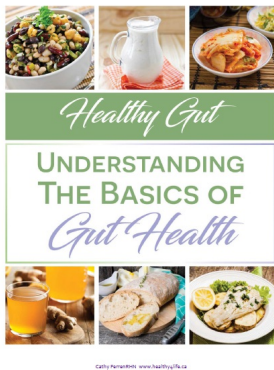


Healthy4life.ca Newsletter - January 2019

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



It's Not to Late For A Great Start To A New Year

Moving to a more whole foods diet can be the best gift to yourself this year. Reducing and eventually eliminating hydrogenated and other bad fats, refined grains like white flour products and refined sugar can increase your physical and mental health. A healthy gut or microbiome is key to good nutrition and a healthy immune system.

Join me for a 4 week webinar series on Understanding the Basics of Gut Health. For only \$25 + HST = \$28.25, you get four webinars and my ebook of the same title. Pre-registration is required. Payments can be etransfer, cash or cheque. Register by email prior to January 4th. Webinars are 4 Mondays January 7, 14, 21 and 28.

Vitamin B2 Riboflavin #2 in a series on B vitamins.

Riboflavin is a building block for 2 important coenzymes for energy production. It is also needed for cell respiration by helping cells use oxygen. It is used for vision problems, eye fatigue, cataracts, burning eyes, excess tearing, blurry vision caused by eye strain, addiction, digestion problems, leg cramps and migraines.

B2 deficiency can show up as ariboflavinosis. Riboflavin is stable to heat, acid and

oxidation but it is sensitive to light. It is not stored in the body.

Foods that contain B2 include almond, broccoli, nori seaweed, wild rice, cheese, green leafy vegetables like collards, spinach, asparagus, egg yolks, oily fish, legumes, animal milk, organ meats, poultry, soy, spinach, whole grains, yogurt, mushrooms, avocado and sunflower seeds.

Nutrition Book Club

In February, we will start a new book with an ebook this time titled Gluten-Free Sourdough Baking Techniques and Recipes to Give Your Gluten-Free Baking a Lift by Cultures for Health available free on their web site <https://www.culturesforhealth.com/> Email me at cathyferrenrhn@gmail.com to register for this free program with Join Nutrition Book Club in the subject line. One session Monday February 4, 2019.



Sleep! Is it really that important?

In a small study, losing just one night of sleep led to an increase in beta-amyloid, a protein in the brain associated with impaired brain function and Alzheimer's disease.

The results suggest that sleep deprivation may increase the risk for beta-amyloid build-up.

[Click here for article.](#)

Webinar Osteoporosis & Osteopenia

Monday February 18 at 7 pm by Zoom Join URL: [Click to Join Webinar](#)

Why Mental Work Makes You Overeat, and How Interval Training Can Help

Is your job and income tied directly to spending a lot of time sitting? Many of us make our living from mental work. It doesn't burn a lot of calories and cognitively demanding work seems to stimulate overeating. It's a double whammy as far as energy balance. [Check out this article to see how some high intensity interval training may help.](#)

Best Diets for 2019 - Medscape Article

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

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