



Holistic Nutrition

January 2005

“Back to Balance” A Successful Weight Loss Program

Can't Lose Weight?

When you do lose weight, do you gain it back plus some ?

Do you have slow digestion, constipation, indigestion or constant hunger ?

These could all be symptoms of your body being “*Out of Balance*”. Unbalanced diets or dieting only makes things worse by further depleting the body of essentials like vitamins and minerals which are needed to maintain healthy digestion, metabolism and weight.

Restore your body “***Back to Balance***” with the
12 week weight loss program.

Candidates will receive a personal assessment, weekly body fat measurements, educational material and one-hour learning sessions held in a group setting every Tuesday evening from 7-8 pm

Weekly topics include:

- ◆What is natural nutrition? ◆How to read food labels ◆Why eat breakfast?
- ◆What nutrients does your body need? ◆How to increase metabolism naturally
- ◆Stocking your cupboards ◆Emotional eating ◆Determining your caloric needs
- ◆What are the best foods for your body? ◆ Body fat measurements and weigh-in's

12 Week Program: \$399*

Start Date: *January 18th, 2005*

* Pre-registration required

King West Centre

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www.RNCPrita.ca



Happy New Year

*Wishing you a year filled with
Happiness and Good Health*

Upcoming Events

Date: Tuesday, January 11, 2005

Location: Loblaw's (Bayview & Hwy 7)

Time: 7pm

Cost: FREE

Topic: Natural Weight Loss—Diets don't work! Dieting can help us lose weight (fat, muscle, and water) in the short term but is so unnatural and so unrealistic that it can never become a lifestyle that we can live with, let alone enjoy! Rita Mustafa, RNCP a holistic nutritionist practicing at the King West Centre in Oak Ridges will help dispel those weight loss myths and show you how to lose those extra pounds by naturally boosting your metabolism.

Date: Tuesday, January 18, 2005

Location: King West Centre

Time: 7 pm

Cost: \$ 399

Topic: 12 Week Weight Loss Program—this 12 week program is designed for those who have trouble losing weight and keeping it off. Weekly group sessions includes weigh-in's, body fat measurements and educational materials

Date: Wednesday, January 26, 2005

Location: King West Centre

Time: 7 pm

Cost: \$ 10

Topic: Ladies Night—this workshop is for all the busy women who just need a few hours to relax and learn new and interesting health information. Guest speakers, refreshments and healthy snacks will be part of this great evening.

Cooking with Rita

Cooking Classes for January

January 10th, 7 pm —Healthy 30 minute meals

January 13th, 11 am —Healthy 30 minute meals

January 19th, 7 pm —Vegetarian cooking

January 24th, 7 pm —Healthy 30 minute meals

January 27th, 11 am—Vegetarian cooking

\$40 per session

*Includes meal, educational material,
and recipes*



This quick and easy dessert takes only a few minutes to put together. For a healthy variation, top with vanilla yogurt. This dessert recipe is good enough for company and easy enough to prepare regularly for your family.

Prep and Cook Time: 10 minutes, cooking time: 45 minutes

Ingredients:

10 oz fresh or frozen blueberries
1 lb of fresh or frozen peach slices
¼ cup apple juice

Topping

½ cup almonds
½ cup oats
1 cup pitted dates
2 tbsp apple juice
½ tsp cinnamon

Preheat oven to 350. Place blueberries in the bottom of a square 8 inch baking pan. If you are using frozen, make sure they are completely thawed and drained of excess water. Place peach slices on top of blueberries. If they are frozen make sure they are also thawed and drained of excess water. Drizzle ¼ cup apple juice over fruit.

Remove pits from dates and place in the bowl of a food processor along with granola, and cinnamon. After running for a minute and dates are blended with granola, add apple juice, and mix well.

Place mixture evenly over peaches and blueberries, and bake uncovered for about 45 minutes. Serve warm or cool.

Serves 4-6

Adapted from www.whfoods.com