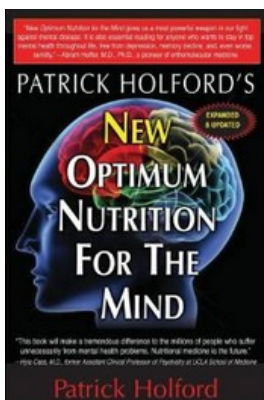


Healthy4life.ca Newsletter - February 2019

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

Nutrition Book Club

We have a new 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 cathyferrenrh@gmail.com to register for this free program with Join Nutrition Book Club in the subject line. One night only Monday February 4 at 7 pm. Join URL: <https://zoom.us/j/443627762>



Optimum Nutrition for the Mind by Patrick Holford ISBN 978-1-5912025-9-2 also available for Kindle and Kobo.

6 Monday nights February 25th to April 1st. Feb 25 Chapters 1-8; March 4 Chapters 9-12; March 11 Chapters 13-18; March 18 Chapters 19-26, March 25 Chapters 27-34; and April 1 Chapters 35-41.

You must register in advance for this free program:

<https://zoom.us/meeting/register/07bc3a564790978e7c24e00bf0acd2b8>

After registering, you will receive a confirmation email containing information about joining the meeting.

Osteoporosis & Osteopenia Webinar

Monday February 18 at 7 pm EST

You must register in advance for this free workshop.



<https://zoom.us/meeting/register/c6d80df9f74b88c4cde7dc3c8da9331e>

After registering, you will receive a confirmation email containing information about joining the meeting.

Foods For Bone Health

You can benefit when you reduce and/or eliminate acidifying, pro-inflammatory foods whenever possible. Pro-inflammatory food includes the bad fats, especially hydrogenated and partially hydrogenated fats; refined grains; refined sweeteners; caffeine; and sodium. Digestion and absorption of nutrients is greatly increased by healing your gastro-intestinal tract to restore your optimal digestion and absorption of nutrients. A healthy GI tract requires consuming probiotic foods and drinks to improve your microbiome, the balance of healthy and harmful gut bacteria.

Calcium rich foods:

Cow, goat, sheep dairy i.e. milk, kefir, yogurt, cheese; calcium fortified almond, rice and coconut beverages; calcium fortified orange juice; dry roasted almonds, dried apricots; beans - white, adzuki, pinto; lentils; canned salmon, sardines and anchovies; poppy seeds; sesame seeds; dark leafy greens - collards, kale, spinach, turnip & mustard greens, bok choy, dandelion; rhubarb; amaranth; figs and blackstrap molasses.

Your goal is to eat calcium rich foods in combination with magnesium and vitamin rich foods every day.

Attend the webinar to learn more about foods rich in magnesium and vitamins C, D and K for your bones.

Vitamin B3 Niacin #3 in a series on B vitamins.

Niacin is involved in over 50 vital body functions. It has 2 forms: nicotinic acid and niacinamide. It is resistant to heat, light, air, acid and alkali. It is soluble in both water and alcohol.

B3 deficiency can show up as pellagra. Niacin is readily absorbed from the small intestine and is stored in small amounts in the liver. Tryptophan is a precursor of niacin.

There are only small amounts of niacin in foods. Foods that contain B3 include liver and other organ meats, poultry, fish, peanuts, yeast, dried legumes, seeds, whole grains, avocado, dates, figs and prunes.

SAD - Seasonal Affective Disorder

The winter blues, a mild depression resulting from low serotonin, is caused by a lack of light according to research done by the Baker Heart Research Institute in Melbourne, Australia published in the Lancet. The amount of serotonin produced by your brain is directly related to the amount of daylight you are exposed to. The number of people with SAD is higher in those with bipolar disorder and depression than it is in the general population.



Light therapy is the main treatment and can be achieved with full spectrum light bulbs which have the same quality of light and spectrum as sunlight. Supplementing melatonin and exercise can also be beneficial.

A whole foods diet with complex carbohydrates, tryptophan (turkey breast), phenylalanine, B vitamins and omega 3 fats is helpful.

2019 Canada Food Guide

Finally, as Canadians, we have a version of the Canada Food Guide that is based on science and not the wishes of marketing boards.

The emphasis on: whole foods, fruits, vegetables, whole grains, vegetable protein and limiting highly processed foods, salt, sugar and saturated fats as well as drinking plenty of water; is a great step toward healthier guts, improved immunity and better digestion and absorption of nutrients.

It is no longer based on food groups and portions sizes. This is the first version of

the Canada Food Guide that I can endorse as a registered holistic nutritionist. Click on the article title or the picture to link to it's web site .

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

©2019 Ferren Consulting | PO Box 580 Ridgetown ON N0P 2C0 www.healthy4life.ca

[Web Version](#)

[Subscribe](#)

[Forward](#)

[Unsubscribe](#)

Powered by
GoDaddy Email Marketing®