



Healthy4life.ca Newsletter - June 2022

Holistic nutrition includes body, mind and spirit. Articles will address each area.

Mushroom Series Part C

I have received many questions about mushrooms for anxiety, stress and other things. Before using any mushroom for a specific health concern, discuss it with your health care professional. Do your own research for double blind, scientific studies and scholarly articles.

Some manufacturer's claim their products are suitable for the following conditions.

Stress: Cordyceps, Reishi, Lion's Mane.

Energy: Chaga, Cordyceps, Reishi.

Liver Health: Chaga, Reishi, Turkey Tail.

Immune System: Cordyceps, Lion's Mane, Agarikon.

Blood Sugar: Chaga, Cordyceps, Lion's Mane, Maitake, Reishi.

Health Journal/Diary, Vitals or Symptom Record

Your health journal can help you keep a record of your: permanent and episodic diagnosis of conditions, medications, supplements, allergies, blood pressure, pulse, oxygen saturation, perfusion index, temperature, diet, anxiety, depression, pain level, fatigue level, weight and other important measurements. Include the date on each entry.

A health journal can help both you and your team track changes in symptoms, treatment side effects, dietary affects and how you are feeling on any given day. It gives you a chance to notice improvements as well as symptoms that you may need to talk about with your treatment team. It can give you ideas of what questions to

| Activity Log | | | |
|--------------|------|----------|--------------|
| Client Name | | | |
| Day | Time | Activity | Minutes |
| Monday | | | |
| | | | |
| | | | |
| | | | |
| | | | Monday Total |
| Tuesday | | | |
| | | | |

Supplement Record

Client: _____ Date: _____

| | |
|----------------|---|
| 1. Supplement: | Dosage recommended: |
| | Time recommended: |
| | Dosage taken: |
| | Time taken: |
| Side effects: | How long after taking the supplement did the side effect start? |
| | How long did each side effect last? |
| 2. Supplement: | Dosage recommended: |

Time In Nature: Reconnecting With The Natural World



Forest Bathing is such an easy relaxation to do. You can walk, run, sit, wheel, or bike your way through nature. It does not have to be a forest. Use all of your senses; sight, sound, smell, temperature, taste or texture. Any place that is easy for you to get to and is natural with plants, soil, trees, birds and other animals. The whole point of the exercise is to get grounded, in touch with nature. Forest bathing is the current trendy title for a walk or spending time in nature.

Many past newsletters are available at [2022](#), [2021](#) & [2020](#), [2018](#) & [2019](#) and [2017](#).

**Be healthy 4 llfe,
Cathy Ferren RHN**

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