

## Healthy4life.ca Newsletter - December 2018

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

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### Gluten-Free Dairy-Free Shortbread

Yield: 12 cookies

1/2 cup coconut flour

1/2 cup whole bean flour or brown rice flour

1/2 cup arrowroot flour

2/3 cup coconut oil (unsalted butter if you are not dairy free)

1/2 cup organic sugar

1/2 tsp organic, pure vanilla extract

1 large egg

1/4 tsp sea salt



Cream the coconut oil or butter and sugar until very smooth with no lumps. Beat the egg with a fork and add to bowl with the vanilla. Stir in the flours until completely mixed. Drop small balls of dough on a cookie sheet and press down with a fork. Bake at 325 degrees F for 20 minutes.

Variations: Add 1 cup of either dried cranberries, dried blueberries or dark dairy-free chocolate or carob chips.

These cookies freeze well but mine never last long enough to make it to the freezer.

## Foods to Help Lift Depression

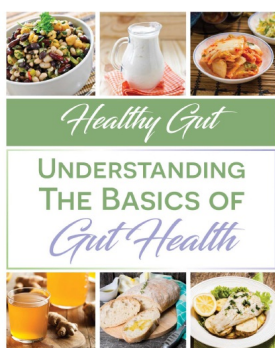
Brain chemicals known as neurotransmitters require various nutrients in our diet to be digested and absorbed efficiently. There is also the brain - gut connection where current research has shown that a healthy gut microbiome (the balance of good and bad bacteria) is important to brain health.

Neurotransmitters are made from amino acids. Enzymes in the brain transform the amino acids into neurotransmitters like serotonin, adrenaline and dopamine. The enzymes use intelligent nutrients such as vitamins, minerals and special amino acids. Serotonin is the happy or feel good neurotransmitter.

Foods that help boost serotonin include:

- complex carbohydrates to provide an even level of glucose to and in the brain (whole grains, vegetables, beans and lentils);
- smart fats (saturated and monounsaturated fat, cholesterol, Omega-3 (polyunsaturated) fat—especially EPA and DHA, Omega-6 (polyunsaturated) fat—especially GLA and AA) because 60% of the dry weight of the brain is fat, the omega 3 and 6 are found in flax seed, hemp hearts and pumpkin seeds; and
- phospholipids (choline from egg yolks and organ meats, DMAE from sardines and other oily fish).

There are hundreds of neurotransmitters in the brain and body as well as other substances like endorphins. To make adequate serotonin, your body needs adequate nutrients. Be sure to include fermented foods and beverages. Eating a balanced whole foods diet is your best approach to good brain health.



## A Great Start For The 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. Cost is **\$25+\$3.25 HST =**

**\$28.25** registration closes January 4th. **Early bird registration by December 15th \$20 + \$2.60 HST = \$22.60** You get four webinars and my ebook of the same title. Pre-registration is required. Payments can be etransfer, cash or cheque.

Registrations by surface mail must be received and processed by Jan 4th, by email prior to January 4th. *Webinars are 4 consecutive Mondays January 7, 14, 21 and*

28. Register now to avoid disappointment.

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

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