



Rita Mustafa, Registered Holistic Nutritionist

Volume 2, Issue 6

Holistic Nutrition

June 2005

You are what you absorb!!

You are what you eat!" A famous quote that may bear reasonably true. I like to say, "You are what you absorb". Proper digestion leads to optimal absorption and assimilation of food. The foods and beverages we choose to eat and drink can assist or impede healthy digestion. Millions of people suffer needlessly from chronic indigestion, ADD, ADHD, arthritis, colitis, weight gain, sinus infections, candida, fatigue, constipation etc. A change in dietary habits is often the primary answer to alleviating digestive problems. Understanding the basis of digestive and enzymatic functions is one of the first steps to improving your own digestion

Imagine a thirty-foot maze-like passageway winding its way through the center of your body. This food transport system is your digestive tract. The digestive tract, also called the gastrointestinal tract, has numerous connecting points along its route where food is broken down into simpler chemical forms (nutrients) by specialized enzymes for the digestion and absorption of macronutrients (protein, carbohydrates and fats) and micronutrients (vitamins and minerals)

The activity of enzyme function in the small intestine is supported by enzymes from the food we eat. Over the course of approximately three hours, the small intestine, with the aid of the pancreas, liver and gall-bladder, breaks proteins down into amino acids, carbohydrates to simple sugars, and fats to fatty acids. The large intestine also plays a role in digestion, although it is largely an elimination organ.

Hippocrates, the Father of Medicine, set a medical precedent in considering the role of nutrients in relation to health and disease. It only took the next fifteen hundred years for the Arthritis Foundation and the United States Surgeon General to come to some of the same conclusions. After centuries of denial the medical establishment has finally begun to acknowledge the role dietary habits and nutrition play in creating disease. Cancer, arthritis, diabetes and heart disease, four of Western civilization's most common diseases, do not happen overnight. They are degenerative diseases that develop over the course of many years. There are certainly other mitigating factors such as lifestyle, smoking, stress, genetic predisposition and environmental toxins that also influence the onset of disease but remember nutrition is the one factor that you do have control over.

Successive years of eating highly refined, overprocessed and pesticide-ridden foods can take their toll on the health of even the strongest human. Chronic, sub-optimal nutrient intake gradually erodes the body's defense system and reconstructive, healing abilities, thus opening the door to many preventable health problems.

Creating optimal health through nutrition is basically a two-fold approach. It is a matter of stopping unhealthy behavior and increasing healthy behavior. It is not uncommon to get hooked on junk food. Processed food manufacturers use hundreds of artificial flavors, colors, sweeteners and other additives to make you think that you are eating something good.

A wide variety of natural foods is the basis of a healthy and balanced diet. The diversity of the foods such as water, fresh vegetables, legumes, sea vegetables, fruits & berries, eggs, fish, meat, poultry, whole grains, nuts and seeds will provide you with many of the essential nutrients needed for building optimal health and vitality.

For more information be sure to join me June 15th at 7pm for "Ask the Nutritionist" Seminar

Location: Richmond Hill's Central Library (*Yonge & Major Mac*)

Cost: \$10*

Healthy Snacks and refreshments will be provided

**registration required*

(416) 312-7617 or rita@rncprita.ca

King West Centre

141 King Road, Suite 10, Oak Ridges, Ontario L4E 3L7
(905) 773-2225



Cooking With Rita

Wheat Free Baking

Bars, Cookies, Pancakes & Crepes

Monday, June 20th, 7pm
Wednesday, June 29th, 7pm

Register by phone or email:

(416) 312-7617 or rita@rncprita.ca

\$ 50 per class

Aurora Street Sale

World's Longest Street Festival
On The World's Longest Street
(Yonge Street between Wellington and
Murray Drive, Aurora, Ontario)



DATE: Sunday, June 5,
2005

TIME: 11:00 a.m. to 5:00
p.m

*Visit our booth and fill out a ballot for a
chance to win a Mountain Bike !



Shopping With Rita

Grocery shopping can be pretty confusing especially if you or your family members have food sensitivities to things like wheat, dairy, addi-

Upcoming Shopping Tours

June 16th—Loblaws (Bayview & Hightech Rd)

June 17th—Loblaws (Bayview & St.John's)

June 22nd—Loblaws (Yonge & Elgin Mills)

Register by phone or email:

(416) 312-7617 or rita@rncprita.ca

\$ 35 per family

Ask the Nutritionist

Do you find that your clothes don't fit like they used to?
Do you have low energy levels or fatigue?

Stress levels out of control?

Don't know what or when to eat?

Still battling the bulge?

Have you tried all the fad diets?

Do you need stimulants like coffee, or colas?

Find the answers to all these questions and many more.....

Bring your questions and learn how you can play an active role in keeping you and your family healthy!

Date: Wednesday , June 15th, 2005

Time: 7:00—9:00 pm

Location: Richmond Hill Central Library—Meeting Room "B"

Cost: \$10 (payable at the door)*

Registration Required*

Phone: 416-312-7617

Email: rita@rncprita.ca

Healthy Snacks and refreshments will be served

Breakfast Bars

3/4 cup Organic Oats
1 scoop Hemp Protein Powder
1/3 cup Almonds, chopped
1/2 cup Hemp Seeds
1/4 cup Pumpkin Seeds
2 tsp. Pure Maple Syrup
1/2 cup Unpasteurized Honey



Preheat oven to 325°. Line a baking pan with over-sized piece of parchment paper and set aside.

Mix dry ingredients in a medium mixing bowl. Heat honey and maple syrup just until liquefied (do not boil). Add honey mixture to dry ingredients and mix well until all ingredients are well coated.

Turn mixture out onto parchment paper. Shape the mixture into a 9x5" rectangle using the sides of the parchment paper. Cut the excess parchment paper off or it will burn while cooking. Cut into 6 bars. Bake for 15 to 20 minutes or until slightly browned along the edges. **Cool Completely** and then serve.

Yields 6 bars. 10g protein per bar and 4g of fiber*

* Commercial granola bars typically have about 4g protein and 2g of fiber.

"Keep smiling, it makes people wonder what you're up to."