

January 2018

Issue # 4

**Best wishes** to you and your families for wonderful *health and happiness* this New Year!

Welcome to the return of Nutrition News, a short and easy read with information and tips that will inspire you to be proactive in making this happen for 2018 – and beyond!

## Winter Bug Getting You Down?

Cough, flu, sore throat, strep, sinus infections, chest infections, any of these sounding all too familiar?

Wise protocols such as avoiding crowded areas where others may be spreading germs and washing hands regularly may reduce your chance of picking up bugs, but really...

**It all depends on how strong your immune system is.**

Your Immune system is made up of white blood cells, the Lymphatic system, which includes nodes, vessels and organs that collect, transport and generate defender cells, and the beneficial bacteria in your gut.

To ensure a strong immune system **feed your body what it NEEDS** (not wants).

Provide quality nutrients

- Plenty of whole, clean, unaltered vegetables, fruits, whole grains.
- Include health promoting essential fatty acids from oily fish, nuts and seeds.
- Include 'live foods' – such as 2%, low sugar, 'live bacterial' yogurt.
- Ensure a balanced amount of protein from both animal and vegetable sources.
- Limit caffeine, alcohol, saturated fats, processed foods.
- Particularly avoid refined sugars as these feed non-beneficial bacteria!
- Support the liver with foods containing chlorophyll or sulfur, stay well hydrated.
- Allow appropriate time for the detoxification process (12 hours no food).
- Raw or lightly steam or sauté foods to retain the most nutrients and natural enzymes.

**Limit your exposure to toxins** by avoiding food additives, preservatives, pesticides, altered foods, fragrances, pollution, cosmetics and personal products with heavy metals, petroleum, phthalates, parabens etc. These overburden the liver and some may affect the digestive tract creating an immune response which, over time, depletes your system.

These steps will help to **support the beneficial flora in your gut** as they have a symbiotic relationship with us, not only aiding digestion, but defending against those nasty bugs.



A **special thank you** to those of you who signed up to be a part of our exclusive email list.

**Congratulations**

to Barbara Slinn, winner of the gift basket!



⇒ Looking for a great way to kick start your health resolutions?

Join our **10 Day Feel**

**Fantastic program.**

Food, stretching and activity, stress reducing suggestions, are all laid out for you!

Jan. 27<sup>th</sup> start! For info please visit our website home page and follow the links.

A few other tips include; **get regular exercise**, to help the lymphatic system, **find ways to manage stress, and maintain a good sleep protocol.**

See sidebar for the importance of Vitamin D, could be a whole article on its own!

To read the full article please visit <http://www.wholesumapproach.com/resources> where you will find comments on the effects of some drugs (antibiotics included) and how to limit free radical damage. (Another great topic for a future newsletter.)

## Recipe of the Month

### Cream of Celery & Garlic Soup

*An excellent combination to keep you warm and ward off winter germs!*

Chop 12 medium cloves of garlic, 1 cup of celery and some leaves.

Sautee for 10 minutes in 1 tablespoon of butter or coconut oil

Add to the pot;

1 medium, peeled & cubed  
baking potato

3 cups of home-made chicken  
or vegetable stock

1 ½ cups water

¼ teaspoon sea salt, ground  
black pepper

Simmer 15 to 20 minutes until  
potato is soft.

Puree with a hand mixer or in a blender.

Add ½ cup of 10% cream and gently reheat.

Serve with finely chopped dill, parsley or young celery leaves.



## Tid-Bits A to Z

### Vitamin D

A fat soluble, steroid hormone, vitamin D is made in the body when your skin is exposed to sunlight and is involved in regulating the immune system. Research shows a link with vitamin D deficiencies and influenza which occurs during the winter months. (Study by Donald W. Miller, Jr M.D.) Living above latitude 35 degrees North means we are unable to sufficiently synthesize D from roughly October to April. Oily fish and 'fortified' foods contain some vitamin D but in insufficient amounts. It is recommended that Canadians supplement with this vitamin, particularly during the winter months.

### The Dirty Dozen

*No, it's not a band of outlaws!*  
Why Should You Care About Pesticides?

The growing consensus among scientists is that ingesting small doses of pesticides and other chemicals can cause long-term damage to human health, especially during development of a fetus and in early childhood.

They advise that we minimize our consumption of pesticides. Visit <https://www.ewg.org/foodnews/dirty-dozen-list.php>

for the top 12 offenders. Compare the Clean(er) 15 for those with less toxins. Canadian commercial growing practices are not much different than the U.S. Thoroughly wash everything and buy organic as much as possible.

## Q&A

*How do I make a good bone broth and what are the benefits?* J.S.

Also called 'stock', bone broth in my opinion is an essential for the winter months but can be used year round not only for soups but also to flavor rice, add to a stir-fry, or for gravy or sauces. It is rich in minerals such as calcium, phosphorus, magnesium and potassium – good for your bones and essential for overall good health. The broth should turn into a gel when cooled. This is gelatin which is easily digested and said to be beneficial in treating allergies, Crohn's disease, heartburn, low stomach acid and healing ulcers and has been successfully used for colicky infants.

Buy chicken, turkey or beef with the bones (preferably naturally raised) Once your meat is cooked, toss the bones in a large pot and cover with water. Adding a teaspoon of apple cider or some salt will help to draw out the minerals. Chicken cook 4-5 hours, turkey 6-7 hours, beef 7-8 hours, replenishing the water as needed up to the last hour of cooking. Partly cool, strain, allow liquid to fully cool before refrigerating. Remove fat layer to freeze, or remove when ready to use, within 5 days.

A Registered Holistic Nutritionist can help you get to the root cause of your health concerns and provide sound practical advice suited to your specific needs. Carol specializes in gut health. *"Maximize your health and vitality"* using the Wholesum Approach!