



Healthy4life.ca Newsletter - January 2021

Holistic nutrition includes body, mind and spirit. Articles will address each area.

Spiritual New Year's Resolutions

Most people are familiar with resolutions made in our culture of lose weight, regain control of finances, job changes, educations goals and the like, however, have you ever set spiritual goals for the new year? Here are some possibilities:

Write a least one thing in a gratitude journal every day.

This could be anything, thanks for a healthy meal, no physical symptoms, less body pain, better range of movement, a pretty sunrise, a beautiful sunset, or a phone call/email/zoom from a friend or family member.

Resolve to be kind to everyone you meet including strangers.

A simple smile or hello, holding a door open, saying thank you, offering to do something for someone without being asked for help, and think kind thoughts toward yourself. Let another car into your lane, a parking spot, or not getting angry when another driver does something unsafe or aggressive. Pray to be an alert, safe and courteous driver and for protection for you, your vehicle, passengers, pedestrians and other drivers. Kindness is contagious. Make a difference in your immediate world.



Root Vegetables and Winter Squash

Eating with the seasons makes winter prime time for root vegetables and winter squashes. Yes radishes are a root vegetable. Have you ever tried them roasted with a little olive or avocado oil and garlic? Yum. The tops are wonderful sautéed with garlic or onion.

Root vegetables and winter squash have spent the whole growing season storing up carbohydrate and other nutrients for the winter. This comes with lots of fibre (soluble, insoluble, many types of resistant starch), minerals and vitamins. Most are easy to store in a root cellar or other cool, dark place.

Some of my favourites, just to name a few, include winter squash (butternut, acorn, spaghetti, delicata, hubbard, buttercup, pumpkin), turnips (purple white top), carrots (nantes coreless), onions (yellow, Spanish, Vidalia, white, red), garlic (soft and hard neck), potatoes (Yukon gold, chieftain, russet, Kennebec, all blue), sweet potatoes, beets (Detroit dark red) , parsnips, and many more.

What do they bring to your winter nutrition? Here are a couple of examples. Baked butternut squash (1 cup or 250 ml) contains 82 calories, 1.8 g protein, 49.2 mg of Omega-3 fatty acids, 28.7 mg Omega-6 fatty acids, 22869 IU of Vitamin A, 31 mg of Vitamin C, 38.9 mcg of folate, 84 mg of calcium, 59.4 mg of magnesium, 55.4 mg phosphorus, 582 mg potassium, small amounts of Vitamins E, K, Thiamin, niacin, B6, pantothenic acid, iron, copper, manganese, selenium and 0.0 mg of cholesterol. Boiled beets (1/2 cup or 125 ml) contain 37.4 calories, 1.4 g protein, 4.3 mg Omega-3 fatty acids, 49.3 mg Omega-6 fatty acids, 29.8 IU of Vitamin A, 3.1 mg of Vitamin C, 68 mcg of folate, 5.4 mg of choline, 13.6 mg of calcium, 19.6 mg of magnesium, 32.3 mg of phosphorus, 259 mg potassium, 65.4 mg of sodium, small amounts of many other vitamins and mineral and 0.0 mg of cholesterol.

Adding root vegetables and winter squash to your diet is tasty, nutritious and much less expensive than dietary supplements. If you can get organic, the skin contains even more fibre and minerals.



Vitamin D3 Calcitriol or 125-dihydroxycholecalciferol

Vitamin D is a group of related, fat soluble, sterol substances. Today I will discuss D3 the most active form of Vitamin D not the other forms such as calcidiol. There is a difference between plant derived D2 and animal derived D3. Natural D3 is found in

oily fish liver oil, egg yolks, butter and liver. Plant foods with D2 include mushrooms and dark leafy greens. If you are taking a supplement, look for the D3 version.

Vitamin D helps regulate calcium metabolism, calcification of bones, the body's use of phosphorus, increases absorption of calcium in the gut, helps minerals get into teeth, and it helps your body to maintain healthy levels of calcium and phosphorus in your blood. According to Dr. Elson M. Haas MD, it is best to take calcium, magnesium and vitamin D together for bone health. Vitamin D is used to prevent or cure rickets, maintain healthy bones and teeth, prevent gum problems, heal fractures, treat osteopenia and osteoporosis, reduce the frequency of colds and "has also been used in the treatment of diabetes, cataracts, visual problems, allergies, sciatica pain and skin problems."¹

Interesting Vitamin D articles:

"More than 80 per cent of hospitalized COVID-19 patients had vitamin D deficiency: study" article at <https://www.ctvnews.ca/health/more-than-80-per-cent-of-hospitalized-covid-19-patients-had-vitamin-d-deficiency-study-1.5162396?cache=yes%3FclipId%3D89530%3FcontactForm%3Dtrue%3FAutoPlay%3Dtrue>

Zheng R, Gonzalez A, Yue J, et al. "Efficacy and safety of vitamin D supplementation in patients with systemic lupus erythematosus: a meta-analysis of randomized controlled trials" can be viewed at [https://www.amjmedsci.org/article/S0002-9629\(19\)30175-2/fulltext](https://www.amjmedsci.org/article/S0002-9629(19)30175-2/fulltext).

1 Staying Healthy With Nutrition by Elson M. Haas, MD and Buck Levin PhD, RD. p. 99, ISBN 978-1-58761-179-7.

Many past newsletters are available at 2020 & 2021, 2018 & 2019 and 2017.

**Be healthy 4 life,
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