

3 BIGGEST MISTAKES

THAT KEEP YOU FEELING TIRED, UNWELL &
BURNED OUT

Presented by: Dr. Sandra Miranda, ND

Who am I?

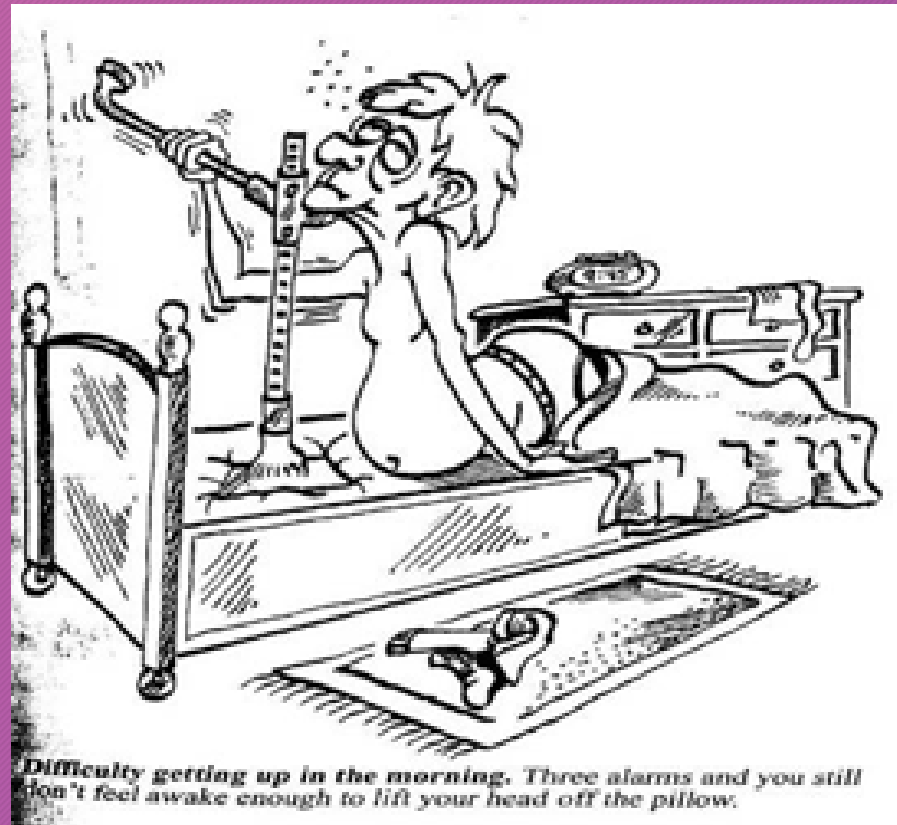
- Doctor of Naturopathic Medicine for 16 years
- Owner of Miranda Naturopathic Clinic in Westney Rd in Ajax
- Special interest in treating hormonal imbalances, weight & stress management.



What is Naturopathic Medicine?

- Treats the root cause of your health concern
- Holistic type of medical health care
- Treats with natural approach such as: nutrition, lifestyle medicine, homeopathic remedies, botanical medicine, acupuncture
- Individualized treatment plans

Have you ever felt like this?



things i don't feel like doing today:



MOVING.

Do you feel?

- Tired for no reason
- Overwhelmed, rundown or burned out
- Having a hard time getting up in morning
- Having a hard time bouncing back from stress or illness
- Craving salty or sweet snacks
- Feeling light headed when you get up quickly
- Feeling “Tired but Wired”
- You wonder whatever happened to your sex drive
- Everyone around you seems a lot more irritating than usual

Mistake #1 - Lack of Protein

- Key component of muscle
- Helps to increase BMR (resting metabolism)
- Need it to make hormones and neurotransmitters
- Most are LOW GI foods!!!
- Decreases hunger



Daily Protein Requirement

- Non-Vegetarian – Convert your weight in pound (lbs) to kg by dividing by 2.2; that is the number of grams you should eat per day
- Vegetarian – Convert your weight in pounds (lbs) to kg by dividing by 2.2; then multiply that number by 0.8; that is the number of grams you should eat per day.

Amount of protein in food

- 2 boiled eggs = 16 grams
- 3-4 oz of chicken breast = 21 grams
- 3 – 4 oz of fish = 19 grams
- ½ cooked beans = 7 grams
- ½ cup cooked quinoa = 6 grams
- ¼ block tofu = 7 grams
- ¼ cup whole almonds = 8 grams

Mistake #2 - Lack of Magnesium

- One of the most abundant minerals in our body
- We need it for our heart, muscle and kidneys
- Needed it to produce energy
- Best Food Sources: nuts, green leafy vegetables, legumes & whole grains.

MAGNESIUM RICH FOODS			
SESAME SEEDS			SUNFLOWER SEEDS
SPEARMINT			DILL
WATERMELON SEEDS			BASIL
PINE NUTS			BROCCOLI
ALMONDS			OKRA
PUMPKIN SEEDS			FLAX SEEDS
BRAZIL NUTS			SPINACH
CACAO			CHIVES

Rawforbeauty

Symptoms of Magnesium deficiency

- Low Energy
- Chronic fatigue
- Insomnia - racing thoughts
- Body aches & pains
- Headaches & migraines
- High Blood pressure
- Mood Swings & Irritability
- Depression & Anxiety
- Menstrual cramps
- PMS
- Restless Leg Syndrome
- Muscle cramps & spasms

IV Vitamin Treatments

- Way of delivering high doses of vitamins and minerals directly to your cells without losing anything in your digestive tract.



Mistake #3 - Not Keeping our gut clean

- Fibre acts like a broom inside our gut to keep it clean
- Women need approx. 25 grams per day
- Men need approx. 38 grams per day



Amount of fibre in food

- 2 tbsp ground flax seeds = 7 grams of fibre
- ½ cup of cooked beans = 10 grams of fibre
- ¾ cup cooked oatmeal = 8 grams of fibre
- ½ cup canned chickpeas = 6 grams of fibre
- 1 medium apple = 4 grams of fibre
- ¾ cup cooked broccoli = 7 grams of fibre
- 1 slice of whole grain bread = 3.5 grams of fibre
- ½ cup cooked carrots = 3.5 grams of fibre
- ½ medium sweet potato = 4 grams of fibre
- ½ cup of cooked spinach = 7 grams of fibre

Probiotics / Acidophilus

- Good bacteria in our digestive tract
- Coats and protects the wall of our intestines.
- Prevents harmful bacteria, yeast, toxins or parasites to accumulate in our gut.

Colon Hydrotherapy

- Gentle, safe and painless infusion of water to help clear out the colon
- It not only clears the gut but mainly the LIVER
- Extremely effective and beneficial

Any questions?

Thank you 😊😊

Dr. Sandra Miranda, ND

Doctor of Naturopathic Medicine

Miranda Naturopathic Clinic

467 Westney Rd S, Unit 10 in AJAX

905-239-3900