



Holistic Nutrition

February 2008

You are what you Assimilate

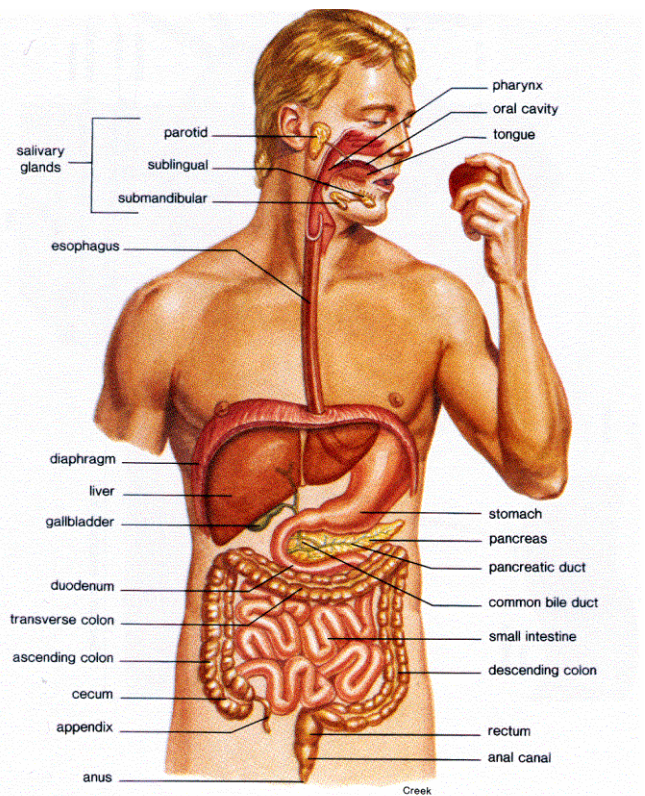
The most common health complaint in North America is poor digestion. Consumers spend billions of dollars each year on over-the-counter medicines and prescription drugs designed to temporarily relieve symptoms of gastrointestinal distress such as heartburn, gas, bloating, constipation, diarrhea and acid reflux. These are all signals that your digestive system is working at its optimum level.

Most people have an overworked and incompetent digestive system. Improper diet and poor eating habits eventually burden the digestive organs, which can lead to decreased absorption of nutrients and resultant deficiencies. Foods not properly digested ferment and putrefy in the intestinal tract and produce toxic byproducts that are absorbed back into the body. This auto-intoxication affects multiple organ systems, changing the way we look and feel. The toxic condition of the bowels creates an environment favourable for the development of candida yeast and parasites, further compounding the problem.

From a holistic perspective, it's not that you are what you eat, but that **you are what you assimilate**. If food is passing through your system undigested it will not provide you with the necessary nutrients.

It's important to pay close attention to your digestion. You need to make sure that you are actually extracting nutrition from your food. However, after you have exhausted that food of its benefit, it's important to successfully eliminate its byproducts so that you do not have unhealthy build up of toxins in your system.

For more information on natural methods of eliminating digestive problems such as gas, bloating, constipation, diarrhea, heartburn or acid reflux, please join Debora on Thursday Feb. 7th



Digestion Workshop

Thursday, January 7th @ 7pm

King West Chiropractic & Wellness Centre

Cost: \$5

(all participants will receive \$5 off their next Ionic Footbath)

Seating is limited, please reserve your spot by contacting the office at 905-773-2225 or debora@rncprita.ca

February is Heart Month

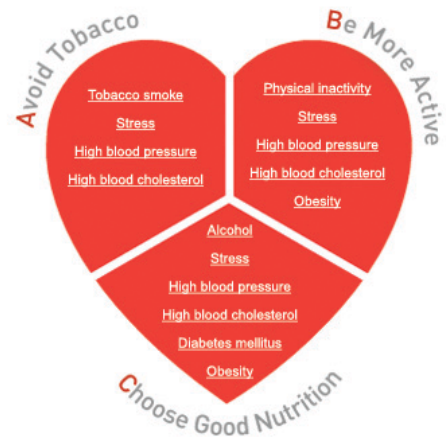
Your heart is a muscle that gets energy from blood carrying oxygen and nutrients. Having a constant supply of blood keeps your heart working properly. Most people think of heart disease as one condition. But in fact, heart disease is a group of conditions affecting the structure and functions of the heart and has many root causes. Coronary artery disease, for example, develops when a combination of fatty materials, calcium and scar tissue (called plaque) builds up in the arteries that supply blood to your heart (coronary arteries). The plaque buildup narrows the arteries and prevents the heart from getting enough blood.

Take steps to avoid heart disease.

Don't smoke or use tobacco products—tobacco smoke contains more than 4500 chemicals many of which can cause damage to your heart and blood vessels. IN addition, nicotine causes constriction of blood vessels causing your heart to work harder and increase blood pressure

Get Active—regular physical activity helps prevent blood disease by increasing blood flow to the heart and strengthens the heart's contraction which means your heart pumps more blood with less effort.

Maintain a Healthy Weight—excess weight can lead to conditions that creases your chance of heart disease such as high blood pressure, high cholesterol and diabetes.



Foods that are rich in Omega 3's include :

Flax seeds
Hemp Seeds
Walnuts
Salmon
Mackerel
Anchovies
Sardines
Herring
Fish Oils

Eat a Heart Healthy Diet—Omega 3 fatty acids (a type of unsaturated fatty acids) may help:

- Reduce inflammation throughout your body
- Keep your blood from clotting excessively
- Maintain the fluidity of your cell membranes
- lower the amount of lipids (fats such as cholesterol & triglycerides) circulating in the bloodstream
- inhibit thickening of the arteries by decreasing endothelial cells' production of a platelet-derived growth factor.
- reduce the production of messenger chemicals called cytokines, which are involved in the inflammatory response associated with atherosclerosis
- reduce the risk of becoming obese and improve the body's ability to respond to insulin by stimulating the secretion of leptin, a hormone that helps regulate food intake, body weight and metabolism.

For more information , book an appointment with one our Holistic Nutritionists

King West Centre

141 King Road, Suite 10, Oak Ridges, ON
(905) 773-2225
www.RNCPrita.ca

2 Locations Available

Healthy & Fit

110 Nashville Road, Suite 106, Kleinburg, ON
(905) 893-3337
www..HealthyandFit.ca

Omega 3 Salmon Burgers

1 can wild salmon
1/2 cup peas or other vegetables of choice, chopped finely
1/2 cup chopped walnuts
1 cup spinach, chopped finely
1/4 cup hemp seeds
2 egg whites or 1 egg
Salt and pepper or spices of choice

Preheat oven to 375F. Line baking sheet with parchment paper.

Drain salmon and remove any large bones. Combine all ingredients until well combined.

Shape into 4 patties and place on parchment paper.

Bake at 350 degrees for 25 to 30 minutes.

Serve with baked sweet potato fries.

Makes 4 patties



Sweet potato Fries

2 large sweet potatoes, salt, pepper, 1 tbsp olive oil

. Preheat oven to 400 degrees F. Peel potatoes, cut each in half lengthwise, and cut each half into 6 wedges. In a large bowl, combine the cut potatoes, oil, and spices mixture. Toss until potatoes are evenly coated.

Bake the fries: On a parchment lined baking sheet. Arrange potatoes in a single layer and place on the middle shelf of the oven. Bake until edges are crisp and potatoes are cooked through -- about 30 minutes.

Taken from Cooking With Rita Cookbook—2nd edition

Couples Cooking Class

Valentine's Event

Chocolate, wine, and food have long been valuable tools for the art of seduction and Valentine's Day. Since the earliest aphrodisiacs, people have recognized that food has an innate power over loved ones. This Valentine's Day, show your sweetheart how much you care by sipping some wine and creating a romantic meal together.

Sample Menu:

Champaign Cocktail

Tomato & Basil Bruschetta

Ravioli with Red Pepper Pesto Sauce

Nut Encrusted Wild Salmon

Green Leaf Pear & Goat Cheese Salad

Moulton Chocolate Pudding

Date: Saturday, February 16th, 2008

Location: Markham On

Time: 7pm

Investment: \$ 125 per couple

**Space is limited to 3 couples, so please register early.*



rita@rncprita.ca

Lose Weight & Have Fun

Each group session will be filled with valuable information, meal plan, diet analysis, weigh-in's, recipes and encouragement you need to succeed with you weight loss goals.

This new program will be available in 12 week increments.
(Start at anytime and continue for 12 weeks.)

Meetings are fun and informative and usually last about an hour.

The weekly weigh-in is confidential.

(One-On-One weight loss programs also available).

Daytime Classes

Mondays at 10am, Starting February 4th

Evening Classes

Fridays at 6pm, Starting February 8th

Location: King West Wellness Centre

Investment: \$ 399

All participants will receive weight loss manual, food journals, recipes, refreshments, weekly body composition testing, free email support and a free monthly newsletter

refreshments provided

To reserve your spot or for more information contact
us at the office or by email.

marise@rncprita.ca

905.773.2225