



Health in Season

Change starts within each of us – step by step, season by season.

JOURNEY HEALTH QUARTERLY NEWSLETTER

WINTER 2025-2026



Seasonal spotlight:

A personal Reflection on Health and Wellness in Our Current Season

Winter has a way of making things quieter—both around us and within us. In healthcare, we're often taught to push forward, optimize, fix. Winter reminds me that health is not always about acceleration. Sometimes it's about listening more closely and allowing the body to recalibrate without force.

This season, I see it in my patients, my children, and feel it myself: energy shifts, sleep changes, emotions sitting a little closer to the surface. That isn't weakness—it's biology. Shorter days affect our circadian rhythm. Colder temperatures change how we move. Stress, holidays, and year-end reflection all converge at once. Winter doesn't create imbalance; it often reveals what's been quietly building.

For me, winter wellness means loosening the grip on perfection. It means nourishment over restriction, being fully present in times of celebration, and rest without apology. It means accepting that some seasons are for growth—and others are for preservation.

I've learned that when we work with winter instead of resisting it, the body responds with resilience. Blood sugar stabilizes when we eat nourishing foods. Hormones feel steadier when sleep is protected. Mental health improves when we allow ourselves to slow down rather than labeling fatigue as failure.

Winter is not a setback. It's a checkpoint. It asks us to ask better questions: What actually supports my energy right now? Where am I overextending instead of restoring?

Health, like nature, is seasonal. And winter has its own wisdom—if we're willing to listen.

As we move through this season, my hope is that you give yourself permission to rest, reflect, and recalibrate. Spring growth depends on winter care.

Warmly,
Katelin

MOVE IN SEASON

Practical Tips to Keep your Body Moving with Purpose, No Matter the Season

Indoor Exercise “Snacks”

Why do I recommend this?

When it’s cold and dark outside, motivation often drops—and that’s normal. Use this as a time to practice consistency. That’s where indoor strength “snacks” shine.

A strength snack is a short, intentional burst of movement—just enough to wake up your muscles, support metabolism, and keep your body feeling capable without requiring a full workout.

Bonus: No equipment needed!

Equipment: None

Total time: 5-10 minutes

How to do an exercise snack:

- Do one between meetings
- Add one on low-energy days
- Stack 2–3 throughout the day if you’re short on time
- Aim for 8-12 reps per exercise or 60 seconds of movement

These small efforts matter. Short exercise sessions help preserve muscle, stabilize blood sugar, and reduce stress hormones— Small, consistent strength adds up.

Examples:

- Chair squats or wall sit
 - Supports leg strength, balance, and everyday movement
- Wall or counter push-ups
 - Builds upper body strength without floor work
- March in place or dance
 - Keeps circulation moving and gently elevated heart rate
- Hold a tree pose (yoga)
 - Balance and breathing



SAVOR THE SEASON

Seasonal Recipes That Celebrate The Gifts That Nature Provides

Why do I recommend this?

Snowball Protein Bites

- These no-bake Snowball Protein Bites are kid-friendly, winter-themed, and nutrient-dense—perfect for after-school snacks, lunchboxes, or a fun weekend kitchen project. They're naturally sweet, easy to make, and rolled in shredded coconut to look like little snowballs. We target important macronutrients: protein (nut butter and protein powder), healthy fats (nut butter and coconut) and fiber (oats, flax/chia, and coconut)

Bonus: No baking required! Easy to modify for food allergies. Kids can be hands-on. And we snuck protein into a sweet snack that kids will actually eat? Sign me up!



Prep time: 10 minutes
Chill time: 20-30 minutes
Total time: 30-40 minutes

Ingredients: (we choose organic if possible)

- 1 cup rolled oats (like Bob's red mill)
- ½ cup nut butter (peanut, almond, or sunflower seed butter)
- ¼ cup honey or maple syrup
- ¼ cup vanilla protein powder (we buy organic, grass-fed)
- 2 tbsp ground flaxseed or chia seeds (optional)
- ½ tsp vanilla extract
- Pinch of salt
- ½ - ¾ cup unsweetened shredded coconut (for rolling)

Optional mix-ins:

Mini chocolate chips, white chocolate chips, or finely chopped dried fruit

Instructions:

1. Add oats, nut butter, honey/maple syrup, protein powder, flax/chia, vanilla, and salt to a bowl
2. Stir until well combined (mixture should be slightly sticky)
3. Roll into tablespoon-sized balls
4. Roll each ball in shredded coconut until fully coated
5. Chill in the fridge for 20–30 minutes to firm up

Nutritional Information: Serving size: 1 protein bite (~14 per batch) - estimated without the additional mix-ins, like chocolate chips or nuts

Calories: 110 kcal / Fat 6 g / Carbohydrates 10 g, Fiber 2 g, Sugar 2 g, Protein 5 g

SEASON OF CHANGE

Mindful Interventions for Lifestyle Change, Growth and Living Intentionally

A Mindful Reset for Holiday Eating

Why do I recommend this?

The holidays are a season of celebration—and food is part of that celebration. Shared meals, traditions, and special treats are not a problem to be solved. They're a part of being human. A helpful winter reframe is this: *celebration is a moment; habits are the pattern!*

The problem:

- The belief that one meal, one day, or one weekend defines our health.
- Creating excessively rigid limitations during holidays celebrations that result in resentment or binging
- The idea that once you've had one indulgent food, the rest of the day, week, or season is "ruined"

Here's what you can do about it:

Step 1: Decide before you arrive

- Give yourself permission in advance to enjoy the meal.
- When enjoyment is planned, guilt has less power.
- Choose **presence** over **restriction**.

Step 2: Eat the celebration foods—intentionally

- Savor what feels special. Eat slowly.
- Notice taste, texture, and satisfaction.
- You don't need everything—just what you truly enjoy.

Step 3: Release the “undo” mindset

- There is no need to compensate, restrict, skip meals, or over-exercise afterward. That cycle creates more metabolic and emotional stress than the meal itself.

Step 4: Return to your usual rhythm the next day

- Not a reset. Not a detox. Just your normal, supportive nutrition: protein-forward meals, fiber, hydration, and movement. The body thrives on consistency

Step 5: Pause and remember the big picture:

Health is not measured in meals. It's measured in patterns over weeks, months, and years. One celebration does not outweigh hundreds of nourishing choices.



Pro tip: Enjoy the celebration! Then return—calmly, confidently—to your routine that YOU choose.

You are not defined by what you eat on a holiday. You are defined by how you care for yourself over time.

SHIFTING SEASONS

What's changing in Health and Wellness

The FDA Removes the Black-Box Warning on Hormone Therapy: What This Means for Women's Health

The FDA has removed the black-box warning from menopausal hormone therapy labeling—a change that reflects decades of evolving evidence and a long-overdue correction in how hormone therapy is understood, discussed, and prescribed.

What Was the Black-Box Warning and Why Did It Exist?

The black-box warning was added to hormone therapy labeling in the early 2000s following early results from the Women's Health Initiative (WHI). Those initial findings were widely interpreted to suggest that hormone therapy increased the risk of breast cancer, heart disease, stroke, and blood clots.

What was not emphasized at the time:

- The average age of WHI participants was 63, and many participants were years or decades beyond the menopause transition.
- The formulations and doses studied differ from what is commonly prescribed today

Despite these nuances, the warning led to:

- Widespread fear of hormone therapy and abrupt discontinuation in many women.
- A generation of clinicians trained to avoid hormones altogether

The result? Millions of women were left undertreated for menopausal symptoms and long-term health risks.

What Changed?

Over the past 20+ years, extensive reanalysis and additional research clarified what the original data could not:

Timing matters: Hormone therapy initiated closer to menopause carries a very different risk profile than therapy started later in life

Formulation matters: Transdermal estrogen and micronized progesterone differ significantly from older oral and synthetic options

Individual risk matters: Blanket warnings fail to account for personal cardiovascular, metabolic, and cancer risk factors

The FDA's decision to remove the black-box warning reflects this more nuanced, evidence-based understanding.

What the Removal Does Not Mean

This change does not mean:

- Hormone therapy is right for everyone
- Risks no longer exist
- Hormones should be used casually or without monitoring

Hormone therapy remains a medical treatment, not a wellness trend. Thoughtful evaluation, appropriate dosing, and ongoing follow-up are essential.

The Bottom Line: Hormone therapy was never the villain it was made out to be—and it was never a one-size-fits-all solution either.

What It Does Mean

1. A move away from fear-based medicine:

Women can now have informed, individualized discussions about hormone therapy without a warning label that overstates risk and undermines shared decision-making.

2. Greater recognition of menopause as a health transition, not just symptoms of hot flashes:

Hormone therapy conversations increasingly include bone health, cardiometabolic risk, cognition, and quality of life.

3. A cultural shift in women's healthcare: women deserve nuanced, evidence-based care—not oversimplified warnings that limit access to treatment.

Why This Matters Now

We are at a turning point in how menopause and midlife health are addressed. Women today are living and working longer and expecting better quality of life through midlife and beyond. Ignoring hormone health isn't neutral—it has consequences for bone density, cardiovascular risk, metabolic health, sleep, and mental well-being.

If you were told in the past that hormone therapy was “too risky,” this update is an invitation to revisit the conversation with better data, clearer guidance, and a focus on what actually supports long-term health.