

Holistic Nutrition Healing and Hope

Life Skills, Relaxation, Coaching

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 write down for your next appointment with members of your treatment team.

Having actual data on your experience is helpful to your treatment team. It tells them when something started, how long it has been going on, and whether it is constant or variable.

Making regular entries in your health journal can also speak for you when you are unable to speak for yourself. It does not impact your Power of Attorney for Personal Care, however, if you end up in an emergency department or urgent care centre alone, it will give them current information on your conditions.

A health journal can be hand written, using an app, a spreadsheet or text document. Some of my clients have specialists who want their patient's medical chart updated minimum twice daily and emailed in to their office at least monthly. Some are more complex and require for example, 3 pulses each time, neck, wrist and foot pulses. It is very individual. Keep track of the things that are important for your health.

Example 1 for Type 2 Diabetic with Heart Failure, example 2 for Lupus and Fibromyalgia, example 3 a Food/Mood Log for Anxiety, Depression, Food Allergies/Sensitivities, example 4 for activity like movement, walking or exercise and example 5 for supplements.

	Name Example D	x T2D, Congesti	ve Vitals/	Vitals/Symptom Record			Aug 24, 2022 to		
Heart Failure w Pulmonary Edema						after dis	charge from emerg		
	Date	Time	Blood Pressure	Pulse	Oxygen	Perfusion	Glucose,		
						Index	Weight, BM		
		-							

Name Example Fibromyalgia	Health Jo	ournal		Aug 24, 2 af	2022 to ter discharge	from eme		
Date	Time	Fatigue 1 to 10	Mood	Blood Pressure	Glucose Weight	Body Temp	Infections	Rashes Sores

Name				Food/N	Aood Log		Wee	k of	
Date & Time	Food and Quantity	Mood	Energy	Sleep	Digestion	Bowels	Congestion	Skin	Other

	Activity Log			
Client Name				
Day	Time	Activity		Minutes
Monday				
			Monday Tota	al
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.
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