

WELLNESS WITH SANDY

MONTHLY NEWSLETTER

OCTOBER 2020

TIP OF THE DAY

Remember to prioritize getting sunlight as the days get darker. Twenty minutes of phototherapy can affect our brain chemicals linked to mood and sleep. Specifically, light therapy may ease symptoms of Seasonal Affective Disorder (SAD), and should be taken in the morning for optimal benefits.

GROUNDING OURSELVES IN THE MOMENT

Did you know that grounding yourself decreases inflammation?

Grounding is a technique that involves doing activities that “ground” or reconnect you to the earth, normalizing cortisol and lowering our stress response. Since our feet are the most electrically conductive part of our body, walking barefoot on the beach can be an optimal example of holistic grounding. The negative ions from the earth neutralize the free radicals in our body, lowering oxidative stress and inhibiting cellular damage.

In addition to being with nature, grounding ourselves can also root back to the foods and especially the minerals we eat. Grounding foods mean exactly that – more “ground.” The following are some great raw food choices for grounding quantities of minerals:

- Roots such as burdock, garlic, radish, and onion are warming and grounding due to their high potassium content
- Sprouts are also easy to grow in winter and, like roots, are also high in potassium.
- Nuts and seeds are rich in phosphorus compounds, which are fuel for our batteries and are great warming fuel sources for cold weather.
- As an alternative to nuts, increase your intake of seeds such as flax, hemp, pumpkin, and sunflower.
- Winter fruits such as apples, pears, citrus, and dried fruits are wonderful and surprisingly warming.

BLOGS OF THE MONTH

HOLISTIC NOURISHMENT

<https://www.wellnesswithsandy.com/post/holistic-nourishment>

DYNAMIC KNEE VALGUS

<https://www.wellnesswithsandy.com/post/dynamic-knee-valgus>



Feel free to check out my Instagram page and my website for more information and updates!

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