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Greetings and best holiday wishes!

Wishing the very best to you and yours, I would like to present to you the very first instalment of a monthly offering from Touched By Grace. In each newsletter look for news items, health related articles and information. I hope you will find the little e-zine enjoyable.

Please feel free to forward this email around to any friends or relations who you think may enjoy them too.

May this first issue bring a little sunshine into your day.

Blessings to all,

Grace

## *Clear those wintertime blues*

...and help your heart and immune system along the way!

Greetings and best holiday wishes!

Sitting here, basking in a rare brilliant sunny day I am thinking what a lovely mood booster sunshine is. How important it is to stay optimistic through the long (but actually short) days of winter. Not only for feeling cheerier, but also for a strong immune system as well.

As Christmas rolls around, how aware we are of our shortened daylight hours. We get up in the dark and often eat supper after sundown. Aside from the usual snowy and foggy days, our chance of absorbing health boosting sunlight is diminished. Our source of vitamin D and our wonderful natural pineal gland stimulator is reduced. This can lead to increased feelings of depression and can also leave us more susceptible to the variety of flu and viruses around at this time of year.

It is important to try to be in natural sunlight as much as we can during the winter months. It may also help to change your light bulbs in your home or workplace to the newer full light spectrum bulbs that can be purchased today. By sitting in bright, natural light in the morning we can help our pineal gland regulate the hormone melatonin, which is released at bedtime and makes us drowsy and want to sleep. Lack of natural light (especially in the morning) can disrupt the time-clock of the pineal and contributes to our tired feeling during the winter, or during any spell of cloudy weather where sunlight is reduced.

### **Oil 'er up!**

Getting a full amount of Omega 3 -6- 9 also gives us a great boost in the winter. There is a lot of stuff out there about this, so I will try to make it easy to understand. These oils are referred to as EFA's. All that means is they are Essential Fatty Acids. In other words.... Good Fat. There is stuff in these fats that are very necessary to your survival.

Omega 6 -- is mostly a vegetable source, and we actually get a lot already just from our regular diets. You probably don't need to take extra Omega 6 supplements. Canola oil, soy oil, olive oil are all good omega 6 providers.

Omega 3 – needs more effort to make sure you're getting enough. A healthy diet includes an equal amount of omega 3 *and* 6. You will probably have to make some extra purchases to get your Omega 3s. Grapeseed oil is wonderful. Use it in salads and *also for cooking*. Yes! This oil doesn't change to free-

radical infested oil until it is heated to 450 degrees! Most of the other oils change quite a lot in their properties when they are heated. Flaxseed oil is good for salads, sprinkled on popcorn and cooked rice. This oil *must NOT* be heated. At all. Hot popcorn and rice is OK, but don't cook with it! Fish oils are high in omega 3, and also grass fed beef.

Now, the big thing about these oils has to do with EPA and DHA conversion done in your body. EPA and DHA are the acids that are so beneficial. And **fish oil** is loaded with 'em.

Your brain is a big consumer of DHA. It increases serotonin levels making us more alert, optimistic, and even tempered.

EPA helps keep cholesterol in check, strengthens the heart, reduces inflammation and can be very helpful to arthritis sufferers.

When shopping for a quality oil supplement, or for your diet, keep these things in mind:

Heat during extraction lowers the quality. Look for cold-pressed oils.

Check the date. Oils don't keep forever.

Margarine is a very manipulated oil. This one doesn't count as an oil supplement.

Regarding fish oils, deep cold water fish give the most beneficial fats. Norwegian fish products are a good choice.

When consuming these oils, take them with meals. They are a fat, and if your liver is stimulated by digestion it will release bile so your body will get more use from the supplement.

Not all fish oils do the same thing.

Cod liver oil is very high in vitamin A and D, but is not a great source for the fatty acids we have been talking about. This product does have some EPA and DHA, but you would overdose in Vitamin A and D in order to get the full amount of fatty acids.

Fish oils from Salmon, Sardine, and anchovy are very much higher in the fatty acids required for better health and brain function. They are high in the Omega 3 oils.

Carlson Labs has an extensive line of fish oil products and are of a good quality.

Those of you who know how to body-dowse to find products which agree with your specific energy can use this technique to choose the supplement which suits you best.

Getting a good supply of light and your EFAs should help keep you in good spirits through the year. And it's very easy to do.

Til next time,

~Grace~

\*Grace is the therapist at Touched By Grace Wellness Studios, and uses energy and body work techniques to help create a noticeable difference.

She can be reached at any time on her mobile phone at: 306-533-6549 or by email at:  
[lighttouch@touchedbygrace.ca](mailto:lighttouch@touchedbygrace.ca)

The address of the main website is: [www.touchedbygrace.ca](http://www.touchedbygrace.ca)