.**



## Mindfulness

### What is mindfulness?

It is intentionally slowing down your mind, so that you have time to **process, center and regulate your thoughts**. Some people do this by breathing, journaling, praying, walking, meditating, etc.

You may not always have that safe friend or family member to comfort and support you through your struggles. Having a go to method to center yourself is not just for you. It's for the people around you as well. The more centered you become, the more you can serve others. The more you serve others, the more your community is lifted and the ripple continues.





# Final note

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If you made it this far, I applaud you. Thank you so much for reading.

My next tip I recommend all year round and that is, to **drink water**. Personally, I choose spring water not from the tap; but that's my preference. I understand that some people don't enjoy drinking water, but forcing yourself anyways is well worth it. If you don't drink enough water, here's what happens:

**Less joint lubrication, slows down detoxification, increases oxidative stress** (other words; lets harmful molecules build up, damaging cells and causing more inflammation),  
**Thickening blood, triggering immune response.**  
You get the gist.



*Stay hydrated*



Carry a water bottle with you everywhere you go, even in your home. It's a simple habitual adjustment that can make the world of a difference. **Try it!**

These are just some of my own personal ways to avoid inflammation, avoid getting sick and how I “survive” the fall transition. I hope you found this interesting to read. I hope it gave you inspiration to want to make healthier choices for the fall season. Please feel free to reach out if you would like. I’d love to hear from you!

**Don't forget to book your next Massage appointment. I'm here if you need.**

(Monday, Tues, Wed) - 10am to 5:30pm