



***Please note:** This information is shared simply for your interest and consideration. It is not necessarily endorsed or supported by NBSRT and is intended to encourage awareness and discussion.*

Check out a blog by Jeannie Beaudin. Each week Jeannie shares information on several wellness topics. Jeannie is a retired pharmacist. In her retirement, she became an accomplished artist and photographer.

As the wife of an educator and mother of three, Jeannie understands the life of educators and the importance of living a balanced life.

The following are a few areas that Jeannie has shared thus far on her blogs to assist with your wellness journey:

- Detecting the development of Type 2 diabetes
- KT or “Katie” in the healthcare system
- Being a Perfectionist
- The best way to think! Ideas that work to help you think it through...
- Optimists live longer!
- Lack of sleep could be holding you back at work and even shortening your life!
- Autoimmune disease... MS, Crohn’s Disease, Hashimoto’s Disease, Rheumatoid Arthritis
- Lactose intolerance – what can you do about it?

Blog – **Type 2 Diabetes** – Jeannie outlines the facts and statistics and the implications of Insulin resistance. How reducing carbohydrates that we eat and replacing with fiber and protein can assist in reducing the absorption of sugars into your system.

Blog – **KT or “Katie”** - KT stands for Knowledge Translation...translating new research into better treatments for patients. Noting that most people tend to be resistant to change and doctors are trained to follow protocols and thus difficult to update. Research results that involve lifestyle or diet changes can get lost in the sea of drug solutions.

Blog – **Perfectionist** – Jeannie relates her work as an artist, human creation versus AI that and imperfections in the work is a good thing. She links an article that shows how being exposed to nature can lower stress hormones in the human body.

Blog – **Best way to think!** – Creativity is increased when we move our body. Walking versus sitting and using your creativity to assist you in solving problems in your life.

Blog – **Relating her relationship** with her husband which has impacted how she thinks about life in general.

I encourage you to check out Jeannie's blogs.

You can subscribe to Jeannie's work by visiting:

[jeanniebeaudin.wixsite.com/author](http://jeanniebeaudin.wixsite.com/author)

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