

# HYDRATE

IV WELLNESS CENTRE

## ISSUE 16: MARCH 2019

Welcome to March...where does the time go! With the sun returning and the days getting longer we are getting more active. In March we are featuring a new IV for Athletic Performance and will be discussing nutritional approaches for training at our Hydrate Health Talk. If you're interested in learning about how naturopathic medicine can support your athletic endeavours, please book a consultation with one of our doctors.



## HYDRATE MONTHLY FEATURE

This one's for the athletes out there! Enjoy the benefits of our Athlete Recovery IV to support your body for athletic performance. Athlete Recovery IV: \$155. Chat to the front desk to learn more + book!

Benefits:

- B vitamins support energy production and tissue repair
  - Zinc improves estrogen, progesterone and testosterone production
  - Calcium and magnesium reduces cramping
  - Glutamine reduces lactic acid buildup preventing muscle fatigue
  - Lymphdiaral supports lymph flow for tissue repair and reduces inflammation
  - Lactated ringers give full electrolyte balance
- Zinc is a cofactor for many enzymes required in the Kreb's cycle.

## HYDRATE FEATURED PRODUCTS

### Mito SAP

A complete mitochondrial formula with antioxidants that protect cells from damage and supports energy production in the mitochondrion

### Peak EPA

Our high potency Fish oil supports joint health and reduces inflammation in the body.

### L-Glutamine

Support in preventing lactic acid buildup in muscles and aids in GI repair



## DID YOU KNOW?

**L-Citrulline**, found abundantly in **watermelon**, is apparently an excellent source for reducing muscle soreness and is more effective when consumed cold. The underlying mechanism is nitric oxide synthesis which increases glucose transport in skeletal muscle. In addition, watermelon juice continues to help muscle soreness and to reduce the recovery heart rate even after 24 hours. Yummy!

To learn more, our holistic nutritionist, Stephanie Wakefield RHN, is welcoming new patients at Hydrate to help you learn more about nutrition that is right for you!

## MONTHLY EVENTS

### BREAST THERMOGRAPHY CLINIC



Thermography is a non-invasive breast screening test that records heat patterns within the body that represent inflammation and tissue changes. It is used to screen for and identify potential breast changes that may need further investigation. Breast thermography is a great tool for those that have a family history (first degree relative like a mother, aunt, or sister) of breast cancer, a personal history of breast cancer, or want peace of mind about their breast health. It is also a great way to prevent unnecessary mammograms and radiation- and it's completely comfortable!

Date: Saturday, March 16

Time: 11 a.m. to 2 p.m.

Offered by: Dr. Della

# KUNDALINI YOGA



Join us on Friday evenings for Kundalini yoga with Jill Wauthy of Soul Youniveristy.

Date: Every Friday  
Time: 7 pm - 8:30 pm  
Cost: \$20 drop-in

# HYDRATE HEALTH TALK

**March Health Talk:**  
**Eating well for athletic performance**  
Uncover the potential of your body by eating  
the right foods at the right time.  
Presented by Dr. Kristen Bovee, ND



**Sunday, March 24 | 1 pm to 2 pm. Cost: \$10**  
**1-1015 Cook Street**



## FEATURED ARTICLE



BY DR. KRISTEN BOVEE

Peninsula Naturopathic Clinic  
Hydrate IV Wellness Centre

## 5 SIMPLE WAYS TO IMPROVE YOUR ATHLETIC PERFORMANCE

Whether you are a seasoned marathon runner or a novice triathlete, treating your body well is a major determinate of your performance. With athletic event and sports season coming upon us, the following tips can help you train, perform and recover optimally.

### 1) Get enough restorative sleep:

Sleep is an essential part of athletic recovery. It is at night that our rebuilding hormones such as DHEA and growth hormone release at its highest level of the day. It is necessary however, to reach our deepest level of sleep in order for our bodies to heal.

Melatonin is produced by our brains and assists us into restorative sleep. Low blood sugar levels at night causes cortisol release, which is a common cause of insomnia. If you are having trouble getting and staying asleep, eating a balanced snack of proteins and carbs such as apple and nut butter can assist your brain in producing enough melatonin and keeping stable blood sugar levels through the night.

### 2) Eat a balanced breakfast- Include protein and fat:

You hear it all the time. Start your day with breakfast. If you don't have an appetite in the morning, start with small portions to train your body to get used to eating earlier. Breakfast determines your energy levels in the day. Before you head out for a morning workout or a run, be sure you have eaten a balanced meal with

protein, carbs and fats. Some healthy options for breakfast include:

- Egg, avocado on a bed of greens and whole grain toast
- Greek yogurt, berries, chia and nuts
- Steel cut oats, ground nuts, and a scoop of protein powder with almond milk

3) Drink enough water and replenish your electrolytes:

Being hydrated is essential for both performance and recovery. Losing 2% of body weight in fluid can decrease performance by up to 25%. If you are not sure how much to drink, the following formula is a good guide: Multiply your weight in pounds by 2/3 to calculate the daily ounces you need. To further calculate taking into account exercise, divide the number of minutes you exercise by 30 minutes and multiply this by 12 ounces; add this to your optimal daily intake.

Be sure to begin with 8 ounces of water before starting exercise and rehydrate every 15 minutes. Electrolyte replenishment is necessary if your workout and training is more intense.

4) Eat a balanced diet, limit supplement fads:

You don't need to take fancy supplements to perform well. Food is often the only medicine we need. However if you are consistently having symptoms of poor performance and recovery despite your best efforts to eat well, it is best to have a naturopathic doctor or holistic nutritionist analyze your diet so they can make appropriate recommendations for you.

5) Start slow, set goals, and stay consistent:

When increasing activity levels or ramping up your training, it is best to set realistic goals for performance; take it slow and steady. Some of my favorite apps include Strava, Couch to 5K Runner and PEAR personal fitness coach. The apple watch and Fitbit are also motivating and easy devices that help you track your performance.

With so many fun events coming up (such as the TC10K 30th Annual) this spring, these easy habits will help you perform your best and feel great doing it.

## RECIPE OF THE MONTH



### BBC GOOD FOOD: TUNA, AVOCADO & QUINOA SALAD

Tip: replace the tuna with salmon to switch things up or make it vegetarian with tofu

#### Ingredients

- 100g quinoa
- 3 tbsp extra virgin olive oil
- juice 1 lemon
- ½ tbsp white wine vinegar
- 120g can tuna, drained
- 1 avocado, stoned, peeled and cut into chunks
- 200g cherry tomatoes on the vine, halved
- 50g feta, crumbled
- 50g baby spinach
- 2 tbsp mixed seeds, toasted

## Method

Rinse the quinoa under cold water. Tip into a saucepan, cover with water and bring to the boil. Reduce the heat and simmer for 15 mins until the grains have swollen but still have some bite. Drain, then transfer to a bowl to cool slightly.

Meanwhile, in a jug, combine the oil, lemon juice and vinegar with some seasoning.

Once the quinoa has cooled, mix with the dressing and all the remaining ingredients and season. Divide between plates or lunchboxes.