



Holistic Nutrition

June 2006

**There is no food that is ideal for everyone.
There is no diet that brings health to all**

We are all bio-chemically unique. Undiagnosed food sensitivities affect more than half the population. Food sensitivity reactions are often not recognized because they are great masqueraders. They can mimic almost any ailment and affect almost any organ or tissue in the body. Allergies differ from sensitivities because an allergy will cause an immune reaction, whereas a sensitivity can be seen as an intolerance and does not create any antibodies or immune response. A sensitivity or intolerance is basically the inability of the body to metabolize a particular food.

So how do you know if you have any food intolerances or sensitivities?? Well lets look at some of the common symptoms....

Chronic fatigue	Chronic Diarrhea	Irritable Bowel
Food Addictions or Cravings	Colitis	Hives
Puffiness under the eyes	Bed-wetting	Eczema / Psoriasis
Dark Circles under the eyes	Hyperactivity	Migraines / Headaches
Recurring ear infections	Constipation	Arthritis

And the list goes on.....

The most common food sensitivities that I have found in my practice is **Gluten** (a protein found in wheat, rye, oats and barley), **Wheat, Dairy, Additives and Sugar** (just to name a few).

If you suspect you may have sensitivities then it may be wise to try and avoid some of the above foods for a month. Make note of how your body feels when you eliminate these foods. Does your energy level return? Do bowel habits improve? Do your other symptoms improve?

For more information on food sensitivities and how to make appropriate substitutions please make an appointment for food sensitivity testing (EDS) or join me for a free seminar June 22 at the NewMarket Superstore from 10am to Noon.

Seminar Location: Loblaws Superstore in NewMarket (*Yonge & Greenlane*)

Registration required—Please call (905) 830-4072

King West Centre

141 King Road, Suite 10, Oak Ridges, Ontario L4E 3L7

Upcoming Events

Community Health Fair

Thursday, June 1st, 2006

11 am to 1 pm

St. Mary's Immaculate Church
10295 Yonge Street
Richmond Hill

Come enjoy the various booths for free samples and information on...

"Natural Dentistry", Wellness, Weight Loss, Fitness and much more...

Admission \$2.00

All proceeds to benefit the Richmond Hill



Aurora Street Sale

Come visit the world's **longest Street Festival**

on the world's Longest Street

Sunday June 4th, 2006

(rain or shine)

11 am to 5 pm

Entertainment for all ages

500 vendors

Corner Bands, Classic Cars

Buskers, Clowns

Free Parking, Free Admission

Food, Drinks



Oak Ridges Fair

Saturday, June 17th, 2006

10 am to 6pm

Oak Ridges Community Centre

**Games, Ponies, Rides
BB-Q, Music And much more....**

Strawberry Ice

2 cups of organic strawberries

1/2 cup honey

1 1/2 cups water

1 tbsp. fresh lemon juice



If using frozen berries, thaw slightly.

Place all ingredients in a blender and process 1 minute or until smooth. Place in a glass 11x7" dish. Cover and freeze 6 hours. Scrape and Serve

Think Organic

Most people who buy organic food do so to protect their health and the environment. On average, the most heavily contaminated foods with pesticides are Strawberries, cherries, apples, Mexican cantaloupe, Chilean grapes, raspberries, apricots, peas, peaches, nectarines, and spinach.

So is organic food better for you? In my opinion, yes. Decreasing one's toxin burden and increasing one's intake of vitamins, minerals, and antioxidants can have a significant impact on health, especially when trying to improve or restore health.

Visit www.cleanfoodconnection.com for free delivery of organic fruits, vegetables and meats.

