



Gas, Indigestion and Other Digestive Issues

What does gas, indigestion, weight problems, skin conditions, allergies, fatigue, insomnia, arthritis, headaches, depression, yeast infections, constipation, and cancer have in common? These and dozens of other conditions may all be caused or worsened by poor digestion.

We have heard the phrase “You are what you eat.” This is true, but nutrition is not just what we eat. To be more accurate the saying should be “You are what you digest.” Almost all disease can be traced back to poor digestion.

Good digestive health is more than just breaking down your food properly—it’s essential for nutrient absorption, immune function, detoxification, and chemical and hormone production. When we consider the 30-foot tube (the intestines) that runs through the body, we can begin to understand why it should be a major consideration in any type of health issue; digestion is key to obtaining and maintaining overall health and well-being.

Developing a Healthy Digestive System

- Avoid foods to which you are intolerant and/or allergic. Food sensitivities are very individual. Ask your holistic health practitioner about Food Sensitivity Testing
- Eat organically-grown foods whenever possible
- Support healthy digestion with digestive enzymes. Natural sources of enzymes can be found in pineapple or papaya.
- Support the gastrointestinal barrier with nutrients like Choline (B-Vitamin). Choline provides nutritional support for a healthy mucous layer. Food sources include soybean, egg yolk, butter, banana, barley, cauliflower, corn, flax seeds, lentils, milk, oranges, potatoes, sesame seeds, tomatoes and whole wheat bread.

FREE Digestion Seminar

Join me Monday, June 16th, 2008 @ 7pm

Location: Loblaw's SuperStore
(Yonge & Greenlane)



Please register at
Loblaw's Superstore courtesy desk
(905) 830-4072
to reserve your spot or by
email rita@rncprita.ca

Join me Monday June 16th at Newmarket Superstore for more information on improving your health and digestion.

New Address

40 Betty Roman Blvd. Markham, ON L6C 0A5

(off Woodbine, South of Elgin Mills)

416-312-7617

Tropical Fruit Salad

1 mango - cubed
2 papayas - cubed (*rich in digestive enzymes*)
1 pineapple - cubed (*rich in digestive enzymes*)
2 oranges - filleted - juice reserved
1 pink grapefruit - filleted - juice reserved
1 tablespoon unpasteurized honey
Few mint leaves - chopped (*aids digestion*)
Handful of your favorite nuts - chopped



Put all the fruits into a large bowl. In a separate bowl pour in the reserved orange and grapefruit juice. Add the honey and whisk until incorporated.

Pour over the fruit and toss well. Sprinkle with the mint leaves and refrigerate for at least 30 minutes so that the flavors and aromas can infuse with each other.

To serve, simply spoon into bowls or glasses and sprinkle with chopped nuts.

Best served chilled.

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Hours

Monday	10am to 1pm
Tuesday	10am to 1pm
Wednesday	Closed
Thursday	2pm to 8pm
Friday	10am to 8pm
Saturday	9am to 1pm

Services Available

Nutritional Consulting
Electro-Dermal Screening (EDS)
Food Sensitivity Testing
Ionic Detoxing Footbaths
Hair Analysis
Blood Type Testing
Zinc Testing
Calcium Excretion Test
Saliva Hormone Testing
12 Week Weight Loss Programs
Cooking Classes
Personal Training

June Special
\$10 off
your
next visit

Ends June 30, 2008

Cooking with Rita

Maintaining a wheat-free diet is a big and sometimes tedious challenge.

In our small classes, you'll learn to create delicious wheat free menus from appetizers to desserts.

Our hands-on learning environment helps you with wheat free cooking, baking skills and learning to convert old favorites and explore new delicious recipes.

The classes will vary from month to month and will provide you with a great meal, recipes and nutritional advice along the way.

Cost per class \$ 50.00 and includes:

- 2 to 3 hours of hands-on instruction*
- Each class includes an appetizer, entrée and dessert*
- Copies of all recipes used*
- Sharing of the meal*

Location of cooking class:

**40 Betty Roman Blvd.
Markham, ON**

(Woodbine, South of Elgin Mills)

Anti-Inflammatory Cooking

Friday June 13th, 7pm

Participants will learn how to reduce inflammation in the body with the right food selection. A full outline of foods that increase and decrease inflammation will be covered and creative ways to substitute foods that cause inflammation will be a focus.

This is a great course for anyone who may be suffering from Arthritis, Diabetes, Fibromyalgia, High blood pressure, IBS, Crohn's, Colitis or any type of chronic pain or disease.

Sample Menu:

*Brown Rice Risotto
Breaded Chicken Rolls
Nutty Organic Greens
Almond Biscotti*

Wheat Free Desserts

Thursday, June 26th, 7pm

Have fun in the kitchen and learn to create beautiful wheat-free desserts just in time for the graduations, weddings and summer holidays.

Sample Menu:

*Strawberry Sorbet
Crunchy Pecan Cookies
Coconut Macaroons
Moulton Chocolate Cakes*

To Register, please contact me by phone or email

416-312-7617

www.RNCPrita.ca

rita@rncprita.ca