



## Sleep - the elusive necessity!

*By Dr. Iva Lloyd, ND*

[Sleep disorders](#) are on the rise. It is estimated that over 25% of adults do not get adequate sleep. The [importance of sleep](#) is often overlooked, but it is essential to cognitive, physical and emotional well-being. [Sleep](#) is the primary time that the body heals and recovers. Check out [Dr. Lloyd's](#) blog on [Sleep - the elusive necessity](#) where she discusses the importance of sleep, the main causes of interrupted sleep and lists the [5 key steps to a restful sleep](#). For a more detailed look at [sleep](#), join [Dr. Lloyd](#) on April 14th as she discusses [how to figure out what is causing your sleep problems](#) or read [Dr. Lloyd's](#) article on [The Impact of the Mind on Sleep](#) that was published in [NDNR](#).

## Sleep and Cancer Risk

*By Dr. Kimberley Ramberan, ND*

There is a growing body of research linking lack of [sleep](#) and increased cancer risk. The National Sleep Foundation suggests an increased risk when the body's natural circadian rhythm is disrupted. [Check out their article](#). The impact of poor or disrupted sleep is discussed in this [article on breast cancer risk](#). The [Cancer Treatment Centres of America](#) have also found a link between poor sleep quality and duration and an increased risk of [breast](#), [prostate](#) or [colorectal cancer](#). There is also a growing body of research that indicates [a strong link between quality of sleep and cancer recovery](#).

## Sleep and Weight Gain

*By Dr. Urszula May, ND*

Research shows that children and adults that get too little sleep tend to gain more weight. Check out this Harvard study on [sleep and weight gain](#) and this [National Sleep Foundation report](#). In this [detailed research article](#) the metabolic and endocrine changes, including increased [cortisol levels](#) and decreased [insulin resistance](#), are highlighted. The link between sleep and weight gain affects every age, but more significantly in individuals between the ages of 40 and 60. Weight gain in this population increases the risk of many other chronic conditions, such as [type II diabetes](#), [heart disease](#) and [chronic pain](#). Work with your naturopathic doctor if this is a concern for you.

## Clinic Updates

We welcome Denise to our clinic. Denise, along with Madeleine, our [Office Manager](#) and Beth, are here to support you. Also, during the month of April we are implementing electronic scheduling. This is new to us and we welcome your feedback.

## Free Passes

The staff at Naturopathic Foundations are exhibiting at the [Partners in Prevention 2015, health and safety conference and trade show](#). The event takes place at the International Centre April 28th to the 29th. If you would like to attend, please stop by the clinic and pick up a free pass (\$29 value).

## Seminar Schedule

We have a number of great [seminars](#) planned for the next few months. To check out the schedule please visit our [website](#).

**Profession Update:** On April 1st [Homeopathy is becoming regulated in Ontario](#). This does not affect Naturopathic Doctors as homeopathy is within our scope of practice. If you have questions about this regulation visit their [website](#) or ask your ND.