

## Welcome to the first edition of Nutrition News!

Knowledge is the key to preventing illness and prevention is the key to a lifetime of wellness.

### What can a Registered Holistic Nutritionist do for you?

Maximize your Health and Vitality! I am passionate about **sharing health and nutrition knowledge** so you can do just that. My aim is to help you make the connection between your lifestyle choices and your state of wellness, then **customize a plan** suited to your health goals. This is not about the latest 'trendy' diet, but about wholesome, natural eating and healthy living information that will create the **perfect balance for your individual needs**.

This approach taps into the body's amazing ability to heal by taking the time to not only **assess** the physical body but also the mental and spiritual health of the individual. It will include **recommendations** for diet, lifestyle and supplementation if necessary. Seeking **practical advice** from a Nutritionist is like investing in your future.

I feel it is of utmost importance to eat wholesome foods, get regular exercise and limit the intake and exposure to questionable fats, excess sodium, additives, preservatives, pesticides and other chemicals in order to function optimally. If you struggle with a **specific health issue**, we will pay **attention to the finer details** of your diet and lifestyle. Some foods can aid healing while others can cause harm. Let's not see ourselves or future generations become weaker and more susceptible to disease!

As a Nutritionist I work under a strict **code of ethics** as laid out by Canadian Association of Holistic Nutrition Professionals. Our training and information is based on proven scientific and medical research. I am not a Doctor, I cannot diagnose, prescribe or perform any procedures but I will **educate and encourage** you along the way. It is up to you to put that "Will power" --- and sometimes "won't power" into action.

## Tidbits A to Z

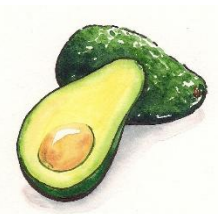
**Allergies** Eating foods that contain flavonoids (substances with a wide range of health benefits) may help with symptoms by reducing inflammation, providing antioxidant support and building a strong immune system. Include citrus fruits –the white rind has the most, root vegetables such as onion, garlic, parsnip, potato and carrots in your diet.

**Anxiety** Try using herbs such as



Chamomile, which is highly regarded for its calming and digestive properties, or lemon balm which is effective for treating nervous tension and depression. To make a tea, steep, covered, 1oz fresh leaves in 2 cups boiling water.

**Avocado** is a fruit but more like nut with its protein and healthy mono-unsaturated fat, though this bumps up the calories. They are a "super food", rich in vitamins and minerals and a good source of lysine. This aids in the absorption of calcium and is involved in the production of collagen.



## Recipe of the Month

**Asparagus Orange Salad** Compliments of 'Vegetarian Cooking, A Commonsense Guide', Bay Books

*Young asparagus sprouts are relatively high in protein for a vegetable and contain plenty of antioxidants and sulfur compounds that contribute to good health.*

- 1 bunch thin asparagus spears
  - 2 handfuls of watercress, arugula or other greens
  - ½ small red onion, thinly sliced
  - 1 orange cut into segments
  - 1 tsp finely grated orange zest
  - Dressing: 1- 2 tbsp orange juice
    - ½ - 1 tsp agave nectar
    - 1 tbsp red wine vinegar
    - 2 tbsp extra virgin olive oil
  - 2 tsp poppy seeds
  - ¼ cup crumbled feta cheese
- Steam asparagus for approx. 10 minutes, until just tender.  
Refresh under cool water, drain well.  
Arrange on a platter with greens, onion and orange.  
Blend dressing and whisk in olive oil, drizzle over salad.  
Sprinkle with poppy seeds and crumbled feta cheese.



## Q&A

There's so much information out there about milk, are we supposed use dairy, or avoid it – does it cause inflammation or is it healthy? S.H.

A very good question S. I feel in general, many people consume too much milk, butter, cheese, cream, and ice-cream, most of which are high in saturated fats. Dairy is at the top of the list (with wheat) to most likely cause an allergy-like response. One can be sensitive to it without realizing it may be the cause of gas, bloating, eczema and increased asthma symptoms. Pasteurization damages the fats and kills the natural enzymes that help you to digest it. Yogurt may be a better choice with its 'live culture', but be sure to read the ingredients, particularly the sugar content. Milk also creates mucus (every get a 'flemmy' throat?) which can block the proper absorption of nutrients in the intestine. Damaged fats take an inflammatory pathway in the body, affect proper cell regeneration and are implicated in poor cardiovascular health. Dairy is a good source of calcium, protein other minerals and added vitamin D, but may also contain whiteners, traces of antibiotics or hormones. Many other foods are healthy sources of these ingredients. Look for alternatives such as sesame seeds, almonds, broccoli to name a few, and consume dairy in moderate to low amounts.

Foods That Harm, Foods That Heal. Readers Digest Association Inc., 2004

Staying Healthy with Nutrition, Elson M. Haas, Random House, 2006

The Way of Herbs, Michael Tierra, Pocket Books, 1998