



Are you having difficulties sleeping?

By. Dr. Cecilia de Martino, ND

Whether you have a hard time falling asleep, staying asleep or both, you're probably wondering if there's anything you can do about it. When we don't get enough hours of sleep or when the quality of the sleep is lacking, our energy will be compromised. It's very frustrating when you wake up at the same time every night or when you keep staring at the clock because you can't fall back asleep.



When falling asleep is an issue, it's usually because the mind can't shut up. You're thinking about all the things you have to get done, or you're rehearsing in your head what has gone on during the day.

One thing I tell my patients is to make a to-do list before bed. This allows for all of your planning thoughts to be put on paper and thus it won't be in your head. You don't have to worry that you'll forget something. Another technique that is very effective is meditation and deep belly breathing before bed. I know this is hard to do but practice makes perfect. When the body is breathing deeply it goes into the "rest and digest" state, which lowers cortisol, our stress hormone and allows the body to fall asleep.

Waking up in the middle of the night for no reason, can be due to hormone imbalances. Women who are in perimenopause or menopause are often low in progesterone. Progesterone is a calming hormone and helps with sleep. There are many ways to improve the progesterone status. One way is to help the liver metabolize the hormones better by using herbs or homeopathics. The other way is to include bio-identical hormones. I usually use hormones as a last resort.

Another hormone that many of us are deficient in, especially as we get older, is melatonin. Melatonin is made by a gland in the brain called the pineal gland. Melatonin is a hormone that is produced at night when it's dark. If you have electronic devices in your room that emit some light or if you don't have dark blinds on your windows, this can inhibit proper secretion of melatonin by the body. Melatonin deficiency has also been linked to breast cancer. Make sure your room is dark when you sleep.

In order to measure your hormones properly, a salivary test can be conducted. Salivary hormone testing is more accurate than blood testing as it reflects what is going in the

To Book an Appointment

By Email:

info@sellarswellness.com

By Phone:

519-208-6900



Clinic Hours

Monday	8 am – 8 pm
Tuesday	8 am – 8 pm
Wednesday	8 am – 8 pm
Thursday	8 am – 8 pm
Friday	8 am – 6 pm

*Practitioner hours vary

*Reception is available 9 am – 12 pm and 3 pm – 6 pm daily, with exception to Friday 9 am – 12 pm only

May Announcements

Dr. Cecilia de Martino is having a baby!

We are pleased to announce that Dr. Cecilia will be having a baby in July. She will be going on maternity leave starting in July for approximately 6 months. In that time, her colleague, Dr. Debra Debyshire, ND will be taking over. She has over 15 years experience and is thrilled to be part of your health journey. Please book in with Dr. Debra starting in July for your continued naturopath care. Dr. Debra and Dr. Cecilia will be in constant contact and co-managing if needed. If you will be needing B12 injections, Dr. Cecilia will be offering "B12 days" once a month at her home practice at Willow Wellness Clinic at 96 Roger St. Waterloo (www.willowwellnessclinic.com). Stay tuned for specific dates. Also, if you shop at Healthy Foods and More, we have discount cards at the clinic. Make sure to ask for one.

tissues. It's not a cheap test, but if you are struggling to know where your imbalances lie, it's a good investment.

Herbs and nutrients that can help both falling asleep and staying asleep are passion flower, L-theanine, GABA, valerian and lemon balm. Making sure your adrenals are well balanced will also help with improving your sleep.

If you would like to get your sleep assessed further, do not hesitate to call the clinic and book in with Dr. Cecilia de Martino, ND.

Dr. Sellars maternity leave is coming to an end next month!



While she is admittedly having the time of her life with her new son, Dr. Sellars is also very keen to get back into the clinic and back to her patients! She asks for your patience as she transitions back to work at a pace that she finds comfortable. She will begin opening up hours the last week in June on Mondays, Wednesdays and Fridays and will taper her hours in over July and August. Dr. Jenna Spencer will continue to cover some of her patients part-time on Tuesdays and Thursdays during those months until she has fully transitioned back to practice. She hopes you are all well and cannot wait to see you again soon!
