

Season of Balance

Health Education | Fitness Tips | Wellness Suggestions



Autumn 2025 Health & Wellness Newsletter

Wildheart Therapies — Fernie's Natural Health Centre

Operating on the unceded and ancestral territory of the Ktunaxa Nation

The Autumn Equinox: A Season of Balance

The Autumn Equinox marks a sacred threshold—a moment where day and night stand in perfect harmony. It is a time when the energies of the sun (masculine) and

the moon (feminine) are balanced, reminding us of the dual nature within ourselves.

As we transition from the vitality of summer into the restorative stillness of autumn and winter, we are invited to embrace the Yin season. Ancient healing traditions describe this as a feminine time: introspective, nourishing, and deeply restorative.

The warmth and abundance of summer have fortified us with light, energy, and Vitamin D. Now, as the days shorten, we are reminded to care for our inner reserves and prepare our bodies and spirits for the months ahead.



Vitamin D: The Sunshine Nutrient

Vitamin D plays a critical role in supporting mood, immunity, bone strength, digestion, and reproductive health. After summer, those of us in the Northern Hemisphere naturally experience a decline in Vitamin D levels as sunlight decreases.

Why Annual Testing Matters

Vitamin D is a fat-soluble nutrient, which means excess amounts from supplements can accumulate in the body and become toxic—affecting the liver and overall health. The only reliable way to know your optimal dosage is through an **annual 25-OH Vitamin D blood test**.

When to Test

If you notice:

- Low mood or early signs of the “winter blues”
- Frequent colds or weakened immunity
- Increasing bone fragility or pain

...it is especially important to check your Vitamin D status before winter begins.



Recommended Reading: [Vitamin D and Health Research](#)



Book your Vitamin D test & consultation with Daniella



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Men's & Women's Health: Nurturing the Sacred Balance

Our relationships often serve as mirrors of our health. Over time, we are shaped by those closest to us—most profoundly by our significant others. The health of one partner frequently reflects in the wellbeing of the other.

The masculine nature is traditionally associated with providing and protecting, while the feminine nature nurtures and heals. Yet, these energies exist in all of us, regardless of gender or partnership. At this Equinox, we are called to restore their balance.

Where to Begin

- 🥗 **Food sensitivity testing:** Removing allergens can dramatically improve overall health.
- 🧪 **Comprehensive bloodwork (\$350):** A clear, foundational view of your health markers.
- 💊 **Magnesium (bisglycinate):** Supports energy, mood, and hormonal balance.
- 🌙 **Women's health:** Cyclical changes—whether menstruation or menopause—are powerful messengers. Listen to what your body is communicating.
- ❤️ **Men's health:** Sexual vitality and energy are key indicators of cardiovascular and metabolic health.

Your body speaks in whispers before it speaks in shouts. Are you listening?

—Dr. Ashley

Health as a Journey, Explore it

True health is not a destination but a continuous practice. It is cultivated through mindful choices, simple routines, and daily rituals that nourish body, mind, and spirit.



Restoring Balance Through Simple Practices

- 🛏️ **Honor your rest:** A consistent sleep routine, supported by quality bedding, restores energy and balances hormones.
- 🧴 **Detox your environment:** Eliminate synthetic fragrances and harsh cleaners; replace them with natural, unscented alternatives.
- 🌬️ **Breathe fresh air:** Ventilate your home daily to support your body's natural detoxification processes.

- 💧 **Hydrate wisely:** Add lemon and soaked chia seeds to water for minerals, alkalinity, and gentle cleansing.
- ☕ **Rethink coffee:** If you drink it, replenish minerals to counteract its depleting effects.
- 🌸 **Women:** Heavy periods, PMS, or difficult menopause are not conditions to “endure.” They are signs that support and balance are needed.
- ⚡ **Men:** Energy levels and sexual health are early indicators of cardiovascular wellbeing.
- 🚶 **Movement matters:** Gentle, consistent activity sustains vitality, but overexercising can deplete energy.
- 🌾 **Fiber first:** Adequate fiber is vital for digestive and cardiovascular health—one to two healthy bowel movements daily is a cornerstone of wellbeing.

High Fibre Foods for Kids

Fibre supports kids digestion, gut health, and helps them feel their best.
These fun and tasty ideas make it easier for kids to get enough!

High Fibre Foods

Fruits & Veggies



- 1/2 c broccoli - 2g
- 1/2 avocado - 6g
- 1 pear w/ skin - 6g

Whole Grains



- 1 slice whole grain bread - 2g
- 3/4 c oatmeal - 4g
- 1/3 c bran cereal - 6g

Legumes



- 1/4 c hummus - 4g
- 3/4 c edamame - 6g

Nuts & Seeds



- 2 tbsp peanut butter - 2g
- 1/4 c almonds - 4g
- 2 tbsp chia seeds - 6g

**Note: Avoid nuts if your child has a nut allergy or attends a nut-free school.*

Healthy After School Snacks



- Apple slices with almond butter
- Oat energy bites
- Hummus and carrots
- Whole grain toast w/ avocado
- Popcorn



Tips For Picky Eaters!

1. Swap white for whole grains
2. Add fibre to smoothies, sauces, or baked goods.
3. Let Them Choose, kids are more likely to eat what they help pick!
4. Boost fibre in foods they already love
5. Add fibre gradually and encourage water to avoid tummy trouble



Clinic News & Announcements

- **Welcome back, Becca Thomas, R.Ac.** — now accepting new patients.
 - **Patti-Ann, R.Ac.** — returning soon; patients will be notified directly.
 - **November arrival** — Wildheart welcomes our third Osteopath, who is also a Registered Massage Therapist.
 - **New diagnostic technology** — We now offer advanced cardiovascular screening with a digital stethoscope and 3-lead ECG, designed for early detection of arrhythmias and heart conditions. Book your cardiovascular exam to take proactive steps in prevention.
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A Blessing for Balance

As the Equinox arrives, may you find harmony within and around you. May the balance of light and dark, sun and moon, masculine and feminine, inspire a renewed commitment to your health and wellbeing.

With health and great blessings,

Dr. Ashley & the Wildheart Therapies Team



Wild Heart THERAPIES