

ISSUE 15: FEBRUARY 2019

A new month is here and we're kicking our health and wellness programs into full gear! We've added Friday night Kundalini yoga with Jill Wauthy, we're getting ready to start our first Optimal Wellness Program—12-weeks of physician-guided naturopathy, IV therapy, fitness, and nutrition to help you look and feel your very best! And, we're pleased to welcome Registered Holistic Nutritionist Stephanie Wakefield to the clinic! Full details on all of this exciting news can be found below plus special Valentine's Day promos that we know you'll love. As always, please feel free to reach out to us directly if you have any questions: 250.590.1482 or info@hydrate.ca.

HYDRATE MONTHLY FEATURE

Just in time for Valentine's Day, our featured IV this month is the Libido Boost IV. It's the perfect gift to give-and-receive this month—call us to book or to purchase a gift certificate for your best February 14 yet!

Benefits:

- Arginine improves nitric oxide (NO) production in arteries causing enhanced blood flow to testicles and penis
- B vitamins support energy production and reduce stress response
- Zinc improves testosterone and semen production
- Magnesium relaxes muscles and nervous system

Contraindications/warnings:

- Can cause a reduction in blood pressure—if you are on BP meds, it will be monitored pre/post IV

Libido Boost IV: \$155. Chat to the front desk to learn more + book!

HYDRATE FEATURED PRODUCTS

Seleno | Thorne Research

Selenium is found in high concentrations in oysters and brazil nuts, selenium is one of our most important antioxidants that helps with fertility, immunity and making our cellular DNA.

Hepatogest | Physica

This is a multivitamin for your liver! For those with compromised liver function (non-alcoholic fatty liver disease), if you want to give your liver some extra care or detox support.

MagMatrix | Cytomatrix

This is a well absorbed and tolerated magnesium formula. Perfect for those with sensitive bowels, chronic neck and back pain due to muscle tension and helpful for reducing blood pressure and sleep support.



DID YOU KNOW?

We now have Registered Holistic Nutritionist Stephanie Wakefield at Hydrate every Thursday! Stephanie is passionate about helping people find balance in their lifestyle and with their health journey. You can read more about Stephanie and her services at soulsticehealth.com

NEW AT HYDRATE

HYDRATE+

OPTIMAL WELLNESS PROGRAM

Our Optimal Wellness Program is a physician-guided program designed to build a retreat-like setting into your daily lifestyle. The goal of the 12-week individualized therapeutic program is to connect you with a strong and supportive local healthcare team to guide you to your better, healthier self. We utilize naturopathic principles and approaches aimed at creating inner change physiologically, such as:

physically—improving body composition and reducing pain

mentally—enhancing focus and memory

emotionally—reducing stress, anxiety and depression

spiritually—connecting to your inner consciousness and building community

We focus on permanent changes and improvements for long-term wellness through teaching and education and not just a quick fix.

The program includes:

4-4.5 hours Naturopathic consultation and guidance over 3 months; includes initial intake and weekly or bi-weekly check-ins

A three-month health journal, weekly motivational emails, private Facebook community, and weekly healthy menu suggestions with recipes

3.5 hours of nutritional support and dietary guidance with a registered holistic nutritionist

1.5-hour weekly yoga and mindful medicine class with Kundalini yoga teacher

Bi-monthly workshops and Health talk classes for education and home-based care

6 sessions of mind/body boot camp with Lovisa Anderson from BDHQ (with the option to do weekly classes at a reduced class rate)

NEW AT HYDRATE

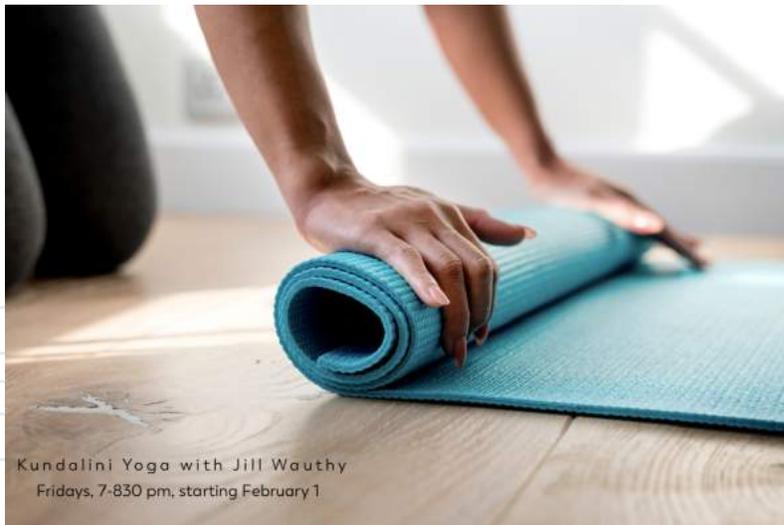
We're offering Kundalini Yoga with Jill Wauthi starting on Friday, February 15. Join us every Friday for a yoga session that will leave you feeling: Relaxed. Recharged. Rejuvenated.

Every Friday, from 7-830 pm

Starts Friday, February 15

Cost: \$20 per classes or pre-pay \$222 for 12 classes

Please RSVP at the front desk or call 250.590.1482.



Kundalini Yoga with Jill Wauthy
Fridays, 7-830 pm, starting February 1

MONTHLY EVENTS



We're celebrating L-O-V-E this month! Come in with your partner on Valentine's Day (Thursday, February 14) for an IV therapy or Mini Boost injection and receive free chocolate and roses! Ask about our services to pick the perfect treatment to enjoy with your loved one. Happy Valentine's Day!

HYDRATE HEALTH TALK

**February Health Talk:
The dietary guide to daily detox**

**How to safely and effectively detoxify with
Registered Holistic Nutritionist
Stephanie Wakefield**



**RSVP for this FREE talk:
info@hydrate.ca | 250.590.1482**

**Sunday, February 24 | 1 pm to 2 pm
1-1015 Cook Street**

FEATURED ARTICLE



BY DR. KRISTEN BOVEE

Peninsula Naturopathic Clinic Hydrate IV
Wellness Centre

LOVE IS THE DRUG: THE SCIENCE OF LOVE

February is the month of love where we are encouraged to make special time to appreciate our family and friends. Although we are able to do this time of the year, Valentines Day is a good opportunity to reflect on what love really is and how it affects us. The following are the four neurochemicals are produced when we feel love and how they positively affect our health.

1) Oxytocin:

The hormone oxytocin is often termed the “cuddle” hormone. It is released in our brains by way of touch and social trust. It is the hormone responsible for male/female orgasm, childbirth (contractions) and lactation in breastfeeding. Giving and receiving hugs, holding hands, and nurturing children and adults also triggers oxytocin release but in a smaller amount. It has found to reduce cortisol levels (stress), relieve anxiety and can reduce the feelings of aches and pains. It helps with reducing blood pressure and can improve fertility. It is important for social interaction/bonding such as with mother and child, which is essential for human survival. It is arguably our most important love hormone.

2) Dopamine: Is our reward neurotransmitter. It is stimulated by the ‘chase’ aspect of love and is released when our needs are about to be met. It stimulates the euphoric feeling associated with the use of certain drugs and alcohol, which is why it is studied in regards to addiction psychology. Its benefits are that it helps us be more alert, aids in memory and help us be more creative. Dopamine can aid in our motivation to be

more active, as well stimulate our interest, focus and attention in learning new things. In the case of love, an increase in dopamine can help us learn better and retain memories more effectively. Some studies have shown it to be important for regulating the inflammatory cascade in our bodies and also partially responsible for regulating calcium metabolism in regards to bone density.

3) Serotonin: This is our bodies' natural antidepressant. If our brains don't have enough, we can suffer low moods and anxiety. In terms of the chemistry of love, serotonin plays a role more in our long-term relationships. When falling in love, our dopamine levels rise and our serotonin level actually drops. However, as time goes on and our relationship grows, serotonin plays a bigger role in maintaining that relationship. Serotonin is stimulated by the 'status aspect of love'; a pride of associating with a person of a certain stature leading to better reproductive success and security. This relates to better survival of our offspring, which is a primitive drive in us all.

4) Endorphins: These are the body's natural painkillers. In respect to love, endorphins also play an important role in long-term relationships. Endorphins are also released during physical activity and exercise. They produce a general sense of well being, including feeling soothed, peaceful and secure. Endorphins are linked to treating mild depression, supports positive feelings about your body self esteem), reduces stress and can improve sleep.

Feeling and being in love is essential to our human survival. The cascade of hormones and neurotransmitters our body produces is a complex system that explains why love is a powerful 'drug'. It has the ability to help us in our immunological, physical, mental and emotional health.

RECIPE OF THE MONTH



OH SHE GLOWS: PEANUT BUTTER BALLS

INGREDIENTS

- 1 cup 100% natural peanut butter (smooth or crunchy)
- 3.5-4 tablespoons pure maple syrup, to taste (see note)
- 1-3 tablespoons coconut flour, only if needed
- fine grain sea salt, to taste (I used 1/4 teaspoon)
- 6 tablespoons gluten-free rice crisp cereal
- 3/4 cup dark chocolate chips (I use Enjoy Life)
- 1/2 tablespoon coconut oil

DIRECTIONS

Stir the jar of peanut butter well before using. In a large bowl, mix together the peanut butter and maple syrup vigorously, for 30-60 seconds, until it thickens up. It will go from runny to thick during this time.

Stir in the coconut flour until combined (if your PB is dry, you might be able to skip this step or only use half). We're looking for a texture that isn't too sticky, but not too dry either. Let it sit for a couple minutes to firm up as the coconut flour will continue to absorb moisture with time. Add a touch more coconut flour if necessary. Or if it's too dry, add a touch more syrup.

Add salt to taste and stir in the cereal.

Shape into small balls (I made about 17).

In a small pot, add the chocolate chips and coconut oil and heat over low heat, stirring frequently. Once half the chips have melted, remove from heat and stir until completely smooth.

With a fork, dip the balls into the melted chocolate. Tap off excess chocolate on the side of the pot and place the ball on a plate or cutting board lined with parchment. Repeat for the rest. Save any leftover melted chocolate for later.

Place balls in the freezer for around 6-8 minutes until mostly firm.

Dip a fork into the leftover melted chocolate and drizzle it on top of the balls to create a "sophisticated" design like the baking diva you are.

Freeze the balls for another 10-15 minutes, until the chocolate is completely set. If you can wait that long, you win life