



Vitalia HEALTHCARE

5 NATURAL HEALTH TIPS TO GET YOU READY FOR BACK TO SCHOOL!

Summer has come to an end. It's back to school time! Starting new classes, meeting new people, changing routines, saying goodbye to summer holidays..... these changes can be stressful! Here are 5 natural health tips you need to know to make the transition easier and get you ready for back to school!

***The information provided is not intended to diagnose or treat any health condition. Please consult with your doctor or naturopathic doctor before starting any new supplement program as they may have interactions with certain medications. ***

#1: Get on a proper sleep schedule

According to the National Sleep Foundation, most teens and adults need between seven to nine hours of sleep each night. Getting proper sleep (at least 8 hours) will improve memory, improve concentration in classes, improve your immune system so you stay healthy, and help manage stress.

1. Go to bed the same time and wake up the same time, even on weekends. Routine is important!
2. At least 30 min before bed, do something that you enjoy and that will help you relax. Read a good book, listen to some relaxing music, have a bath. Don't do homework, don't watch TV, don't work on the computer, don't be on the phone. Get your body ready to fall asleep! Clear your mind.
3. Keep your room dark and quiet. Melatonin (our sleep hormone) requires this to be properly released. If we don't get proper melatonin release, we won't have a good restful sleep!

2. Practice Healthy Eating Habits

Summer is the time most of us make poor diet choices, with summer BBQ's, parties, and travelling. Its hard to go from a junk food, high calorie diet to a healthy diet. But nutrition is so important to have a healthy body and a healthy mind.

Here are some easy ways to take first steps to changing your diet.

1. Avoid sugars and processed foods! The white foods will give you the initial energy burst, but an hour later you will crash. So avoid sugar, white pasta, white rice, cookies, muffins, donuts, soft drinks. Instead focus on protein, complex "brown" grains, and vegetables.



2. NEVER skip breakfast. You will feel like you are running on empty, you won't be able to focus in your classes, and by lunch time you will be starving and reach for sugary foods, then crash by 3pm. Eat a breakfast balanced in protein, complex carbohydrates and good fats. Examples include a bowl of oatmeal with almonds and fruit, egg white omelette, protein shake, high fiber/low sugar cereal.

3. Avoid caffeine. Coffee will give you an initial burst of energy, but you will crash later. It may also interfere with your sleep. 6 hours after a cup of coffee, you still have 1/2 the amount of caffeine in your system. Choose green tea if you must have caffeine and drink it earlier in the day.

4. Drink 8 glasses of water a day. A well hydrated body works better and keeps your mind awake!

3. Learn to Cope With Stress

The #1 complaint from University and high school students is stress! Assignments, tests, deadlines, starting a new school, all can be stressful. This stress can affect both your grades and your health. Adopting good stress management skills is essential for surviving school

One of the most important things I tell my patients is take time out for you. Classes, homework, extra assignments all take up your time. But make you schedule at least 30 min a day and doing something you enjoy. Whatever it may be. Getting enough sleep, eating properly, avoiding caffeine, spending time with friends, having time for you! These are all important to keep stress under control.

#4: Regular exercise

We all know the benefits of exercise on reducing stress and helping us feel better.

Schedule a 30 min or 1 hour workout into your day. You will find you can study better, have more energy during the day and sleep better at night. Studies show a post dinner walk can reduce the time it takes to get to sleep by 12 min and increase total sleep time by 42 min.



#5: Supplements:

There are 3 supplements I recommend that provide key nutrients to boost memory, increase energy and help with stress management:

1. A high quality multivitamin/mineral complex that has a broad range of B vitamins. When our body is under stress, we need more essential vitamins and minerals that are best provided through a supplement.
2. Fish oil: our brain is 60% fat. These omega 3 fatty acids are essential to brain function, including learning abilities, memory retention and mood. Boost your brain with fish oil!!!
3. Vitamin C: When we are under stress, the main gland in our body (the adrenal gland) requires more vitamin C to make proper stress hormones. Also, vitamin C will keep our immune system strong.

Again, the # 1 complaint of most high school and university kids is stress!! Simple changes in our diet and lifestyle can be very effective in reducing the impact of school stress on our body, allowing us to handle the stress better. Get enough sleep, eat right, manage stress, exercise and provide basic nutrients to your body... this is the key to being back to school ready!!!

For all BEAT listeners, receive a complimentary Body Composition Assessment.

Body Composition Assessment:

Great place to start if you want to achieve a healthier you!!
Determines the health of your body.

In 15 min we can determine:

- If you are drinking enough water
- How toxic you are
- How healthy your cells are
- What is your real age vs your body age: Are you really 30 but your body is showing markers that are closer to a 35 or 40 year old

This can help you set your health goals.

Can also re-assess at a later time to see what progress you have made.

Call 604-732-3422 to book your complimentary BIA assessment today!

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