



# Holistic Nutrition

December 2004



## Tips for high-energy, low-stress holidays

Holidays can be tough on your health. There seems to be food everywhere. There is no time to exercise – and you're too tired to workout anyway. And, then, of course, there's the stress. Fortunately, there is good news on the holiday horizon. With just a bit of nourishing self-care, you can survive this stressful season with your current weight and your holiday spirit intact.

Making a commitment to taking good care of your health does not mean that you have to deprive yourself of goodies or spend hours in the gym. All it takes is a little time and attention to yourself. Give it a try and see how much better you feel. What better way to enjoy yourself, your family and the holidays!!

### **Aim for fitness ~ be active every day.**

Physical activity is the secret to holiday stress reduction and 'waist' management. Find activities that you enjoy – dancing, walking, skiing, skating, or building a snowman with kids – for at least 30 minutes a day.

### **Build a healthy base ~ with breakfast every day.**

Eating breakfast will give you energy for busy days – and help prevent overeating in the evening. Include a protein food in every breakfast with yogurt, eggs, nut butters, or protein smoothies.

### **Choose sensibly ~ and tastefully every day.**

The key to choosing sensibly is to enjoy all foods; just don't overdo it. Enjoy your favorite holiday treats; just pay attention to the amount you eat. Balance rich holiday foods with plenty of fruits and vegetables.

### **Prevent overeating ~ plan for holiday events.**

Deprivation leads to overeating at parties filled with tempting goodies. Instead of starving, eat regular meals and have a light snack just before you go out.

### **Take time for yourself ~ get away from the frenzy.**

Rest, relax and renew your holiday spirit for at least 15 minutes a day. Listen to your favorite seasonal music, read a book, or take a nap !

---

King West Centre

141 King Road, Suite 10

Oak Ridges, Ontario

L4E 3L7

905-773-2225

[www.RNCPrita.ca](http://www.RNCPrita.ca)



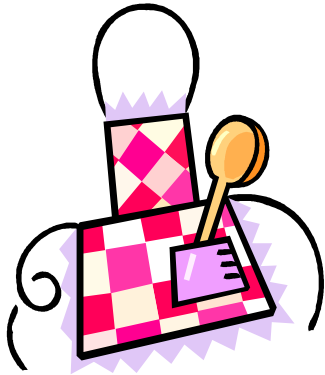
Happy  
Holidays





# Cooking with Rita

## Cooking Classes for December



- December 7th, 11 am —Wheat free cooking
- December 9th, 11 am —Healthy Holiday desserts
- December 13th, 7 pm —Healthy 30 minute meals
- December 15th, 7 pm —Healthy 30 minute meals
- December 21st, 11 am-Healthy Holiday Cooking

\$40 per session

*Includes meal, educational material, and recipes*

## Holiday Ornaments

*If you are looking for some fun and inexpensive crafts to do this Christmas, making ornaments with salt dough is a good choice.*

- 4 Cups of Flour
- 1 Cup of Salt
- 1 1/2 Cups of Hot Water
- Holiday Cookie Cutters
- Decorations, Glitter, Paint, Beads, Etc.



Knead the dough and roll it out to cut out shapes with cookie cutters (just like if you were making sugar cookies). Using a straw make a hole so that you can hang the ornament. Place them on a microwave safe plate and microwave on high for about 2 minutes or bake at 325°F for 1 1/2 hours or until dry. Let cool completely, paint and decorate as desired. Most of all, be creative and have a lot



### What is NONI JUICE ??

*Noni or Morinda citrifolia grows in many different parts of the world in mainly tropical environments and produces a strong-tasting fruit that has innumerable health benefits.*

#### **Some traditional Medicinal Uses include:**

- Eye problems, skin wounds and abscesses, gum and throat problems, respiratory ailments, constipation, and fever (*Pacific Islands, Hawaii*)
- Arthritis (*Philippines*)
- Lumbago, asthma, and dysentery (*Indochina*)
- Draw out pus from an infected boil (*Hawaii*)
- Regulate menstrual flow and ease urinary problems (*Malaysia*)

#### **Today Noni continues to help improve the lives of many people**

- Rheumatoid & Osteo Arthritis
- Fibromyalgia
- Migraines
- Irritable bowels
- Cramps
- and much more.....



Noni juice available at the King West Centre

