



Healthy4life.ca Newsletter - March 2018

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

Hello, Friends!

Steps To Good Digestion

- 1----Choose a diverse range of whole foods, local and in season.
- 2----Eat in a suitable place with minimal distractions. Sit and enjoy your food, the aroma, texture, taste and temperature.
- 3----Chew food properly until it is liquid. This breaks up food to allow enzymes and digestive acids quick access to food particles. Eating slower allows more satiation hormone signals to go to the brain making you feel fuller and eat less. Proper chewing enhances mechanical and chemical digestion throughout the entire gastrointestinal tract. It allows nutrients to be properly absorbed. It is essential for the beneficial bacteria in your gut.
- 4----Avoid drinking with meals or immediately after meals. Liquids dilute digestive enzymes and stomach acids. Drink adequate water at other times of the day.
- 5----Avoid trans fats, hydrogenated fats, artificial colours/flavours/sweeteners, preservatives, pesticide/ herbicide residue, meats from animals injected or fed with growth hormones/steroids/antibiotics, refined grains and refined sugars.
- 6----Eat naturally fermented foods daily.



Seasonal Foods

Food quality and nutrient levels are highest when fresh, just picked or harvested. The longer food is stored and in transportation, the more nutrients it loses and the closer it is to being spoiled and unsafe to eat.

In March we are nearing the end of winter when root vegetables, whole grains and dried legumes and seeds were in season. As we approach spring, seasonal foods will include sprouts, green onions, leafy greens, rhubarb, asparagus and radishes just to name a few.

For me, garden to table means I pick it, wash it, prepare it and eat it within a short time of picking the food whenever possible.

Garden Planning

It is that time of year when you have scoured the seed catalogues, made your planting drawing, figured out how much of each vegetable or fruit to plant, so now what?

Focus on your soil health. The healthier your garden soil, the more nutrients will be available for your plants to use. Compost is your soil's best friend. It not only improves the structure or texture, it provides homes and food for the microbes, worms and insects. They in turn digest particles into molecules the plants can use, turn the soil and aerate the soil. Apply a 4 to 6 inch (100 to 150 mm) layer and turn under.

I have a rotating composter on one of my decks. Its black colour lets the sun help heat it up. I add material all year round. I also have a recycled plastic round bin and square bin that sit on the ground. Each has a door that the garden spade fits into making it easy to remove finished compost. Below are 3 types I use.



Nutrition Book Club Staying Healthy with Nutrition Session 2, Chapter 2

Monday March 19 at 7 pm, remember to fill out your question sheet.

**Be healthy 4 life,
Cathy Ferren RHN**

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