



# Holistic Nutrition

January, 2007

## Stress, Energy and Weight

*The New Year holds great promise that this will be the year that you make time every day to exercise, drink plenty of water, and eat well. These simple choices can not only improve health but also allow you to take control of three things: your **energy**, your **weight**, and your **stress level**.*

*What are your sources of stress ? Job, relationships, money, chronic pain ? Excess stress increases cortisol levels and prolonged levels of cortisol can have negative effects on bone density, cognitive function, lowered immunity, lowered thyroid function, high blood pressure and increased abdominal fat.. Before stress takes over and causes further damage to the body it is important to find ways to reduce your stress level. Breathing techniques, visualization, exercise, massages, positive thinking, and yoga are all ways to help you relax.*

*Why Do You Feel Fatigued? If you seem to lose energy in the middle of the day or consistently fall asleep after dinner each evening, and you are getting eight hours of restful sleep each night, then your tiredness may be due to food sensitivities. For many people, certain foods like wheat and dairy products drain the body's energy by constantly going through an allergic reaction. Electro-Dermal Screening is an excellent method of testing for food sensitivities.*

**Food allergies:** *Food allergies and sensitivities to certain foods can create a dysfunctional metabolism. Frequently these sensitivities crop up in adulthood and manifest themselves in easily overlooked ways, for example, stomach and intestinal upset, headaches, insomnia, lethargy, joint aches, and rashes. If you suspect food sensitivity, testing and elimination diet is recommended.*

*What about your weight? excess weight gain can be one of many symptoms that indicate an underlying biochemical imbalance. Fad diets address weight problems in the short term but they do not address the root cause, which is often some kind of metabolic dysfunction or hormonal imbalance. If you are eating right and exercising and still have problems losing weight then a few underlying conditions may be hindering your weight loss success.*

**Adrenal fatigue:** *adrenal depletion is so widespread, and critical to losing stubborn pounds. Too-high or too-low levels of cortisol (which is produced by the adrenals) in the blood can be a major cause of weight gain and the inability to lose that unwanted weight. Saliva hormone testing is an excellent tool in testing adrenal function.*

**Carbohydrate sensitivity:** *We all need a certain amount of carbohydrates, but, we are probably consuming far too many. The body's storage capacity for carbohydrates is limited so all the excesses are converted, via insulin, into fat and stored in the adipose, or fatty, tissue.*

**Yeast or intestinal parasites:** *For those who have yeast overgrowth, eliminating yeast and sugars for a period of time can restore balance to the digestive tract, allowing weight loss to occur naturally. Supplements including probiotics will help to eradicate the yeast or parasites, once this is accomplished unwanted weight loss can occur.*

### Free Seminar

Richmond Hill Loblaws  
(Hightech Road)

### Natural and Healthy Weight Loss

It's time to put the New Year's resolution into action and focus on your health. Learn all about adrenals, carb sensitivity, yeast and parasites and how they may be affecting your health.

**Tuesday, January 16th—7-9 pm**

Sign up by phoning loblaws directly  
905-771-9295



## Winter Foods

In winter, the body turns more exclusively toward warming foods. Foods taking longer to grow are generally more warming than foods that grow quickly. Animal foods fall into the warming category including fish, chicken, beef, lamb, and venison. Root vegetables, including carrot, potato, onions and garlic also are included in this category along with eggs and nuts.

When we consume cold natured foods out of season it throws the chemistry of our blood and body out of balance with the seasons and climatic environment. As a result, our immune system and digestion become weaker and we become prone to external diseases such as colds and flus.

The same is true for people who are overweight. Most people who are looking to lose weight fill up on cold natured foods such as yogurt, fruit, salad, etc. and so by eating the wrong foods they depress or cool down their metabolism making weight gain inevitable.



## Cooking with Rita Winter Foods—3 Part Series

Classes are approximately 2 hours and are centered around a certain theme. Students will be involved in all parts of the cooking process and presentation. Meals can be packaged and taken home. *(please bring Tupperware containers)*

Classes are intimate (3 to 6 students) and are held Tuesday evenings 7:30 to 9:30 PM

**Part 1**—Tuesday, January 9th - Soups and Appetizers

**Part 2**—Tuesday, January 23rd - Hearty Entrees

**Part 3**—Tuesday, January 30th - Snacks and Desserts

**Cost:** \$ 50 per class or \$ 125 for all three classes

*\* please mention any allergies or food sensitivities when booking*

Classes are held in Markham area

*Happy New Year!*



**2nd Location  
Now Available  
Thursdays Only**

## Healthy & Fit

110 Nashville Road, Lower Level  
Kleinburg, ON  
905-893-3337

[www.HealthyandFit.ca](http://www.HealthyandFit.ca)

## Shepherd's Pie

1 lb. Organic Lean Ground Beef,  
Chicken or Turkey

1 cup Peas

1 Tbsp. worstershire sauce

½ cup Organic Corn (optional)

½ cup Organic Carrots, diced

1 – 2 lbs. Organic Sweet Potato, peeled

Salt-Free spice

Preheat oven to 350F.

Cook sweet potato, drain and mash with salt-free spices. Set aside.

Brown ground meat in a non-stick fry pan until no longer pink. Stir in worstershire sauce. Line a colander with paper towel. Pour cooked beef into paper towel to help absorb excess fat.

In a covered glass dish, pour in frozen or fresh peas, corn, and carrots. Stir in cooked meat.

Cover entirely with mashed sweet potato.

Bake for 45 minutes.

Cool Slightly and serve

Serves 4

### Vegetarian

**version:** substitute mashed kidney beans for meat

