



# Holistic Nutrition

February, 2007

## Is It a Cold or the Flu?

Every year, millions of people world-wide get sick with the flu (influenza) and cold. The average adult suffers two to three colds a year; the average young child has as many as nine !

Although a cold can strike at any time, colds are most common during early fall, midwinter, and early spring.

### What are the symptoms ?

- runny or blocked nose
- sneezing
- minor throat irritation
- mild fever
- a feeling that your ears are blocked
- coloured mucus or nasal discharge

*A cold virus spreads one of two ways: through air or by direct contact. **The key to cold prevention is.....***

*Avoiding sugar*

*Decreasing stress*

*Supplementing with anti-oxidants*

*(vitamin A, C, E and Zinc)*

Influenza (flu) is a much more serious . Often people call a severe common cold 'the flu', but they are quite different illnesses. Symptoms of influenza usually start suddenly with a high fever and you may feel sick enough to go to bed. **Symptoms include:**

- irritation in the throat or lungs
- a dry cough
- high fever
- shivering
- sweating
- severe muscle aches

*The flu tends to make the whole body ache, whereas the common cold usually affects the nose and throat only.*



### What Can you do for a cold or flu ?

1. Take plenty of fluids to flush toxins out of the body as quickly and efficiently as possible. Avoid drinks such as alcohol, tea and coffee .
2. **Avoid oranges, wheat and dairy** products because they contribute to congestion which can make chest, sinus, and nasal congestion worse.
3. **Avoid sugar.** Sugar decreases the function of your immune system almost immediately.
4. If your appetite is reduced don't feel obliged to eat, as long as you drink plenty. Foods should be as light and easily digestible as possible, with a strong emphasis on vegetable soups, broths, and lightly cooked fish or chicken.
5. Supplement with vitamin C, fresh garlic Echinacea, Oregano Oil and anti-oxidants
6. Visit your Holistic Health Practitioner for information on Homeopathics or Herbs specific to your condition.

## King West Centre

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## 2 Locations

## To Serve you Better

## Healthy & Fit

110 Nashville Road # 106


Kleinburg, Ontario

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905-893-3337

www.healthyandfit.ca

# Cooking with Rita



Valentine's Day is just around the corner. Anyone can buy flowers and chocolate, but for a truly Romantic holiday, consider preparing a special dinner for that special someone.

This special Wheat-Free meal will be prepared from scratch and can be taken home to be cooked for your special Valentine's day Meal.

## Menu

*Garden fresh Bruschetta*

*Heart Shaped Ravioli*

*Baby Greens with Toasted almonds*

*Strawberry cheesecake tartlets*

**Date:** Tuesday, February 13th

**Cost:** \$ 50

**Location:** Richmond Hill

**Time:** 7:30 pm until 9:30 pm

*Please mention any food allergies or sensitivities when booking*

To register please call 416-312-7617 or by email

**Please bring storage containers to this cooking class**

# What are Anti-oxidants ?

Antioxidants serve to deactivate certain particles called free radicals. In humans, **free radicals** usually come in the form of O<sub>2</sub>, the oxygen molecule. The oxygen molecule wants to be oxidized and this oxidation process can damage cell walls, certain cell structures, and genetic material within the cells. In the worst case scenario and over a long time period, such damage can become irreversible and lead to disease (e.g., cancer). This is where antioxidants come into play.



Antioxidants are abundant in fruits and vegetables, as well as in other foods including nuts, grains and some meats, poultry and fish. Below is a small list of foods that are high in anti-oxidants

- **Beta-carotene** : sweet potatoes, carrots, cantaloupe, squash, apricots, pumpkin, and mangos, collard greens, spinach, and kale.

- **Vitamin A** : carrots, spinach, turnip, squash, sweet potato, winter squash, collard greens

- **Vitamin C** : bell peppers, parsley, broccoli, cauliflower, strawberries, papaya, kale, collards

- **Vitamin E**: mustard greens, swiss chard, sunflower seeds, papaya, almonds, olives, blueberries, broccoli

- **Zinc**: beef, lamb, venison, peas, yogurt, pumpkin seeds, sesame seeds, crimini mushrooms

## Chocolate Valentine Cookies

- 1/2 cup Organic Butter, softened
- 1/3 cup Organic Sucanat Sugar
- 1 Egg
- 1 ½ cups Wheat free Flour (spelt, kamut, brown rice etc.)
- 1/8th tsp. Baking Soda (aluminum free)
- 1 tsp. baking powder or xanthan gum
- 2 oz organic dark chocolate, melted (*for decoration*)

Preheat oven to 350°F.

Line baking sheet with parchment paper.

Cream sugar and butter. Add egg and mix well. Stir in flour, baking powder and baking soda. Mix well with mixer. Divide dough in half and roll each half out to 1/4" thick on lightly floured board. Cut into shapes and place on parchment paper. Bake for 8 –10 minutes or until golden. Let cool 3 to 4 minutes before removing from baking sheet. Use melted chocolate for decoration

