

November 2018

Issue # 5

**Welcome** to Nutrition News, a short and easy read with information and tips that will inspire you to be proactive in caring for your health and happiness into the winter months!

### A Favorite Topic

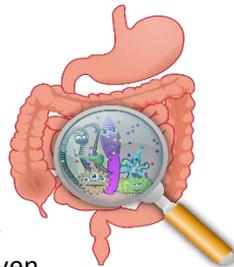
One of the key points I focus on as a Nutritionist and educator, is **good gut function**. Why? Because learning how to nurture and support your digestive system is an *important preventative and healing approach to good health*.

Good gut function means optimal digestion, excellent absorption of nutrients, effective detoxification, healthy regeneration and timely elimination of wastes.

Indigestion, acid reflux, allergies, sensitivities or intolerances, bloating, gut pain, joint issues, foggy thinking, diarrhea or constipation **are not normal** and are signs that your gut is not working properly. This puts extra work on the liver and your immune system – over time weakening it and potentially allowing pathogens, bacteria and viruses in.

Much research continues to be done about our microbiome, the billions of living microflora in our bodies (not just the gut) and the multitude of jobs they do for us. Think about this – **without them we would not be alive**.

We have a symbiotic relationship, if we support them they support us; aiding digestion through enzyme production, making vitamin K and Bs, aiding the absorption of minerals, playing a role in the maturation of the intestinal mucosa and creating a protective layer that inhibits the attachment of bad bacteria. Healthy populations can provide 80% of our immune strength, ward off inflammation, leaky gut, heart conditions even cancer (to name a few of their benefits).



“Scientists believe gut microbiota may play an important role in chronic illnesses, obesity, our immune systems and metabolism, as well as our moods and temperament. Pollan writes that gut bacteria may have a part in the manufacture of neurotransmitters, including serotonin a hormone that helps regulate growth, moods and multiple functions in the brain and other systems.”<sup>1</sup>

There is 2-way communication via the vagus nerve gut to brain. More healthy flora means more positive messaging, less depression, anxiety, ADHD.

Please remember this – antibiotics kill living things (yes they sometimes have their place), chlorine kills living things, as do pesticides, herbicides, hand sanitizers. Heavy metals (in fumes, fertilizers etc) become toxic in our bodies. We and our microflora are living things!

### Just around the corner Sunday Nov.18<sup>th</sup>

Visit **Wholesum Approach** at the **North Grenville Business Builders Trade show** Municipal Centre Kemptville [info here](#)



**Are you ready** to learn how to support better gut function and overall good health? Join our **14 day Feel Fantastic group program**. Food plan, daily practices, tips to limit stress, even learn to make your own live foods – it’s all laid out for you!

Coming January 5<sup>th</sup> – 19<sup>th</sup>  
For more info please visit [wholesumapproach.com](http://wholesumapproach.com)



continued...

"..herbicides are chelators that form a barrier around specific nutrients, preventing whatever life form is seeking to utilize that element from utilizing it properly. ... Micronutrients such as iron, manganese and zinc can be reduced by as much as 80-90%"<sup>2</sup> We eat foods that are grown in these conditions....

We also need to be cautious about consuming food products containing chemical additives, processed sugars, cheap, poor quality fats and GMO 'modified' ingredients. These contribute to the deterioration of the intestinal walls (cells) and the overgrowth of non-beneficial organisms.

**Consume nutrient dense, clean, whole foods to support greater populations of your beneficial flora.** The addition of 'live foods' bolsters their numbers and provides more diversity of flora – fermented foods such as true sauerkraut, organic miso, fermented soy, kefir, kombucha, yogurt and sprouts.

Limit and address stress, minimize alcohol intake and get regular exercise will also support a healthy environment for your microbiome. Best to be **proactive** don't you agree, rather than find yourself in a reactive situation.

### Recipe of the Month

#### Pumpkin Spice Muffins gluten free

*Pumpkin or dark orange squash such as butternut provide starchy fibre that feed your gut flora.*

Soften ¼ cup coconut oil (or butter)

Beat in 1 egg,

¼ cup brown sugar, ¼ cup maple syrup

1 organic unsweetened applesauce cup

1 ½ cups baked squash, mashed

½ tsp sea salt

Blend to make 2 ½ cups;

¼ cup oat bran, ¾ cup GF oats (ground in a coffee grinder)

½ cup brown rice, 1 cup white rice flours

Add ½ tsp baking soda,

2 ½ tps bkg powder

1-2 tsp ginger, ½ tsp clove

2 ½ tsp cinnamon, 1 tsp xanthan gum

½ cup chopped walnuts, ¼ c pumpkin seeds

1 tablespoon apple cider vinegar (helps it rise)



Mix all ingredients well. You may need to add a little water for a batter consistency.

Put in greased muffin tin, bake at 375 degrees 15 – 20 minutes.

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!

### Tid-Bits A to Z

#### Vitamin E

Fat soluble, D-alpha tocopherol is the most potent of 8 forms of this vitamin. Best sources are in the oils of whole grains, nuts and seeds, especially when cold pressed and eaten raw (like olive oil), some in soybean, asparagus dark leafy greens, and a few animal foods. An **important antioxidant**, it protects unsaturated fats, cell membranes, tissues of the eyes, skin, liver, testes, breasts, and lungs, limits free radical production, has an anti-clotting effect therefore reducing risks of cardiovascular and other diseases. It is also useful externally for healing skin and reducing scars.

#### Eggs

**A sweet package of nutrition** with 9 essential amino acids (meaning we need them from food) providing 6 gr. of 'complete' protein, a good source of B, A & D vitamins, zinc & iron - the latter being easily utilized when consumed with a source of vit. C. Also some lutein – important for eye health, and choline, a component of membranes, nerve tissue and involved in early brain development & improved memory. 5 gr. of fat, only 190 mg of cholesterol and if the chickens are free range - Omega 3 fatty acid content that we could do to consume more of.

<sup>1</sup> [Michael Pollan New York Times Magazine article "Some of My Best Friends Are Bacteria."](#)

<sup>2</sup> <https://articles.mercola.com/sites/articles/archive/2011/12/10/dr-don-huber-interview-part-1.aspx>