



Happy holidays, [First Name]!

No matter the weather, I like to walk (30-60 minutes) to the sweet sound of Toronto "silence," old albums, new albums, or a podcast. It's healthy for the body, pleasant for the mind, and the benefits compound as we walk further and faster.

Body

I can't overstate the benefits of walking in the sun, but walking through rain and snow is a better workout - your only equipment: the clothes on your back and a pocket full of tissue.

Research from Japan shows that we burn more fat exercising in cold, wet environments than at room temperature. Your body does more work per step.

Walking in the snow is the perfect amount of challenge no matter who you are. Depending on how much snow there is, each step is a full-body motion. That's good cardio, resistance, and it's easy on the joints. But I save these walks for fresh snow - powder and slush are vastly different experiences.

Mind

Then we get psychological benefits from the endorphin (happy chemicals) rush. And in some people, falling rain and crunchy snow trigger [ASMR](#) (low-grade euphoria).

As we continue on our merry ways, walking and jogging become meditative. Repetitive motion clears the mind and connects us to our bodies. There's nothing in mind except the next step - our sense of time falls apart, and we experience each moment as it comes.

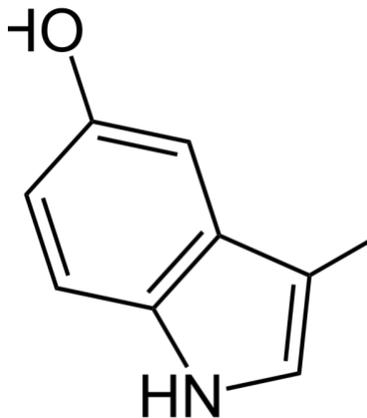
The Spice

As it likes to do, life hands us situations where our mental health requires more than maintenance. When taking a walk is impractical or simply not enough, I give my family:



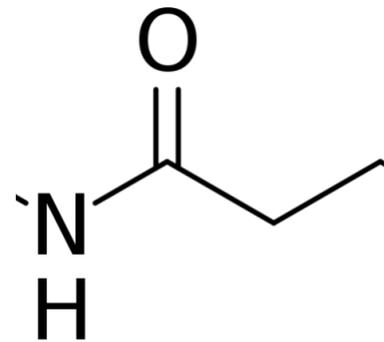
GABA

This amino acid doubles as a neurotransmitter. It calms the nerves to help with anxiety, stress, and fear, and is more abundant in fermented foods.



5-HTP

The body naturally produces 5-HTP to convert to serotonin, which regulates our mood. We can't absorb serotonin directly, so taking 5-HTP stimulates serotonin production.



L-Theanine

This amino acid aids everything stress-adjacent, like sleep, digestion, focus, heart rate, blood pressure, cognitive function, and mood.

As the year winds down, I want to reopen the Accountability and Guidance Membership waitlist for spring application. Fixing your health can easily fall into a "two steps forward, one step back" rhythm, but what can be done in a year shouldn't take two.

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Yours rain or shine,
Dr. Elena Krasnov, N.D.

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