

Spring Newsletter 2021



March is the month that winter kisses spring. There is something hopeful and glorious about spring. Not just the budding world you observe beyond your window, but in your head and mind too. All of the silent work of winter starts to reveal itself and the air is filled with possibilities and renewal!!

This spring is unique, as we find ourselves marking the first year of COVID 19 and lockdown. The past year has been challenging and has pushed us all out of our comfort zone, which can be exhausting, but can also be a great opportunity for growth. What have we learned? I think we all can say that we are stronger and more resilient than we thought.

Personally, I have gone back to what is important for my own health and mental state. With so many aspects of our lives currently out of our control, I have focused on setting my intentions for the day and consciously choosing my behaviours and reactions that support my mental, emotional, physical and spiritual health. The following are some of the things I have been focusing on:

SETTING INTENTION: 5 minutes every morning for loving kindness. Kindness towards others everyday. Compassion for yourself everyday.

Kindness is doing ordinary things with extra-ordinary love
- Unknown

SLEEP: Essential to follow our own body's clock. All of our hormones are regulated through our circadian rhythm. Ideal sleep time is 10/11pm to 6/7am.

HYDRATION: Upon waking, I have been drinking 4 large glasses of water. It helps the brain with focus and memory.

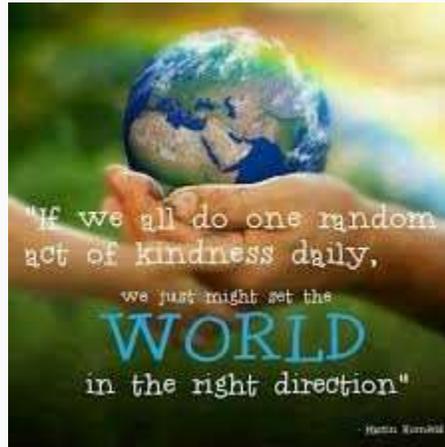
CONNECTION: Trying to find ways to connect with others is critical for our mental health. I am lucky to work with the best people and of course, I get to see or talk to all of you. This has been a true blessing!!

MOVEMENT: Every morning I walk 5km on my treadmill, or if I have the time, outside in nature. Movement increases your energy and helps your brain function with more focus and improves your mood. I have also started a project that I am super excited about with my walking buddy. We have taken on the goal to walk the Bruce Trail from end to end, and so far, we have just finished 170km. It will take a few years, but well worth it!!

TIME RESTRICTED EATING: I am very cognizant of how the body metabolizes blood sugar and insulin, and how the brain clears metabolic waste. We do much better at balancing our metabolism and clearing waste from our brain when we stop eating 3 hours before bed and continue to not eat for at least 12 consecutive hours. We call this circadian eating. You will also notice that you will sleep much better too!!

Creating a morning routine can help build resilience in an ever-changing world. I believe that leading with kindness everyday will fulfill us and give us strength to meet each day.

You can always give something, even if it is only kindness
– Anne Frank



All of this work comes from a new project I have started with my colleague and very good friend, Dr. Patricia Rennie N.D. We are hoping to provide inspiring, cutting edge research regarding longevity. Our goal is to help you "Live Better Longer". Please take a few moments to look at our new Instagram page found @ginkgoandsagevitality.