



Holistic Nutrition

January 2008

Welcome to the first newsletter of 2008

I hope you all had a happy holiday season. As many of you know, being in acupuncture school has left me little time for my practice leaving me with limited hours available for my clients. This year I have decided to bring two nutritionists on board who are eager and excited to help me provide you all with excellent care while I am in school. I will still be available twice a week and look forward to being part of your continued health care journey. I wish you all a happy and healthy New Year.

HAPPY NEW YEAR EVERYONE

Welcome

Marise Foster



Marise is a Registered Holistic Nutritionist who has been practicing since 2006. Her interest emerged from her own passion for personal fulfillment and wellbeing.

Marise is a graduate of the Canadian School of Natural Nutrition and a member of the International Organization of Nutritional Consultants.

Besides her designation as a Registered Holistic Nutritionist she is a Master Instructor of Integrated Energy Therapy and a Kundalini and Hatha Yoga Instructor completed at the School of Yoga Therapy and Natural Medicine in Toronto.

Marise is an executive with Toastmasters International and an avid power boater. She lives in Newmarket and is married with two children.

Debora Palmieri



Debora Palmieri, BSc., RHN, RNCP is a food and nutrition expert with a passion to help individuals achieve optimal health through food, nutrition and balanced lifestyle. As an educator, her purpose is to encourage and support others to take responsibility for their own health and wellbeing. Debora contributes health and well-being articles for City Life Magazine, which is distributed in Vaughan and surrounding areas. She also enjoys sharing her passion for health as a certified natural nutrition teacher and leads seminars on various topics in nutrition. Debora graduated from Ryerson University with her Bachelor of Applied Science in Food and Nutrition (BSc.). She went on to graduate as a Registered Holistic Nutritionist (RHN) from the Canadian School of Natural Nutrition. Debora is also a member in good standing of the International Organization of Nutritional Consultants (IONC), which grants her the right to use the RNCP (Registered Nutritional Consulting Practitioner) designation.

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New Services

Zinc Testing

A very simple test that uses a dilute solution of zinc to determine the extent of zinc deficiency based on an individual's taste sensations.

Take the following zinc questionnaire. If you answer yes to any of these questions, you may have some degree of zinc deficiency:

- Have you lost much of your sense of taste and smell?
- Do you get frequent colds and flu?
- Is your hair going prematurely gray? Does it grow slowly? Is your hair texture dry with brittle ends?
- Do your nails have white flecks? Do they peel and fray easily? Do they grow abnormally slowly?
- Do you have an enlarged prostate or prostatitis?
- Do cuts or rashes heal slowly?
- Do you have diabetes or hypoglycemia?
- Do you have a history of low sperm counts? Have you ever suffered from impotence or erection problems?

Blood Type Testing

Eat right for your blood type.

Each of the four blood (O, A, AB, B) groups have quite different diets.

Did you know that Type O's, for instance, are descended from hunters and considered meat eaters where as Type A's do better on a vegetarian diet.

Calcium Sulkowitch Test

Are you at risk for osteoporosis?

Take this simple urine test and see if you are absorbing your calcium supplements.

Cooking with Rita



2nd Edition

Rita Mustafa, RNCP
Holistic Nutritionist

2nd edition Cookbook is now available
More Wheat free recipes for the whole family

Red Pepper Hummus

- 2 cups chickpeas
- 1/4 cup roasted red peppers
- 1/3 cup tahini
- 2 cloves garlic
- 1/3 cup lemon juice
- 3/4 tsp salt
- 1/4 tsp pepper



In food processor combine chickpeas, red peppers, tahini and garlic. Process into a puree. Add lemon juice. Season with salt and pepper. Refrigerate 2 hours or overnight

Serve at room temperature with raw veggies.

Taken from Cooking with Rita Cookbook- 2nd edition

King West Centre

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2 Locations Available

Healthy & Fit

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