



Guide to Health - Breathing

By Dr. Iva Lloyd, ND

[Breathing](#) is often taken for granted unless you suffer from [asthma](#) or another [respiratory condition](#). Most people are surprised to find out that they don't breathe properly. In fact, the majority of people use their neck muscles to breathe versus using their diaphragm and many people breathing through their mouth versus their nose. Learning to breathe properly is a key treatment aspect of dealing with [anxiety](#), [pain](#), [hypertension](#), [incontinence](#) and other health conditions. Read [Dr. Lloyd's](#) blog on the [Top 5 Things to Know about Breathing](#), [Dr. Moscar's](#) blog on [Breathing and Improving Metabolism](#) or join us for one of our [seminars](#) in February to learn how to breathe properly and how to use breath to manage stress and other emotions.

Seasonal Affective Disorder (SAD)

By Dr. Iva Lloyd, ND

February is often the month for an increased occurrence of [Seasonal Affective Disorder](#) (SAD), also known as the *winter blues* or *winter depression*. The lack of sunlight and the colder days are strong contributing factors as sunlight increases the level of [tryptophan](#) in the brain, which is direct precursor to serotonin - an amino acid that affects a person's mood and sleep patterns. This year we expect that there will be greater rates of [SAD](#) due to the lack of sunlight that we experienced last the summer. There are a number of naturopathic treatments that can help with [SAD](#) including exposure to infra-red lights and taking [tryptophan](#) as a supplement. If you think you are dealing with [Seasonal Affective Disorder](#), talk to your naturopathic doctor.

Staying Healthy This Winter

There are a number of health conditions that seem to be worse in the winter. Over the years we have written about a number of them. Check out [Dr. Lloyd's](#) updated blogs on [Heartburn Headache](#), [Prevention and Management of Colds and Flu](#) and [High Dose Vitamin D Supplementation: Is it Safe and Effective?](#) and [Dr. Jacqueline Cooper's](#) blogs on [Avoiding Dry Skin This Winter](#) and [Staying Active During the Winter](#).

Guide to Health

In 2015 we will be focusing on a [key factor for health](#) each month. Last month we focused on [water](#). This month our focus is on breathing. In March we will be highlighting movement. To learn more about our [Guide to Health](#) check out our [website](#) or follow us on [twitter](#).

Featured Product

Due to changes in Health Canada regulations there will be some products that are no longer available. **Albizia**, from Medi Herbs is one of those products. We will still have access to this product until April of 2015. If you have been prescribed **Albizia** from your ND, we encourage you stock up or talk to your ND for the replacement product.

Seminar Schedule

Upcoming [seminar topics](#) for February include: **Breathing Basics** on the 10th with [Dr. Anthony Moscar](#), **Breathing and Mood** on the 17th with [Dr. Iva Lloyd](#) and **Psychology of Skin** with [Dr. Jacqueline Cooper](#) on the 24th. The focus in March will be on movement, skin health and weight loss.

