

Have a lack of motivation in the cooler months? Learn why and how you can support yourself naturally. [View in browser](#)



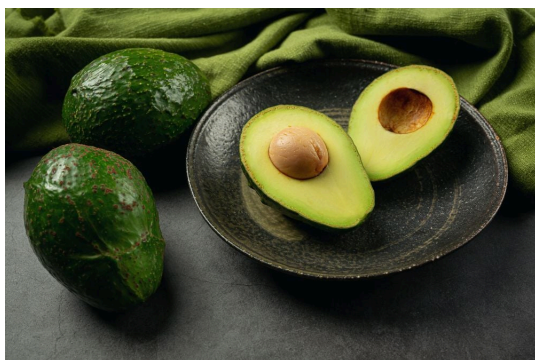
Hazelnut Naturopathic Health

Being Social for Health



Being social may not be on most people's radar as important to health, but it certainly is. Take this for instance. Heart disease is the number one killer around the world—an estimated 17.9 million people die of this alone each year. One study found that among adults with coronary artery disease, socially isolated people were at a 2.4 times greater risk of cardiac death versus their more social peers. Humans have lived in group settings with each other for thousands of years. Families and tribes, villages and cities are just a few examples. These social units and living spaces create environments where people can live, work, and play together. Getting out of your shell and exploring the world just might be the health boost you were looking for.

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Heart-Healthy Avocado

In general, only 10-20% of Americans consume enough fruits and vegetables daily. Eating avocados can help improve this statistic. Hass avocado (*Persea americana*) is the most consumed variety of avocado worldwide. In general, avocados are well-tolerated and liked by many people.

They have a creamy, smooth texture rich in oleic acid, fiber, and other nutrients such as B vitamins, vitamin K, copper, and potassium. Oleic acid is a monounsaturated fat well-known for its positive benefits on cardiovascular health. Mostly fiber and fat, avocados also contain lutein and zeaxanthin which support eye health.

Consuming Hass avocados has been linked to healthier cholesterol levels including lower LDL, otherwise known as 'bad' cholesterol. This fruit may also support a healthy blood sugar since it has a low glycemic index. Eating an avocado daily may also support healthy weight loss. It can help increase meal satiety, meaning less hunger between meals.

Avocados can be purchased fresh or frozen from most grocery stores throughout the year. They can be eaten fresh with salt and pepper, or they can be used to make guacamole. Avocado is also a great replacement for foods that need binders, such as mayonnaise in tuna fish or chicken sandwiches. They also can be added to burgers, eggs, salads, or other foods.

No-Bake Avocado Key Lime Bars

These delicious key lime bars are no-bake, vegan-friendly, and gluten-free. Packed with heart-healthy fats including omega-3s, they're so good, you'll never realize how great they are for you!

Prep.: 20 Min., Cook: 1 hr. 30 Min., Total: 2 Hrs., Yield: 9 Servings (1 bar equals a serving)

Ingredients:

Crust:

- 2 cups walnuts



- 9 large Medjool dates (pitted)
- 3/4 cup unsweetened shredded coconut
- 2 tsp. blackstrap molasses
- 1 tsp. cinnamon
- 1/4 tsp. salt

Filling:

- 1 can coconut cream (or full-fat coconut milk, refrigerated for 24 hours)
- 1 avocado (diced)
- 1 lime (zested)
- 1/2 cup lime juice (fresh is best)
- 1/4 cup maple syrup
- 1 tsp. vanilla extract

Coconut Whipped Cream:

- 1 can full-fat coconut milk (refrigerated for 24 hours)
- 2 tsp. powdered sugar

Directions:

- 1) Combine ingredients in a food processor for about 3-4 minutes—until all ingredients are crumbled well and stick together easily.
- 2) Line a 9x9 inch baking pan with parchment paper. Press the crust firmly into the pan, forming an even layer. Cool in the freezer for 30 minutes.
- 3) Combine all filling ingredients in the food processor. Blend until the filling is smooth and creamy. The avocado should be fully incorporated.
- 4) Take the crust from the freezer, pour the filling over it, and smooth it into an even layer.
- 5) Freeze for at least 1 hour to allow the filling to harden for cutting.
- 6) Remove from the freezer and let the pan sit for 10-15 minutes before serving. If you're serving the bars with the coconut topping—make the topping right before plating them:
- 7) Chill a metal mixing bowl in the freezer.
- 8) Scoop refrigerated coconut milk into the chilled bowl. Beat on low with a mixer for 30 seconds, then increase speed and beat for 1-3 minutes. Stiff peaks will form. Add powdered sugar in the final 30 seconds or so of beating.
- 9) Cut into nine squares. Add a healthy dollop of coconut topping to each bar and serve.

Resource: Aldeborgh, Alex. 2022. "Avocado Key Lime Bars (Raw, Vegan, Gluten Free)." Daisybeet. <https://www.daisybeet.com/avocado-key-lime-bars-raw-vegan-gl...>



Catnip is Not Just for Cats

If you live with a cat friend, you may be familiar with catnip or catmint (*Nepeta cataria*). For felines, it appears to mimic sex hormones, which causes them to enter a euphoric state of mind for a short time. This herb also benefits humans. Though it doesn't affect us in the same way it does cats, its use has rich traditions. Many

Native American tribes such as the Iroquois, Cherokee, and Okanagan-Colville used the leaves to make medicinal tea. Drinking this tea was regarded as helpful for conditions like diarrhea, asthma, colds, cough, bronchitis, etc.

Today, research on catnip use in humans is limited. It appears to be anti-inflammatory and may be helpful with pain. It is also antimicrobial and has strong activity against microbes like *E. coli*, *S. aureus*, and *Candida albicans*. Meaning it may help with various infections, including skin and yeast infections. It also has a mild relaxing effect on humans, and it may be helpful with hormone balance in women. Catnip is carminative as well; this means it may help reduce gas and bloating. More research is needed to determine the best uses for catnip.

Catnip is an easy-to-grow herb you could plant right in your backyard. It is in tinctures, capsules, and teas and can be bought at natural health food stores. As a tea, it has a mild earthy but minty, citrus-like flavor. Catnip is considered safe and well-tolerated by most people. If you take medications consult with your doctor before adding catnip, as it can interact with certain classes of medications.

'Love Therapy'

Also known as relationship counseling, couples therapy, and marriage counseling, Love Therapy is designed to help those in a relationship learn how to communicate more effectively. It paves a path for a deeper connection, creating fulfilling and mutually beneficial relationships. In fact, it's becoming more common for those in a relationship to start love therapy long before any issues arise.



Therapy as a preemptive measure can prevent a loss of communication and can strengthen interpersonal bonds for years to come. Research shows counseling can improve relationship satisfaction, communication skills, and the general well-being of those in the relationship. This is especially important since a lack of harmony can substantially increase the risk of depression in at least one partner.

Additionally, research indicates that high levels of conflict can lead to higher levels of mood and anxiety disorders. This results in negative social outcomes regardless of marital

status. Counseling based on Behavioural Therapy, Cognitive Behavioral Therapy, and Emotion Focused Therapy can greatly reduce relationship distress. These results are maintained over time, even when compared to those not attending relationship counseling sessions.

So, even if your relationship hasn't reached the point where outside intervention is needed to re-establish healthy communication, remember—relationship health is just another aspect of personal health that we shouldn't ignore. The mind and body are interconnected. Taking care of one is also taking care of the other partner.

If you or a loved one is interested in counseling services, be it relationship therapy or otherwise, remember to find a therapist that works for you. The International Therapist Directory has a [site](#) that can help you find someone in your area capable of meeting your goals.



Relax with Avena

Avena sativa, commonly known as oat, originated in England, France, Poland, Germany, and Russia. It's now grown as a cereal grain around the world. Beyond food, oats are used to manufacture paper, mulch, thatching, mattress stuffing, and mulch. Additionally, raw materials are taken from oats to make nylon and other

materials. Traditionally, oats were used to treat nervous exhaustion, sleeping difficulties, and weakness of the nerves. It was also used to help with withdrawal from opium and tobacco abuse. Oats are antispasmodic, demulcent, diuretic, neurotonic, and can help heal wounds.

Perhaps surprising to the average person, oats have almost as much plant protein as soy does. This plant also contains soluble and insoluble fiber, making it helpful for gastrointestinal health. It's rich in minerals like potassium, phosphorus, calcium, and magnesium and contains small amounts of copper, iron, and zinc.

Oats help maintain a healthy cholesterol. It has anti-atherogenic properties, meaning it helps keep cholesterol from sticking to the walls of blood vessels. A study on green oat extract found cognition improved when used daily in adults for four weeks. This plant is also a potent antioxidant that supports overall health. Additionally, *Avena*, taken daily in 1200 mg doses or more, was found to modulate stress responses.

Avena is useful in lots of different ways. The green oat pod is typically used for herbal use. It can be used topically or in a bath as it is helpful with a wide variety of skin conditions. Oat can be used in recipes or taken to support health as a tea, glycerite, or tincture. As always, discuss things with your doctor to make sure it's a good fit for you.

Check Out A Few Older Posts

Heart Health: Coronary Calcium Score

Hibiscus sabdariffa: An Herbal Heart Tonic

All About Connective Tissue Disease

Finding Motivation Through the Colder Months

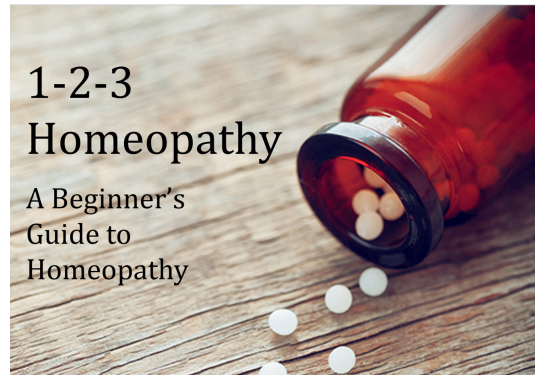
Upcoming Events & Classes

February 20th, 2025 - March 20th, 2025

1-2-3 Homeopathy: A Beginner's Guide to Homeopathy

Have you heard about homeopathy but you aren't sure what it is? Interested in learning about homeopathy and applying it to your own life? Used by millions of people around the world, homeopathy is a safe, natural option available to support the health of yourself and your family. Materials include access to online materials from the class (video and over 100 pages of notes) for 6 months. Classes last for 5 weeks. Each class lasts roughly two hours time for questions and answers. This course includes:

- Introduction to Homeopathy
- History of Homeopathy
- Homeopathy Basics
- Homeopathic Remedies
- Homeopathic Provings, Repertory and Materia Medica
- Common Applications of Homeopathy



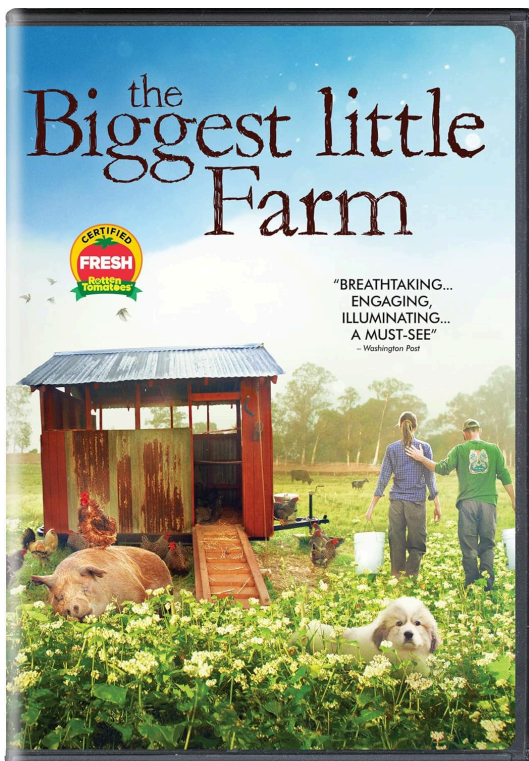
- Building a Basic Homeopathic Kit (home practitioners and clinicians)
- Quick Start Guide Part 1: Everything about the case
- Quick Start Guide to 25 Remedies
- TWO BONUS GUIDES: Homeopathic First Aid and Homeopathic Teething

Cost: \$175

Coupon Code to Save \$10: 123homeo\$10

50% discount if you want to retake it - Just let us know before you sign up.

Register Here



Thursday, March 27th 6:00pm - 7:30pm

FREE Movie Screening: The Biggest little Farm

Where: Hazelnut Naturopathic Health
11629 Northland Dr. NE Ste. 101 Rockford, MI 49341

Description: Come see a FREE screening of a documentary which presents both sides of the homeopathic argument. Snacks and light refreshments will be served.

"The Biggest Little Farm chronicles the eight-year quest of John and Molly Chester as they trade city living for 200 acres of barren farmland and a dream to harvest in harmony with nature. Through dogged perseverance and embracing the opportunity provided by nature's conflicts, the Chesters unlock and uncover a biodiverse design for living that exists far beyond their farm, its seasons, and our wildest imagination. Featuring breathtaking cinematography, captivating animals, and

an urgent message to heed Mother Nature's call, The Biggest Little Farm provides us all a vital blueprint for better living and a healthier planet."

The Biggest Little Farm Preview:
<https://www.youtube.com/watch?v=UfDTM4JxHI8>

RSVP by Calling (616)884-0645

Natural Product Options



Need Supplement Refills?

If you are already a client of Dr. Blandford or want to support Hazelnut Naturopathic Health, we use an online dispensary that offers the convenience of shipping supplements directly to your door. Call (616)884-0645 to create your account up or add supplements to your existing account.

Enjoy your 15% discount today!



Looking for Clean, Organic Food?

Then look no further! Based out of Oregon, AzureStandard is a family owned business dedicated to clean, healthy foods that are organic. They deliver your online orders via monthly food drops to a location near you (Dr. Blandford is exploring having a delivery point near the office). We now offer a few AzureWell supplements in the office. Check them out and enjoy your 10% discount today!

Use code: Hazelnut10 (unlimited uses)

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Hazelnut Naturopathic Health

11629 Northland Dr. NE Ste. 101, Rockford
MI 49341 United States

(616)884-0645

hazelnutnaturopathic@gmail.com

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