



Healthy4life.ca Newsletter - March 2017

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

Hello, Friends!



Non GMO Logo on Foods

This logo will be prominently displayed on food packaging and/or signage for bulk foods if the food is verified as not being a genetically modified organism.

A practical example from my kitchen is that I only buy non GMO certified organic tofu where the product package displays both the non GMO logo and the organic logo applicable to the place/location the product comes from. There are a lot of fake logos so it is buyer beware. For this reason I am including some of the organic logos I see most often on foods I purchase below this article.



Nut and Seed Milks: Read the labels.

If you are new to non-dairy milks, the grocery shelves can look like a game show. Look for carrageenan free. Carrageenan is a thickening agent which has been proven to cause cancer in rats. Look for natural sweeteners if there are any sweeteners added to the milk. Best of all make your own. MSG is not always declared on the label. Check with the manufacturer if you have any question about a particular product. Look for certified organic. Note the difference in the nutrition facts label for flavoured and unflavoured products. Calorie counts can vary widely.

These are great alternatives for people allergic to the casein or lactose in cow dairy and are wonderful for vegetarians and vegans. I cook and bake with nut milks and my soups and bread pudding are still famous and in high demand.

If using **oat milk**, check that it is made in a gluten free facility.

Almond milk is made from soaked and ground almonds and water. Read the label to make sure there are no added sweeteners.

Hemp milk is made from soaked and ground, whole hemp seeds and water. Some have added maple syrup, brown rice syrup, agave, flax seeds, xanthan gum, vanilla and/or sea salt.

Quinoa milk is made from soaked, cooked quinoa and water with a pinch of sea salt.

Rice milk is made from either brown or white rice. Most is made from white rice. It has not been included in the recipes because it spikes blood sugar for many people.

Soy milk is made from either organic or intensive farmed soy beans. Always read the label and buy an organic one. Do not use soy milk if you have a condition or disease that is reactive to hormones as soy contains phytoestrogens. Examples would be breast cancer and lupus.

Recipe of the Month - Smoothies The Basics



Smoothies are this person's answer to the frustrations of cleaning many types of juicers!

Smoothies are as varied as your imagination.

The smoothies in my book do not contain any dairy products, rice products or gluten to help people with food sensitivities to also enjoy smoothies. There are no artificial sweeteners or preservatives. All ingredients were selected to be certified organic and sourced locally to the maximum extent possible.

Smoothies are any easy way to help you achieve the recommended 25 to 35 grams of fibre daily. They also provide plant based protein. Smoothies provide antioxidant substances like vitamins A, C and E, the mineral selenium, coenzyme Q10, glutathione, flavonoids, polyphenols and plant pigments such as chlorophyll and carotenoids.

Smoothies are a great source of minerals like calcium, iron, magnesium, manganese, potassium, selenium and zinc. Smoothies also provide vitamins A, B1, B2, B3, B5, B6, folate, C and K.

Raw fruits and vegetables, plant based fats like chia, flax, coconut and avocado, plant based proteins like chia seeds, almond milk, hemp hearts, hemp milk and quinoa milk are naturally alkalinizing to the body. This helps prevent mineral depletion and can have a significant anti-inflammatory effect.

The recipes in this book rely on natural sweeteners; the fruits, vegetables, nut and seed milks and unpasteurized honey. If you feel you must have more sweetness, try adding dried fruits or coconut sugar. You could also add peppermint, spearmint, lemon balm, borage flowers, nut butters or seed butters to help boost the sensation of sweetness.

Basic Green Smoothie

1 cup or 250 ml each of ice cold water, greens, fresh or frozen fruit. Blend. Makes 2 to 2-1/2 cups or 2 servings. For greens try romaine lettuce, spinach, chard, collard greens, kale or dandelion greens or try half parsley/half other greens. You can also use cold nut or seed milk instead of water.



Lupus Ontario Speakers Saturday April 22 Toronto ON
(<http://www.lupusontario.org/events.aspx>)



Health Canada link to Nutrient Value of Some Common Foods (NVSCF)

"Published by Health Canada, the Nutrient Value of Some Common Foods (NVSCF) booklet provides Canadians with a resource that lists 19 nutrients for 1000 of the most commonly consumed foods in Canada. The booklet has been available for many years with numerous updates and is a tremendous tool for dietitians and other health professionals in their work to help Canadians improve their health. However, it is important to note that while this booklet presents nutrient content information, it does not represent a resource intended to advise Canadians on what is a healthy diet."

Spiritual Health - Steps to Spiritual Journaling

Choose an image/sculpture/scripture/music/song/prayer. Look at and meditate on the image/sculpture/scripture or listen to and meditate on the music or song. What thoughts, feelings or words come into your mind?

How does this make you feel? Do you feel peaceful, angry, joyful, agitated, excited, sad, guilty, shameful, happy, lonely, loved, needed, included, excluded or something else?

What scriptures if any come to mind?

Write ONE word that best describes your reaction to this.

Over the next few weeks, pray for insight into what God or your higher power is revealing to you or teaching you with this image/music. Write about it in your spiritual journal.

Each newsletter will include an article on an aspect of spiritual health from different traditions.

Psychological Health - Relaxation Techniques

What is it all about?

Relaxation techniques can help you feel better physically, emotionally and spiritually! It involves all 3 parts of holistic nutrition body, mind and spirit.

Relaxation techniques are skills or things you do to help relax your mind and body. The goal could be many things; to reduce pain, to quiet racing thoughts, to lower anxiety, lift depression, to improve the quality or quantity of sleep, to reduce stress, to breathe deeply oxygenating your tissues, to improve digestion, constipation or diarrhea, to relax tight or contracted muscles or any number of physical or emotional strains on the body, mind or spirit. As with any skill, the more you practice, the quicker and deeper you will relax.

The techniques are as varied as your imagination. The basics will include different types of breathing, progressive muscle relaxation, autogenics, mindfulness, thought stopping techniques and creative imagery or guided visualization. To get the most benefit from these techniques, you will also be introduced to some easy ways to become more aware of your current symptoms, tightness, pain, thoughts and feelings.

Relaxation is something you have control over. The more you practice the various types, the more benefits you will get.

Your Relaxation Environment

Choose a place for your relaxation where you can shut out all disruptions, noises, phone calls, smells, pets and other people. This will be your own special place, just for yourself. If it is a room, you want to have a comfortable chair or bed and the ability to block out extra daylight with blinds or curtains. If it is a part of another room, isolate your relaxation space from the business of the rest of the household or office as much as possible.

Caution

“Also, bear in mind that some people, especially those with very serious psychological issues and a history of abuse, may experience feelings of emotional discomfort during some relaxation techniques. Although this is rare, if you experience emotional discomfort during relaxation techniques, stop what you're doing and consider talking to your doctor or mental health provider. “¹

¹ Mayo Clinic “Healthy Lifestyle Stress Management” Available:
<http://www.mayoclinic.org/healthy-living/stress-management/in-depth/relaxation-technique/art-20045368?pg=2>

Each newsletter will include a relaxation or stress management article one aspect of psychological health.

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

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