



Hi all

How exciting, it's only a few days until it's officially Spring and daylight savings is only four weeks away – it won't be long until we're enjoying Summer.

Just as the seasons change, we too must make changes to our lifestyles to reclaim our health. This is often challenging but to get long term health improvements we need to make sure the changes are lasting so we don't fall back into the old habits that contributed to our health issues. In this month's newsletter I have included an interesting TedX Talk by BJ Fogg from Stanford University. He says that the best way to create lasting change is to make tiny habits. It is important that we make positive changes to our lifestyle so that we can regain good health. Consistently making small changes can create substantial benefits to our health. [Have a watch](#)

[and see what you can change.](#)

Also in this newsletter:

- could you or someone you know have a vitamin B12 deficiency?
- if you're tired and not coping with stress like you used to, you could have adrenal fatigue
- try this fabulous Power Breakfast Bar recipe

Create some long term changes with tiny habits, have a great month, Jenny



Could you have a vitamin B12 deficiency?

One of the most common deficiencies I see with clients in clinic is a vitamin B12 deficiency. Vitamin B12 is essential for the normal function of all cells. It affects the growth of our cells and their replication along with the metabolism of carbohydrates, lipids (fats) and protein. It is also involved in our immune, liver and nerve functions. Vitamin B12 is most commonly found in animal foods such as lambs liver, sardines, oysters, egg yolk, fish, beef, cheese and milk. Nori is a source for vegetarians. Signs of deficiencies of vitamin B12 include confusion and

memory loss (often in elderly), depression, irritability, fatigue, anaemia, poor blood clotting, bruising easily, impaired coordination and loss of appetite. Though you may only have a few of these symptoms and may still be deficient in vitamin B12.



Tired? Irritable? Gaining weight?

Are you finding you don't have the energy you used to? Feeling hormonal? Craving sweet or salty foods? Do you lead a busy life and find it hard to relax?

You may have adrenal fatigue. Adrenal fatigue is most often a result of leading a busy stressful life. Symptoms of adrenal fatigue include fatigue, weight gain, food cravings, especially for salty or sweet foods; easily stressed, memory loss, depression, hormonal imbalances, tired upon waking and sleep issues. You may be suffering from all or just a few of these symptoms.

Our bodies are designed to deal with a stressful situation and then move back

into a relaxed state once the stressor has gone. However, in our current society we are calling on our stress hormones more and more as we run around with busy schedules along with stresses from finances, relationships, work and kids.

When you are stressed your body responds by the adrenal glands releasing the chemicals cortisol and adrenaline into the blood to help you deal with the stress. When you have long-term day to day stress you are causing your adrenal glands to constantly produce heightened levels of these stress hormones. Overtime when we are under constant stress our adrenals glands can become fatigued. The constant stress can also start to affect other areas of our body including our digestive and immune systems as well as increasing your risk of chronic diseases. Stress can also lead to deficiencies in specific nutrients resulting in other processes in the body not working as well as they should.

One of the actions of the stress hormone, cortisol, is to increase the amount of glucose in the blood so that we have the energy to fight or flee from the stressful situation. Repeated elevation of cortisol can lead to weight gain, especially around the tummy.

There are specific clinical tests that can be carried out to assess your adrenal function. Supplementing with key nutrients and life style changes will often form an important part of a personalised treatment plan to help you to regain your health.

If you would like further information about this or any other health concerns, please contact us on 022 017 6033



Forget big change, start with a tiny habit

What if someone told you to floss only one tooth every day? Or start the new year not with grand resolutions, but with a simple challenge... like ONE push up a day? BJ Fogg shows us that the key to lasting change does not lie in planning big, monumental changes, but in thinking really, really small.

Chosen by Fortune Magazine as one of "10 New Gurus You Should Know", Fogg directs the Persuasive Tech Lab at Stanford University.



Power Breakfast Bars

INGREDIENTS

1/2 cup fresh or frozen blueberries
1/3 cup almond butter
2 eggs
2 tsp. stevia powder
1 cup quinoa flakes
1 cup unsweetened grated coconut
2/3 cup vanilla whey protein powder
1/4 cup ground flaxseeds
1 tsp. pure vanilla extract
1/2 tsp. ground cinnamon
1/4 tsp. ground cloves or cardamon

INSTRUCTIONS

1. Preheat the oven to 200° C. Line a 20 x 20 cm baking dish with foil. Coat the foil with cooking spray. (I use baking paper here instead of foil)

2. In a large bowl, combine the blueberries, almond butter, eggs and stevia. Mash gently with the back of a spoon. Add the quinoa, coconut, protein powder, flaxseeds, vanilla, cinnamon, and cloves or cardamon. Mash well with a fork until a thick, crumbly mixture forms.
3. Transfer the mixture into the prepared baking dish, pressing it into an even layer with a rubber spatula. Bake for 8 to 10 minutes, or until the top begins to brown and the edges are firm to the touch. Cool completely before cutting into 8 bars. Makes 8 Bars

Recipe from The Gut Balance Revolution by G Mullin, MD



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To contact The Naturopathic Clinic please call on 022 017 6033