



Water - Top 5 Things to Know

By Dr. Iva Lloyd, ND

We start off our [2015 Monthly Health Series](#) with a focus on [water](#). 3/4 of the earth's surface and 65% of the human body is composed of water. [Water](#) is one of the most fundamental aspects to health. Often, before anything else in the body can really change, a person needs to ensure that they are getting enough water through what they drink and eat and they need to address underlying issues of dehydration. Read [Dr. Lloyd's](#) blog on the "[Water, the top 5 things to remember](#)" as a way of starting on your journey to health. If you are interested in a more indepth understanding of water, join [Dr. Lloyd](#) during her [seminar on "All About Water"](#) on Tuesday, January 13th.

Signs of Dehydration

By Dr. Iva Lloyd, ND

Many people associate being thirsty with [dehydration](#). Although thirst can be a sign, those that are chronically dehydrated seldom are thirsty. More common [signs of dehydration](#) include lack of energy, headaches or migraines, constipation, muscle and joint pain, as well as a number of chronic illnesses. Check out this link to learn more about the [health conditions associated with dehydration](#). There are a number of ways of testing for hydration status in the body. If you are interested, talk to your naturopathic doctor. If you are interested in learning more about the impact of dehydration on skin health, join [Dr. Jacqueline Cooper](#) for her [Seasonal Skin Care talk](#) on the 27th of January.

Get Off The Scale

By Anthony Moscar, ND

New Years is a time of reflecting on the past year and setting new goals. If achieving improved health through [weight loss or weight maintenance](#) is your goal, then get informed and don't fall into the trap of an extreme diet and using the scale as your marker for health and happiness. [Dr. Moscar's](#) blog "[Weight Loss - it's not just about the scale](#)" explains why the scale is not the best measure of weight loss and what alternative strategies are available.

Clinic Updates

The [Bella Vado Avocado lotion, skin & hair serum and lip balms](#) are back in stock. This line of personal care products is exceptionally clean and very hydrating. It is great for the winter months.

Health Tip - Colds & Flu Management

At the first sign of a [cold or flu](#), it is important to remove all foods that add to mucous ([dairy](#), bananas, yeast and wheat) and to avoid foods that suppress the immune system ([sugar](#)). [Click here for more tips](#). If your flu is getting the best of you, visit our [acute walk-in naturopathic clinic](#). You do not need to be a patient to visit our [walk-in clinic](#).

Seminar Schedule

Our Tuesday night seminar series is back in full swing starting on January 13th. [Upcoming seminars](#) include: **All About Water, Healthy Weight, Seasonal Skin Care** and others. Check out our [website for a full listing](#) of our seminars. Be sure to reserve your spot early, as seating is limited.