



April – And They're Free!



Some of the BEST health remedies of all time are available to ALL of us, and they're FREE!

Do you believe me?

The health remedies I am speaking of are extremely powerful, guaranteed to heal, and have been proven to be more effective than any prescription or medical drug. They are holistic health miracles! (No exaggeration.)

Do you know which ones I am referring to?

Sleep. Movement. Cold showers. Nature. And they're free!

Sleep

We need to stop and realize how powerful sleep is. We need to take advantage of it. Sleep can help heal you from almost anything. We should turn off Netflix, get off our phones and go to bed; or at least go to bed earlier.

When we are sleep deprived, it does not matter how good our immune system is. The quality of our life will be compromised and our system (mind & body) will never reach its potential. So, if you need help to improve your sleep, find a strategy to help you. Don't wait! There are many options. Float pods, iRest classes, apps for your phone, fresh air and movement (physical activity).

Speaking of physical activity ...

Movement

It's movement that gives you healthy joints, strong bones, physical strength, decreases your risk of injury/falling, increases your libido, helps you sleep more soundly and deeply, improves circulation, coordination and reflex reactivity, improves concentration, and provides opportunities to connect with your community - decreasing social isolation and increasing your mental well-being. The list goes on.

Without movement, we will slowly decline - mind and body.

Even knowing this, many of us are still not moving enough.

My favorite quote right now (thanks to one of our MVP members) is: "It is better to be the oldest person in the gym than the youngest person in the nursing home."

Come on, my dear MVP people. Get up. Get moving.

Cold Showers

Jumping into a cold shower even for a few minutes is cold-water therapy. Cold-water therapy can help you heal and recover faster, especially after exercise. A cold shower conditions your autonomic nervous system, exercises your arterial vasculature tree (the branching system of arteries), helps you regulate your inner body temperature in relation to the outer environment, improves your sex life, stimulates your immune system and has anabolic effects (increasing muscle strength).

There are all kinds of different cold-water therapies, cold sprays, water immersion (ice tubs), and even whole-body cryotherapy (cold vapour exposure), right here in Kingston.

Of course, you should check in with your doctor, first, if you have concerns like: cold urticaria, Raynaud's syndrome or heart disease. (Since a shock of cold may cause added stress to a heart condition).

Have an open mind, however. Maybe running out of hot water can be seen as a good thing every once in a while! For me, there is nothing better than jumping into a cold freshwater lake!

Nature

Nature is at the top of my list.

Studies done on the amygdala (the region of the brain primarily associated with emotional processes), show that city-like environments can play upon anxiety disorders, depression, and our stress levels. Whereas nature has, the ability to slow, things down - soothing our brains. Nature positively influences our mental state and our psychological resilience.

Every spring, the David Suzuki Foundation challenges Canadians to spend more time outside for health and mental well-being. The One Nature Challenge asks people to commit to spending at least 30 minutes a day in nature for 30 days in May. When you take the One Nature pledge, you will receive the latest research on the health benefits of spending time outdoors along with practical tips on how to add green time to your daily routine.

When you are starting to feel under the weather – sleep! Lots! When you lack focus and are not feeling productive – move! When your muscles are sore and you are feeling down – go cold! When you feel overwhelmed and stressed – get outside!

So, there you have it: four fantastic holistic health remedies. And they're FREE!

Until next time,

Kerri

Don't forget to join the private MVP+ Facebook Group!

**Connect with Kerri &
other Veterans!**

Join in by attending some of the



Veteran specific activities and programming offered! See the [MVP April-May 'Vitality for Vets' Schedule!](#)

Health Promotion Kingston – A New Season is Upon us

A new season is upon us which brings along new activities to participate in. Be activity ready and register for Health Promotion's Injury Reduction Strategies workshop on 24 April! [Read more...](#)



Contest

Do you have a favorite health remedy? Let us know what it is for a chance to win a prize! If your health remedy is also 'free' – you will double your chances to win.

[Begin](#)

****Contest only allows for those participating to win once each fiscal year.****

Congrats to last month's winner, T Perry!!

MVP+

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