

HYDRATE

IV WELLNESS CENTRE

ISSUE 13: DECEMBER 2018

Can you believe December is here!? What an amazing year we've had in this beautiful city of ours. We are so grateful for this incredible community—thank you for being part of our journey and for entrusting us with your health and wellness. We are looking forward to a healthy and exciting new year. Please read below on our December promotions we have put together so you can end 2018 feeling your best!

Wishing you and your family the best of the holiday season!

GIVE THE GIFT OF HEALTH THIS HOLIDAY SEASON

Gift certificates are available at Hydrate! Give the gift of wellness—great for any of our IV wellness, medical services and products, they can be made in any amount and make for a unique and memorable gift.

Ask at the front desk for full details!



HYDRATE MONTHLY FEATURE

Hydrate's Holiday Helper contains all the elements needed for the season! With 5 grams of Vitamin C, zinc, and selenium for the immune system, B complex, B12, B5, and taurine for reducing stress, and improving energy—it's the perfect way to survive the holidays! Come in and cozy up in our comfy chairs and recharge to get through the rest of your day.



DID YOU KNOW?

IVs are part of your extended health coverage for naturopathic medicine. Benefits expire on December 31, so be sure to book in to use them up before the new year!

NEW AT HYDRATE

HYDRATE+

OPTIMAL HEALTH PROGRAM

ARE YOU READY FOR A HEALTH MAKEOVER?

JOIN HYDRATE'S 90 DAY
OPTIMAL HEALTH PROGRAM
STARTING FEBRUARY 15TH!

INCLUDES NATUROPATHIC PHYSICIAN GUIDED:

- Individualized nutritional program
- Customized IV therapy
- Mind/body yoga and bodywork classes
- Educational workshops and seminars

PLEASE CALL 250-590-1482 TO SIGN UP
OR FOR MORE INFORMATION.

1-1015 Cook Street Victoria, BC V8V 3Z6
hydrateiv.ca

HYDRATE MONTHLY EVENTS

Gear up for and recover from your best new years yet! Come to Hydrate on New Year's Eve, New Year's Day or both for an IV and a little TLC! Space is limited so please call the clinic to RSVP, ASAP! 250.590.1482

PRE-PARTY IV

December 31, 10 am to 4 pm: \$129.00

Infuse your body with fluids and nutrients! Reduce hang-overs and prevent illness

Sip on coconut water and our special on-tap detox elixir while you relax!

HANGOVER IV BAG

January 1, 1-4pm: \$129.00

Join us for an IV on New Year's Day to replace your fluids and ease your recovery

Chill out to relaxing music and enjoy a mini detox acupuncture session while you rehydrate

Fine print:

A \$25 deposit is required—cancellations must be made 24 hours prior to appointment.



RECIPE OF THE MONTH



MINAMALIST BAKER: 1-HOUR VEGAN SHEPARD'S PIE

FILLING

- 1 medium onion (diced)
- 2 cloves garlic (minced)
- 1 1/2 cups uncooked brown or green lentils (rinsed and drained)
- 4 cups vegetable stock (DIY or store-bought)
- 2 tsp fresh thyme (or sub 1 tsp dried thyme per 2 tsp fresh)
- 1 10-ounce bag frozen mixed veggies: peas, carrots, green beans, and corn

MASHED POTATOES

- 3 pounds yukon gold potatoes (thoroughly washed)
- 3-4 Tbsp vegan butter
- Salt and pepper (to taste)

Instructions

Slice any large potatoes in half, place in a large pot and fill with water until they're just covered. Bring to a low boil on medium high heat, then generously salt, cover and cook for 20-30 minutes or until they slide off a knife very easily.

Once cooked, drain, add back to the pot to evaporate any remaining water, then transfer to a mixing bowl. Use a masher, pastry cutter or large fork to mash until smooth. Add desired amount of vegan butter (2-4 Tbsp as original recipe is written // adjust if altering batch size), and season with salt and pepper to taste. Loosely cover and set aside.

While potatoes are cooking, preheat oven to 425 degrees F (218 C) and lightly grease a 2-quart baking dish (or comparable sized dish, such as 9x13 pan. An 8x8 won't fit it all but close! // as original recipe is written // adjust number or size of dish if altering batch size).

In a large saucepan over medium heat, sauté onions and garlic in 1 Tbsp olive oil (amounts as original recipe is written // adjust if altering batch size) until lightly browned and caramelized - about 5 minutes.

Add a pinch each salt and pepper. Then add lentils, stock, and thyme and stir. Bring to a low boil. Then reduce heat to simmer. Continue cooking until lentils are tender (35-40 minutes).

In the last 10 minutes of cooking, add the frozen veggies, stir, and cover to meld the flavors together.

OPTIONAL: To thicken the mixture, add 2-3 Tbsp (amount as original recipe is written // adjust if altering batch size) mashed potatoes and stir. Alternatively, scoop out 1/2 of the mixture and whisk in 2 Tbsp (amount as original recipe is written // adjust if altering batch size) cornstarch or arrowroot powder and whisk. Return to the pan and whisk to thicken.

Taste and adjust seasonings as needed. Then transfer to your prepared oven-safe baking dish and carefully

FEATURED ARTICLE



BY DR. KIRSTEN BOVEE

Peninsula Naturopathic Clinic
Hydrate IV Wellness Centre

OPTIMIZING DIGESTION FOR THE HOLIDAYS

Welcome to that time of the year of endless holiday events where there's always a plethora of celebratory feasts! And if you're like my family, everyone's birthday is also in December. As a result, it is also a challenging time for our digestive tracts. Holiday meals tend to contain ingredients that people are commonly intolerant; and rich, abundant dishes make digestive system work to capacity to break down.

Our digestive tract is both complex and simple at the same time. Food goes in, it digests and absorbs into our bodies. We have many organs that support and contribute to our digestion. However many of these may not be functioning optimally. Those with no gallbladder would have a hard time to digest fats. Medications such as proton pump inhibitors affect the breakdown of meats (proteins) and vegetables (minerals and vitamins). If you have high yeast levels (candida) or SIBO (small intestinal bacterial overgrowth) carbohydrates and certain fibers will cause gas and bloating in the small intestine. A combination of all these factors is not uncommon!

As we head into the month of food, family and festivities the following are some simple tips to aid digestion so you can enjoy yourself to your fullest.

Eat slowly- Take you time to chew your food well and consume small amounts of water with your meal. This will allow your digestive system to efficiently break down your meal and respond to the

meal by secreting enough digestive juices needed. Drinking too much with the meal can dilute these essential acids and enzymes needed to allow full breakdown and absorption.

Take a Break- Between courses, take a pause for your body to complete digestion of the dish before. Wait 1-2 hours after your main meal before having a dessert. Even better: take a short walk to stimulate digestion and give your body some activity before consuming more. This also allows time for leptin (the hormone that tells your brain you are full) to set in and slow down your intake. **Use digestive support-** Even with taking your time to chew and process your meal; we inherently may not produce enough hydrochloric acid, pancreatic enzymes or bile salts to break down our food. This is where digestive enzymes can help. Using a formula that has a combination of betaine HCl, pancreatin and bile salts can make eating meals much more comfortable. Probiotics are also important for the breakdown and absorption of your meals. Both of these can be found at quality health food stores.

Limit reactive foods- Many people have foods they know they don't tolerate well. If you are not sure what foods these are, it is possible to easily get tested for food sensitivities (Naturopathic doctors test for these regularly). If you know what these are, limit them if you can't completely avoid them. Reactions are often dose-dependent; so having a little bit could be ok (especially if you are using digestive enzymes) but too much can be very problematic.

I teach my patients how to eat optimally on a daily basis; however, even at the best of times it can be a challenge to eat well. Depending on your symptoms, you can use these tips to keep your tummy happy in times of excessive eating and food focused festivities.