



REFLECTIVE SOUL THERAPY & WELLNESS

EMPOWERING WELLNESS, INSIDE & OUT

November 2025 Newsletter

Your Monthly Dose of Wellness, Growth, and Support



From Digestion to Celebration: Feeling Good Inside & Out

Dear friends,

As daylight shortens and festive gatherings approach, it's a perfect time to reset our wellness lens. This November, we invite you to deepen your body-mind connection by exploring two interwoven themes: gut health and holiday health survival.

Research continues to show that gut health influences not only digestion, but also immunity, mood, and energy levels. Meanwhile, the holiday season often challenges our nutrition and movement routines - but it also offers rich opportunities for connection, joy, and meaning.

At Reflective Soul Therapy & Wellness, we know that wellness isn't about perfection—it's about resilience, adaptability, and alignment with your values. Our integrated team of counsellors, naturopathic doctor, nutrition coach, and a personal trainer, supports you holistically: mind, body, and spirit.

▮ **We Empower Wellness Inside & Out!**

Below you'll find:

- ▮ A look at why gut health matters
- ▮ Guidance on navigating the holidays in a way that honours both celebration and progress.
- ▮ Details on our two upcoming November classes and how to join.
- ▮ A short wellness check-in to help you reflect and act.
- ▮ Enjoy a gut-friendly seasonal recipe

Before you dive in, take a quick pause:

How are you feeling as the holidays approach?

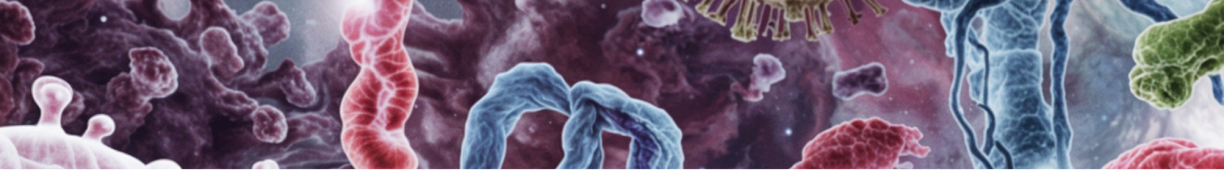
- ▮ Calm and ready
- ▮ **Balanced but busy**
- ▮ Stressed or tired

If your noticing your already starting to struggle, take a moment to reflect on what you need most right now.

[Connect with a Counsellor](#)

Health Spotlight

▮ **The Intestinal Microbiome: What It Does For You**
by Dr. Ali McMillan (Naturopathic Doctor)



Your gut is home to trillions of microorganisms; bacteria, viruses, fungi, and others, living together as a vibrant ecosystem. When they're balanced, your digestive system thrives; when disrupted, you may feel it through symptoms like bloating, heart burn, constipation or diarrhea.

Healthy bacteria:

- Aid digestion and nutrient absorption
- Ferment fibre into short-chain fatty acids that feed colon cells, balance blood sugar, and strengthen immunity
- Take up space and communicate with your intestinal cells to protect against infection

Diversity matters.

Low microbial diversity is linked to higher risk for chronic conditions such as type 2 diabetes, heart disease, and inflammatory disease. One way to support your microbiome by eating a variety of plant fibres, the preferred food of your inner ecosystem.

Want to learn more?

For more information on what your microbiome does for you [click here](#).

Or get the full scoop by joining Dr. McMillan for her “Optimizing Your Digestive Ecosystem” event this month (details below).

[Learn More about Dr. McMillan](#)

[Start your Wellness Journey Today](#)

Wellness Spotlight

▮ **Holiday Health Survival - Enjoying Celebration and Thriving**



The holiday season brings joy, connection and celebration - but it can also bring stress, disrupted routines and feelings of guilt when healthy habits slip. Between social gatherings, travel and endless to-do lists, it's easy to feel like it's "all or nothing."

The good news? It doesn't have to be that way.

Health during the holidays isn't about perfection, it's about flexibility and intention. This year, instead of pressing pause, try learning to adjust your dial.

The "Dial Method": Progress Over Perfection

Think of your healthy habits like a dial numbered 1 to 10.

- A 10 might mean you're eating well, exercising consistently, and sleeping soundly.
- A 3 might look like walking the dog and staying hydrated between events.

The key is that the dial is *always on*.

You may need to turn it down when life gets busy, but never turn it off entirely. Keeping the dial on helps maintain momentum, protect your mental health and prevent the post-holiday slump.

Remember: something is always better than nothing.

Mindset for the Season

It's tempting to think, "*I'll get back on track in January.*" But waiting for the perfect time often keeps us stuck.

Instead, try these simple mindset shifts:

- **Plan ahead:** Decide where to indulge and where to stay balanced.
- **Let go of guilt:** One celebration won't undo your progress.

- **Stay flexible:** Focus on what's doable, not perfect.

These small shifts create calm, confidence and consistency, no matter what the season brings.

Move Through the Holidays

You don't need long gym sessions to stay active. Studies show that spreading short bursts of activity across the day improves cardiovascular health, reduces inflammation and supports better blood sugar control. Movement doesn't have to be all-or-nothing, everything counts.

Try these ideas:

- **Morning reset:** 10 squats, 5 plank walkouts, 10 lunges (each leg). Repeat twice.
- **Desk break:** Set a timer every hour to stretch or do a quick walk.
- **Social connection:** Go for a walk while catching up with friends or family.

Tip: The best workout isn't the hardest one, it's the one you'll actually do.

▮ Nutrition Corner

Nourish, Don't Restrict

Healthy eating during the holidays is about balance, not deprivation. You can enjoy the treats you love and still support your health.

- **Don't skip meals:** it often leads to overeating later.
- **Prioritize protein:** to stay full and balance blood sugar.
- **Hydrate regularly:** aim for 2–3L of water or herbal tea daily.
- **Balance your plate:** Half vegetables, a palm-sized serving of protein and a fist-size serving of carbs is a simple guide.

Recipe: Festive Cranberry Chicken Power Bowl

This bright, protein-packed meal is perfect for busy December days and keeps beautifully in the fridge for easy lunches.

Ingredients:

- 2 cups cooked chicken breast, chopped
- ½ cup cooked quinoa
- ¼ cup dried cranberries
- ¼ cup diced celery



- 2 tbsp chopped pecans or almonds
- ¼ cup plain Greek yogurt
- 1 tsp Dijon mustard
- Salt & pepper to taste

Directions:

1. Mix all ingredients in a bowl until well combined.
2. Serve over greens or in lettuce wraps for a festive, nourishing meal.

Why it's good for you:

Protein supports energy and recovery, fibre aids digestion and cranberries add colour and a seasonal boost of antioxidants.

Final Thought

This holiday season, give yourself permission to live in the “messy middle.” When you stay flexible, plan ahead, and keep your dial on - even at a 3 - you'll step into January feeling strong, balanced and proud of the progress you've maintained.

Learn more about Dawn, our Certified Nutrition Coach and Personal Trainer in our “*Did you Know*” section below

Mental Health Spotlight

▮ Building Emotional Resilience Before the Holidays

The holiday season often brings full calendars, family obligations, and the pressure to “do it all.” While connection and generosity are important for our mental health, it's equally vital to recognize our **limits**—and to honour them without guilt.

As counsellors, we often remind clients that **saying no is not rejection—it's redirection**. When you protect your mental, emotional, and physical capacity, you make space for what truly matters.

Here are a few ways to balance demands and maintain your wellness this season:



1. Set clear boundaries early.

Decide how much time, money, and emotional energy you can realistically give. Communicate that clearly and kindly.



2. Keep your core routines.

Even when schedules shift, protect key wellness habits—sleep, meals, movement, and quiet time. Routine stabilizes your nervous system and mood.



3. Use the “Pause Principle.”

Before agreeing to an event or favour, pause and check in: *Do I have the bandwidth for this right now?* If not, it's okay to say no.



4. Release the guilt.

Boundaries are acts of self-care, not selfishness. Remind yourself that your well-being benefits everyone around you—you can't pour from an empty cup.



5. Practice mindful recovery.

Balance social events with restorative moments: quiet evenings, journaling, gentle walks, or breathwork. Small resets prevent burnout.

Remember, your worth is not defined by productivity or people-pleasing—it's grounded in your humanity. Saying no to what drains you means saying yes to what restores you.

Take Care of your Mental Health Today

Upcoming Events

November



Optimizing Your Digestive Ecosystem for Better Health

Join us for an engaging talk on the power of your digestive microbiome! 📖 Learn simple, science-based ways to support a healthy gut and reduce bloating for better overall wellbeing.

Educator: Dr. Ali McMillan - Naturopathic Doctor

Date: November 18, 2025

Time: 6:00 - 7:30pm

Cost: \$55.20



Holiday Health Survival

Stay on track this holiday season—join us for “Holiday Health Survival,” a practical session with simple strategies to enjoy celebrations without losing your fitness or nutrition progress. You’ll leave with clear, doable plans to reduce stress, prioritize movement and nutrition, and start the new year feeling proud—not like you’re starting over.

Educator: Dawn Thalheimer - Certified Nutrition Coach & Personal Trainer

Date: November 27, 2025

Time: 6:00 - 7:30pm

Cost: \$23.76

[Learn more](#)[Learn more](#)

Bone Density Screening Opportunity



Reflective Soul Therapy & Wellness in Kelowna will host BoneHealth BC, a company providing convenient assessments of bone health. A Bone Mineral Density scan is a viable tool for determining bone health, assessing osteoporosis, and guiding preventative treatment measures to reduce the risk of fractures and bone strength.

BENEFITS:

- ✓ Early detection of Osteoporosis and Osteopenia
- ✓ Monitoring treatment efficacy
- ✓ Guidelines for lifestyle change
- ✓ Early detection of other conditions

[Learn more](#)

Did You Know?

▯ Practitioner Spotlight: Meet Dawn Thalheimer, Certified Nutrition Coach & Personal Trainer ▯



We are so excited to feature **Dawn Thalheimer**, our Certified Nutrition Coach and Personal Trainer here in Kelowna, B.C.

If you've ever felt overwhelmed by restrictive diets or intense fitness programs, you'll love working with **Dawn**, our Certified Personal Trainer and Nutrition Coach. With over a decade of experience, Dawn empowers her clients to achieve real, lasting results—without burnout, guilt, or all-or-nothing thinking.

Her approach is rooted in **holistic wellness**, blending nutrition, fitness, stress management, and self-care into a realistic plan that fits your life. Dawn understands that health isn't just physical—it's a reflection of your **mental, emotional, and lifestyle balance**. Her clients often say that working with her feels like “finally finding a plan that fits *me*.”

☆☆ **Specializing in Midlife Wellness**

Dawn has a special passion for supporting women in their 40s, 50s, and beyond as they navigate the challenges of **perimenopause and menopause**—from stubborn

weight changes and fluctuating energy to restless sleep and shifting hormones. As a mom of five, she knows firsthand how hard it can be to juggle self-care while caring for everyone else. Her personalized coaching helps you rebuild confidence, rediscover your strength, and find freedom in your body again.

▮ **Flexible, Virtual Coaching**

Whether you're at home, in your office, or travelling, Dawn's online programs make it easy to stay consistent and supported—no matter where life takes you.

Core Areas & Specialties:

- ✓ Weight Loss & Metabolism
- ✓ Perimenopause & Menopause Wellness
- ✓ Fitness & Exercise Programming
- ✓ Nutrition & Meal Planning
- ✓ Stress & Lifestyle Balance

☆☆ If you're ready to stop fighting your body and start working *with* it, Dawn will guide you every step of the way toward strength, confidence, and whole-body vitality.

Start Your Wellness Journey Now

In Closing: Nourish your Whole Self

As we move through November and into the holiday season, remember that wellness isn't about perfection — it's about **balance, awareness, and connection**. Just as the bacteria in your gut thrive on harmony and diversity, so too do we. When we nourish ourselves with variety — through food, movement, rest, boundaries, and joy — our minds and bodies work together in greater ease.

This month, give yourself permission to slow down, protect your energy, and say “no” when your plate feels full — literally and figuratively. Honouring your limits doesn't mean you're missing out; it means you're creating space for peace, health, and meaningful connection.

Whether you join us for our upcoming **Gut Health** or **Holiday Health Survival** classes, or simply take small steps toward better balance in your daily life, know that every mindful choice strengthens your internal ecosystem and emotional well-being.

Let's make this season one of nourishment — for the body, the mind, and the soul.

Please feel free to share our Newsletter with your friends.

▮ **Quick Poll:** What's your biggest emotional challenge during the holidays?
(Vote here — we'll cover the most popular topic in December! **Note, your voting will open in a new tab so you can easily close it when your done and come back to read more.)

[Quick Poll](#)

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