



Holistic Nutrition

January, 2006

New Year Resolutions

New Year's resolutions date back to the early Babylonians with the most popular resolution being to return borrowed farm equipment !! Traditionally, it was thought that one could affect the luck they would have throughout the coming year by what they did or ate on the first day of the year. For that reason, it has become common for folks to celebrate the first few minutes of a brand new year in the company of family and friends.

It is no surprise that many of the New Year's resolutions today are related to better health. Number 1 is to "lose weight," number 2 to "quit smoking," with "exercise more" and "eat healthier" also among the top ten.

But no matter how committed you may be to your new health resolution, it is much too easy to become side-tracked. In order to stick with your New Year's resolution and see it through, you need to have a plan, and you need to have ways to deal with temptation when it hits – because it will! Here are some tips to get you through the rough spots:

- 1. Create a detailed plan to reach your goal. If you're not sure how to reach it, do some reading, or find someone who can help you. There are numerous diets and recipes available for healthier eating, as well as many strategies to help you stop smoking.**
- 2. Find a great exercise professional to help you with your health vision. Exercise helps detoxify the body and makes you feel more alive. This can be a yoga teacher or personal trainer. Do whatever you need to nurture your body and mind through the process.**
- 3. Remind yourself that YOU are in control of your life and your health. Your cravings are not in control. If eating better is your resolution, keep a log of everything you eat. This will not only prevent you from cheating, but it will help you discover which foods make you feel best.**
- 4. Find one great person who completely supports your new health vision. This will be someone you can call if you are struggling to stay with your resolution. Make sure it's someone who will hear you without judgment and offer gentle but firm encouragement to keep going. In other words, find positive influences to counteract the negative influences that come from the media and other people.**
- 5. Work with affirmations and images. Write positive affirmations to keep you focused on your goals**

*"It's not that some people have willpower and some don't.
It's that some people are ready to change and others are not."
- James Gordon*

King West Centre

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Upcoming Seminars

Date: Tuesday, January 24, 2006

Location: Loblaw's (Yonge & Greenlane)

Time: 7pm

Cost: FREE

Topic: Healthy Living through Diet

Join me as I discusses how to incorporate foods that can change your weight, mood, energy levels and the look of your hair, nails and skin!

Women's 4 Week Health Course

Location: Vaughan Secondary School—1401 Clark Avenue, Thornhill

Date: Monday January 30th and continues for 4 weeks

Time: 7pm

Cost: \$65

Learn how to use alternative therapies for common women's issues such as PMS, Menopause, yeast infections, hormone imbalances, fibroids, cysts and urinary tract infections

For more information visit [York Region District School Board](http://www.yorkregion.ca)



Cooking with Rita Private In-Home Cooking Classes

Learn how to make wheat free—soy free meals in your own home.

Through in-home cooking classes, students learn how to cook healthy meals in a relaxing environment. To make the most of these classes, students begin by creating their own customized lesson plans and menus with the help of a Holistic Nutritionist.

Classes are approximately 2 1/2 hours and are centered around the preparation of a complete meal.

Scheduling is flexible. Most small classes (1 to 5 students) are held Monday through Thursdays, although exceptions can be made for those with difficult schedules.

Cooking Parties also available for birthdays, showers and corporate team-building events. For more information visit

www.RNCPrita.ca/classes

Classes can be held in any kitchen in Richmond Hill and neighboring cities. For more information please contact me directly at 416-312-7617 or [email](mailto:rita@rncprita.ca).

Nutritionist Supervised 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 18, 2006

Location: King West Centre

Time: 7 pm

Cost : \$ 399* (includes learning materials)

*Limited space—pre-registration by phone or [email](mailto:rita@rncprita.ca)

Parmesan Oven Fries

4 large Organic baking potatoes*

1/2 teaspoon freshly ground pepper

1 tablespoon extra-virgin olive oil

1/4 cup grated parmesan cheese (optional)

1/2 teaspoon sea salt

Wash and scrub potatoes but do not peel. Cut each potato into 1/4" wedges.

Pat wedges dry with paper towels and place in a bowl. Add pepper and oil over wedges, tossing well to coat. Arrange in a single layer on an lightly oiled baking sheet. Bake at 450 degrees for 30 minutes.

Sprinkle cheese and salt evenly over wedges. Bake an additional 10 minutes or until tender and browned.



Serves 4-6

* you can substitute sweet potato for potatoes. Lower temperature to 400F and cook 30-35 minutes, turning every 10 minutes to prevent burning.