



Holistic Nutrition

February, 2006

Don't Be Sad—Beat the Winter Blues

With shorter and grayer days and post-holiday celebrations—it's easy to understand why many of us feel like pulling the covers over our heads and hibernating during the winter. Research in Ontario suggests that between 2% and 3% of the general population may have SAD. Another 15% have a less severe experience described as the "winter blues."

The main reason for feeling blue during the winter months is a drop in your brain's level of serotonin, the "happy" neurotransmitter, due to a lack of sunlight. The symptoms of SAD usually recur each winter and may include sleep problems, lethargy, overeating, social problems, anxiety, and loss of libido, in addition to mood changes. Most sufferers also show signs of a weakened immune system during the winter, making them more vulnerable to infections and other illnesses.

If you tend to get the blues during the winter, here is what I recommend.....

1. Be sure to include protein in your diet such as fish, chicken, beans, lentils, seeds, and nuts in your diet (*these foods contain the amino acids necessary to make serotonin and other neurotransmitters.*)
2. Take a good multivitamin daily
3. Omega-3 fish oils (I recommend Nordic Natural's Liquid Cod Liver Oil which is orange flavoured)
4. Switch to full or broad spectrum incandescent bulbs which are available in 60, 100, and 150 watt sizes. With an average life of 3500 hours, they offer seven times the life of a normal incandescent bulb and cost around \$ 12 each. Full spectrum lighting includes the full spectrum of color (imagine the colors of the rainbow), as well as infrared and ultraviolet wavelengths. No other type of lighting source -- not "regular" or even "natural" light bulbs or fluorescent light bulbs contains these requirements. Most people who suffer from the winter blues respond well to light therapy.
5. Exercise is a natural mood booster and has also been found to work better than antidepressant drugs to alleviate depressive symptoms. Simply getting out for a brisk walk or heading to the gym for 30-minute workout can do wonders for your mood, and your body will benefit too. Exercise will also help to boost your immune system, which means you're less likely to come down with a cold or flu -- another reason why many people don't look forward to the winter season.

For more information on Seasonal Affectiveness Disorder book a complimentary 15 min. appointment

King West Centre

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

www.RNCPrita.ca

Cholesterol Management Workshop

Date: Tuesday, February 14, 2006

Location: Loblaw's Superstore (Yonge & Greenlane)

Time: 7pm

Cost: FREE - reserve your seat by phoning [Loblaws](http://Loblaws.com) (905) 830-4072

Did you know that the body produces 3-4 x more cholesterol then you eat ? Join me as I discuss how to manage you cholesterol with diet and supplementation. Make this valentines day the motivation you need to give your heart and health the best possible care.

The Truth about Splenda

The commercials lately have really been promoting Splenda and I just wanted to share some information on the topic of artificial sweeteners. Though I am not a fan of sugar (because it decreases the immune system and offers no nutritional benefit), if I had to choose between sugar or Splenda (or any other artificial sweetener, for that matter), sugar would win, hands down. Personally, I substitute natural sugars such as honey, pure maple syrup, Sucanat and even stevia (*Stevia is an herb that has been used as a sweetener in South America for hundreds of years*)

Splenda's manufacturers have gone to great lengths to suggest that Splenda is natural and safe by using the slogan, "made from sugar so it tastes like sugar." But after the sugar has been treated with chemicals like trityl chloride, acetic anhydride, and thionyl chloride in the presence of dimethylformamide, 4-methylmorpholine, and methyl isobutyl ketone, it is anything but a sugar molecule. By the end of the chemical processing Splenda goes through, it resembles nothing found in nature. This product is not natural, nor is it a real sugar. It is not even close.

Sucralose (Splenda) is a chlorocarbon. The chlorocarbons have long been known for causing organ, genetic, and reproductive damage. It should be no surprise, therefore, that the testing of sucralose reveals that it can cause up to **40% shrinkage of the thyroid**: a gland that is the very foundation of our immune system. Sucralose also causes **swelling of the liver and kidneys**. *Note: if you experience kidney pain, cramping, or an irritated bladder after using sucralose or Splenda, stop use immediately.*

Where is splenda found? Well you would be surprised as to how many products now contain artificial sweeteners. Of course there is diet pop but what about the new flavoured waters? Did you know that Dasani & Aquafina Flavoured water contains sucralose (*splenda*) and/or acesulfame potassium (*another artificial sweetener*).

Look through your cupboards and start reading labels. Look for words like **sucralose, acesulfame potassium, acesulfame K, aspartame, saccharin, sweet & low, sugar twin, and/ or splenda**. As of May 2004, over 3000 products contained Splenda !!

If you are still using Splenda or other artificial sweeteners, I urge you to check out the websites below for more information.

www.truthaboutsplenda.com

Www.mercola.com

Kale, like other members of the cabbage family. Kale is an excellent source of nutrients, including vitamin A, vitamin C, vitamin B6 and manganese. It is also a very good source of dietary fiber, calcium, copper, iron, vitamin B1, vitamin B2 and vitamin E.

This combination of vitamins, minerals, and phytonutrients makes kale a health superstar!



BARLEY AND LENTIL SOUP WITH SWISS CHARD

- 1 tablespoon olive oil
- 1 1/2 cups chopped onions
- 1 1/2 cups chopped peeled carrots
- 3 large garlic cloves, minced
- 2 1/2 teaspoons ground cumin
- 10 cups (or more) low-salt chicken or vegetable broth
- 2/3 cup pearl barley
- 1 14 1/2-ounce can diced tomatoes in juice
- 2/3 cup dried lentils
- 4 cups (packed) coarsely chopped Swiss chard (about 1/2 large bunch)
- 2 tablespoons chopped fresh dill

Heat oil in large pot over medium-high heat. Add onions and carrots; sauté until onions are golden brown, about 10 minutes. Add garlic and stir 1 minute. Mix in cumin; stir 30 seconds. Add 10 cups broth and barley; bring to boil. Reduce heat; partially cover and simmer 25 minutes. Stir in tomatoes with juice and lentils; cover and simmer until barley and lentils are tender, about 30 minutes.

Add chard to soup; cover and simmer until chard is tender, about 5 minutes. Stir in dill. Season soup with salt and pepper. Thin with more broth, if desired.

Makes 10 first-course or 6 main-course

