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# ALIVE FIT

FREE

Vol. 13 Issue 49 | SUMMER 2019

**ANTI-AGING  
FROM THE  
INSIDE OUT**

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**FOOL-PROOF  
VEGAN  
OMELETTE**

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**TRAVEL  
MUNCHIES**

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**GASSY?  
GET RELIEF**

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**PROSTATE  
CANCER  
RECOVERY**

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*Healing*

**HOPE FOR MS  
NATURALLY**

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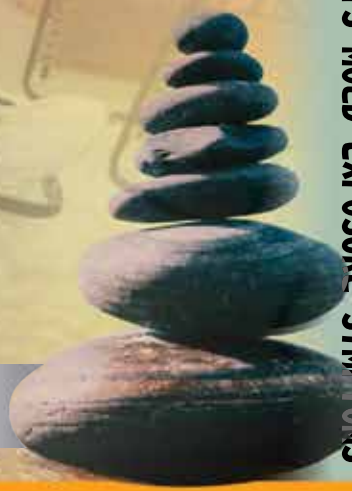
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# ALIVE+FIT

Vol. 13 Issue 49 | SUMMER 2019

National Nutrition.ca Awards  
2018 Winner Best Publication

## Contents

- |   |   |
|---|---|
| <b>5</b> SIMPLE LIVING<br>FOR A WHOLESOME LIFE              | <b>25</b> NUTRITIONAL SYMPTOMOLOGY<br>DO YOU NEED MORE VITAMIN D? |
| <b>6</b> ASK A NATUROPATH<br>ANTI-AGING FROM THE INSIDE OUT | <b>26</b> HEALTHWISE<br>WHAT'S IN THAT STUFF ANYWAY?              |
| <b>8</b> HEALING<br>HOPE FOR MS NATURALLY                   | <b>28</b> ASK A NUTRITIONIST<br>GASSY? GET RELIEF                 |
| <b>12</b> RIDICULOUSLY EASY<br>EGGLESS OMELETTE             | <b>30</b> PET SAFETY<br>WATER INTOXICATION                        |
| <b>14</b> RECIPES<br>PEACHES, SCONES A TASTY DUO            | <b>32</b> NORTHERN HERBIVORE<br>TRAVEL MUNCHIES                   |
| <b>16</b> HEALTHWISE<br>GRACEFUL AGING                      | <b>33</b> DIRECTORY<br>NATURAL HEALTH AND WELLNESS                |
| <b>24</b> HEALING<br>PROSTATE CANCER RECOVERY               | <b>34</b> HEALTH MATTERS<br>WEIGHT LOSS 101                       |

## Publisher's Message

This winter I watched someone I know lose his life to cancer. For months he was on daily a feeding tube formula (aka meal replacement drink) made with 'real food,' including corn syrup, canola oil, cellulose gum, artificial flavours... well, you get the picture. I showed him a healthier homemade alternative for the feeding tube, which would actually nourish his body. He agreed, but never followed through. Perhaps it's hard to see beyond a doctor-prescribed option which Health Canada covers the cost for.

It baffles me how highly intelligent people don't draw parallels between good nutrition and the healing of the body. Some of these meal replacement drinks have over 50 grams of sugar in a serving, and yet these very drinks are touted as being "specialized nutrition that supports the immune system."

Another person I know is currently undergoing chemo as a preventative measure for breast cancer, despite the lack of cancer cells after a lumpectomy. She wants "all her cells dead" then she can feel confident the cancer's gone.

There must be a better way.

And another person I know was prescribed 25 radiation treatments as prevention, despite the fact doctors confirmed they couldn't find any more cancer cells. She was going to go through with it, complete with a full Facebook friend cheering squad encouraging her like she was joining an elite club. That is, until someone private messaged her and said "What the heck? Prevention?" Sad that this person couldn't voice her opinion on facebook without fear of public outlash.

We can all be authors of our own actions. In this issue you'll discover how one man overcame his MS naturally,



along with another one who beat cancer by changing his environment.

Yours in health,

Sari Huhtala

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SK Publishing publishes Alive+Fit quarterly. It is released June, September, December and March. We welcome creative contributions. Find copies at your local health food store.

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# Simple Living

## FOR A WHOLESOME LIFE

By Sari Huhtala

Enjoy healthier living with back-to-basics ideas and do-it-yourself projects.

### COFFEE FOR CAMPERS

Need a java fix while camping? This easy peasy method of making the best coffee is sure to please any coffee connoisseur. Add cold water to a pot. Sprinkle coffee grounds on top (1 tbsp of coffee for each cup of water). Bring to a boil and once boiling remove from heat. Let sit for about five minutes to allow grounds to settle, then pour into cups. During winter months you can even let the cold water with grounds on top simmer on a woodstove to create coffee, rather than bring it to a boil. Then remove from hot heat to settle.

### TRAVEL TIMBITS

Don't let the kids, or yourself, get hangry during those hot summer road trips. Plan ahead and make traveling a breeze. To create yummy travel energizer "timbits" you only need a few ingredients: 1 cup pitted dates, 2 cups total of walnuts and almonds (for nut-free version use oats/sunflower seeds/pumpkin seeds), 3 tbsp almond butter (or sunflower seed butter), 3 tbsp cocoa powder and 2 tbsp maple syrup. Place all ingredients in food processor and blend well. Roll into balls. Apricot energy balls make a nice option too. Simply toss 1/2 cup of pitted apricots (I urge you to go organic for best nutrition, and they are unsulphured), 1/2 cup of pitted dates and one cup of walnuts (or oats) into a food processor and blend. Presto! Travel timbits for everyone!

### NATURAL WEED KILLER

Tired of digging up the weeds and grass that grow between patio stones? Save time and money, while avoiding toxic herbicides and solve it with salt. Head to the nearest dollar store and stock up on cheap table salt. Boil water and create a solution of approximately two cups of salt to four cups of water. Dissolve the salt and then pour onto weedy areas along patio stones. It's that easy.

### HERBAL BURN RELIEF

I received a nasty, large burn on my leg from a motorcycle exhaust pipe one summer and we had just headed out onto nature trails.

As we hiked the trails I grabbed myself some goldenrod leaves, and a wad of lichen off a rock. I chewed the goldenrod, while my friend watched in amusement, thinking I was just hungry and decided to eat the forest. Once the goldenrod was masticated, I spit it out into my hand, plopped myself on a riverbank, soaked the lichen in cold water, then placed the chewed up goldenrod on my burn, with the lichen compress. The burn stopped burning, and I was left scarless. Research edible goldenrod and lichen so you are familiar with it before trying it.



# ... ask a Naturopath

## Anti-aging from the inside out

By Dr. Ashley Nelson, ND, BSc

Aging is an inevitable and natural part of life, yet many of us seem to be on a never-ending search for the fountain of youth. From serums and creams, to procedures and surgeries, to new diets and supplements targeted to treat this truly life long “condition” of aging, there are no shortage of options. It is estimated that the anti-aging industry itself is expected to exceed \$271 billion by 2024.

With the growing interest in anti-aging strategies, there is an opportunity to learn more about what factors actually influence aging, which aging signs represent deeper issues, and why aging gracefully truly requires an inside-out approach for best results.

What ages us?

First things first, what makes us age? While there are many contributors, it is easiest to divide into two categories: external factors (factors outside of ourselves) and internal factors (factors within our own body).

External factors can largely be controlled and include things such as: UV exposure, smoking, diet, environmental pollutants, diet, stress, medications, alcohol, etc.

Internal factors are usually beyond our control and include: age, genetics and family history, hormones.

While the old-school way of thinking about aging put more emphasis on the internal factors like age and genetics (which takes away any control we have against aging), newer research is showing that while genetics “loads the gun” and may increase our chance of certain things, environment “pulls the trigger” and influences whether certain genes are turned on or off. This means that what we do in our day-to-day lives has a huge impact on both our appearance of

aging, but also how we age on the inside.

The biggest modifiable factors that we can change to slow the gas pedal of aging are smoking and UV damage. What we do on a daily basis matters – whether we’re inhaling toxins, or failing to protect our skin from radiation, we’re accelerating the process day by day.

While it may be hard to see the benefits of a basket of fruit and vegetables as comparable to that \$90 “anti-aging serum,” diet and nutrition play a huge

role on the health of our skin. A diet rich in antioxidants and nutrients helps provide our cells with the right fuels to grow, regenerate, repair and function. These nutrients also protect us and help neutralize damage from exposures to toxins and UV radiation.

There is actually a clinical tool called the “AGE reader” that measures the impact of certain foods on our skin and ultimately our health. These “AGEs” otherwise known as Advanced Glycation End-products, describe compounds that are formed with certain heating processes in many of our common foods. Foods processed in high heat tend to have higher AGE levels. These include: red meats, cheeses, butter, crackers, cookies, chips. Think processed, packaged foods. The heating process sets off a series of events in our skin that makes us literally age faster. But the significance goes beyond the aesthetics. Higher AGEs means faster aging skin, but also predicts health risks like cardiovascular disease. You can influence AGEs intake by choosing more fresh, whole foods, and also by the way you cook. Poaching, steaming, and boiling result in less AGE product compared to frying, grilling, roasting.

### Topicals and treatments

While what we do on the inside makes an important impact on how we appear on the outside, there’s certainly a role for topical products and agents to improve the health and look of the skin.

**UV Protection:** Most important of all, wear sun protection. As mentioned, UV damage is one of our biggest contributors to aging, and something we can control each and every day. After all, why invest in strategies to reduce your aging, if every day you’re allowing yourself to be exposed to something that’s reversing all of those well-intentioned efforts? Protecting the skin not only slows signs of aging, but also defends against the rising increase in skin cancers.

However, as with most things, there is a caveat. Most popular sunscreens on the market contain several chemicals that have an array of nasty impacts on our health – promoting cancer growth, disrupting our hormones, and potential for major skin reactions to name a few. There is a growing demand for chemical-free sunscreens to combat this. These are known as mineral-based sunscreens. The active ingredient in these products is zinc oxide, rather than the more harmful ingredients like oxybenzone, avobenzone, octinoxate, and octisalate. The Environmental Working Group is a great resource to learn about the effects of the chemicals in our cosmetic and self-care products. This site provides info on safe sunscreens. Check them out, or browse your go-to store for “mineral based, chemical free” sunscreens, typically within the 35-50 SPF range. While higher SPF numbers offer slightly more protection, a medium level with reapplication is what is most important.

**Hydration:** Keep your skin hydrated. In addition to drinking an abundance of water throughout the day, there are many topicals that can work well to keep your skin hydrated and wrinkle free. Whether you prefer oils such as morrocan, argan, or rose hips oils, a topical hyaluronic acid product, or a moisturizing lotion such as shea butter, hydrated >> [Continued on page 7](#)



Dr. Ashley Nelson practices in Barrie, ON. She combines Naturopathic Medicine with Natural Aesthetics to help people look and feel their best on a deeper level. To learn more, visit [www.ashleynelsonnd.com](http://www.ashleynelsonnd.com)

## >>Anti-aging from inside out

skin is happy skin. Time of year, climate, whether your skin is dry, oily, or combination, whether you're acne prone, and whether your skin is sensitive will play a role in which product works best for you. It may take a bit of trial and error, or advice from a more holistic skin care expert.

**Antioxidants:** Use of safe antioxidants which help not only protect against damage but reverse some damage in the skin is key. One of the most popular options is a good vitamin C serum. Rosehips oil also contains great antioxidants for the skin. Topical pycnogenol is another option gaining popularity. It's been shown to act as not only a strong antioxidant, but also reduce inflammation, and damage from UV exposure.

**Retinols:** (derived from vitamin A) are also very common in the topical anti-aging industry. While they do promote cell turnover and shedding of dead skin, they can photosensitize meaning they should only be used at night, and followed with protective sunscreen the next day. This is why there is some evidence to show they could promote skin cancer. Watch for and avoid sunscreen with retinol combinations for this purpose. If using, aim for short term with breaks in between use to minimize too much cell turnover potential. Alternative ways to promote healthy cell turnover include microdermabrasion, gentle exfoliants with enzymes like papaya and bromelain, which loosen the cells making them slough off easier. Gentle peels in the colder, darker months may be another option as well.

**Collagen:** This is another supplement and topical product that is gaining popularity in the anti-aging world. Here's what's important to know:

The type of collagen matters. Different peptide sequences have different targets in the body. If you're looking for a collagen for your joints versus your skin, you're going to want to pick a different type. Verisol is a patented sequence of peptides that stimulate the collagen in the skin specifically. It can be found in various topical and supplement formulas.

Other topical collagen stimulators include therapies like cosmetic acupuncture and microneedling. These tools create controlled "microdamage" in the skin, causing it to increase building blocks like collagen, meaning the skin appears younger and fuller. These work well when combined with topical hyaluronic acid which helps to plump the skin and providing building blocks for collagen growth.

Topical vitamins also play a direct role in collagen promotion. The top ones to consider are retinol (promotes collagen growth), vitamin C and E together (helps to produce collagen) and vitamin B3 (helps with cell regeneration). It goes without saying that if these vitamins have been shown to help the skin from the outside, consuming a diet rich in vitamins and nutrients will support our cells and aging from the inside too. After all, we don't just want to look younger, we want to feel younger too!

## Diet and Nutrition

As emphasized throughout this article, food is medicine. If you want to slow the signs of aging in your skin, and in your body – what you eat will play a big role. Here are a few of the best anti-aging foods:

**Fruits and vegetables are key.** Get some of each colour to get all the different pigment benefits. A few noteworthy

foods include: blueberries, carrots, spinach, pomegranate, red pepper etc.

**Healthy fats:** Avocado, nuts and seeds, eggs, olive oil, salmon are great examples of fats that reduce inflammation in the body.

**Green Tea:** This antioxidant rich herbal tea makes for a great anti-aging ritual. You can also apply tea bags topically to help reduce oxidative stress in the skin, and reduce swelling.

**Dark chocolate:** Don't worry, not all sugars are evil! Dark chocolate contains great antioxidants and flavanols which can actually protect us from sun damage. While reducing overall sugar intake is important, dark chocolate is a pleasant exception to this rule.

## Mind-body connection

While most people are at least aware of the impact of food on our health, less appreciated is the effect of our mind, not only our health, but on our aging process as well.

Stress, depression, fear, anxiety, amongst other "negative" emotions are associated with increased aging of the skin. This is largely due to the fact that these strong emotions and mindsets can produce inflammation in the body, throw off our cortisol and stress response rhythm, and disrupt our hormones to name a few. This means we age faster on the inside and the outside. What's worse is that these emotions often lead to other negative health behaviours like reliance on smoking or alcohol, opting for convenient/easy fast foods instead of balanced, nutritious meals, less time spent in nature, lack of positive physical activity like walking, yoga, and exercise, sleep interruption, and so on. These all further speed the aging process.

Addressing these for yourself should be an important part of your anti-aging routine. What works for different people varies, but can include anything from mindfulness, to positive affirmations, counselling, using natural remedies and approaches for healthy mood balance, increasing exercise, using relaxation tools/techniques. Whatever it is, what's important is that it leaves you feeling more at ease, and can be easily incorporated into your life not only when you're feeling the weight of the world on your shoulders, but into your everyday lifestyle.

This can be said for all the above as well. Maintaining an "anti-aging lifestyle" will far outweigh any quick-fix or expensive product or procedure available. It will allow you to feel as young as you'd like to look, and help promote your natural beauty too. An anti-aging lifestyle will truly allow for graceful aging from the inside-out.

*Candace Cormier*  
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# Hope for MS naturally

By Sari Huhtala

## Healing

Matthew Embry remembers well the day he and his family returned from the hospital following Embry's diagnosis with multiple sclerosis at the age of 19. It was the day his life would take a turn for the better, though he had not realized it at the time.

His mother had sat in quiet contemplation in the car, then turned to him and said, "It has something to do with diet."

Embry confesses his teenage years were overloaded with typical teenage unhealthy fare.

Though he was an athlete, his diet throughout high school consisted of "multiple colas a day, high dairy, high fat foods with huge amounts of Kraft Dinner," not to mention "enormous quantities of chocolate milk daily" – two litres a day to be precise.

Aside from occasional fatigue, he had been symptomless until that day in 1995, when, while kicking a ball on a soccer field his foot suddenly went numb, followed by nerve sensitivity, which quickly progressed into his chest. He was diagnosed with lesions on his brain and spine.

The prognosis with MS, considered to be an autoimmune disease of the central nervous system, is seldom good, Embry points out. Doctors had predicted by the age of 50 he would likely be walking with a cane. Medications, though few existed back then, were an option, but even the initial steroid treatment had undesirable side effects, says Embry, a Calgary, Alberta-based filmmaker.

He chose not to treat his MS with conventional

pharmaceuticals over the course of the last 24 years because he has "not seen any convincing scientific evidence that any drug has a notable effect on the long-term progression of MS."

His father, Dr. Ashton Embry, a research scientist, immediately following the diagnosis began researching for alternative solutions for his son. Through the research he created The Best Bet Diet for MS. Within six weeks Embry started an aggressive approach of dietary intervention – no dairy, no gluten, no refined sugars, no legumes, low fat – and he's never looked back. Although it took 18 months on the diet before symptoms began to subside, Embry says he recognized he only had two choices: change his diet or end up in a wheelchair in the long run.

"It gave me a sense of control," Embry recalls. "Every meal I was in control. I saw food as a drug with which I could nourish and change my body through good food."

Since then he has been an advocate of lifestyle and dietary change as an intervention of choice for those who want to change the course of MS.

"People need to understand the outcomes of this disease can be horrific. You have to be aware it's happening and if you don't fight it every day you'll progressively get worse."

Fighting it means doing the tough stuff – like having the willingness to make change happen. Purge the cupboards of all of the foods that potentially create an autoimmune reaction, and quit cold turkey, he urges.

"You gotta go all in.

>> Continued on page 9



## >> Hope for MS naturally

There are no cheat days. Every single day is a day for you to get healthier and better.

“What I do is not easy. When you are diagnosed it’s a wake up call to tell you that what you have been doing is not working. Don’t beat yourself up. Just choose a different path and make it part of your life.”

Become attuned to how your choices affect your overall mood and wellbeing, and build on the newfound awareness. If you eat a certain food, and it makes you tired, then perhaps you need to consider avoiding that food, he says.

Aside from slight nerve hypersensitivity in his early 20s, Embry has been MS symptom free, and hasn’t even returned to the MS clinic since his first visit in 1995, nor has he had tests to see if lesions have increased. If there were more lesions why would he need to be told by a doctor he is “progressively getting worse” when he feels like he is “progressively getting better?” he asks.

In so much as diet has played a significant part in keeping MS in remission, so too has physical fitness and spirituality, he says.

“Find a balance in exercise, diet and spirituality,” Embry says. “Your life gets easier if you are disciplined in those three areas. Your relationships get easier. The world around you starts to reflect the wellbeing you are.”

Passionate about living life to its fullest, Embry embraces each day rising in the early morning hours to head outdoors for a run, followed by weights and more fitness. Prayer and meditation are woven into his day, and reflection at day’s end.

“I try to do a lot of work on looking at the end of my day, reflecting on what I have learned spiritually each day.

>> Continued on page 10

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## 5 tips to manifesting your desires

- 1) Use your imagination. Describe in detail what it is you would LOVE.
- 2) Write it in the present tense. Write like it is already accomplished, and it was easy.
- 3) Put your name on it. Sign it. Your unique signature is like a fingerprint so that the Universe knows WHO is on the vibrational frequency of abundance and will send the resources to YOU!
- 4) Read it daily – twice daily if you can!
- 5) Ask yourself, on a regular basis, “What action can I take today, that would move me in the direction of my dream?”

As a DreamBuilder® Coach certified through the Life Mastery Institute, Stillman offers empowering workshops throughout Ontario, for businesses, organizations and individuals. DreamBuilder®’s 12-week vision-based program is suitable for every individual at any stage of your life for shifting your energy to having what you would LOVE. It can be used for any situation or challenge and in all domains of your life: health, careers, relationships and time & money freedom.

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Stillman says. “Contact me to see how we can organize a free workshop with your organization.”

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## >> Hope for MS naturally

“I try to tell people to be mindful of distractions in your life because there are a lot of things that will pull you out of reality and make you immobile.”

Living life on purpose, he created MShope.com to help people find hope for a drug-free path to healthy living through resources and strategies in diet, exercise and chronic cerebro-spinal venous insufficiency, or CCSVI.

Around 2010 Italian vascular surgeon, Paolo Zamboni, hypothesized that MS, which has long been considered an autoimmune disease, may have a vascular connection.

His research showed individuals with MS had restricted blood flow from the brain and spinal cord, which he named CCSVI. The research on the importance of blood flow for patients with MS still remains controversial in the medical community.

Embry traveled to Italy to meet with Zamboni and underwent CCSVI testing to see if there were restrictions in blood flow. Tests determined his left jugular vein was 100 per cent blocked and his right jugular vein was 50 per cent blocked. As a result, he underwent venoplasty, which helped reduce the experience of depression, brain fog and sleep disturbances, he says.

In 2017 Embry released his documentary Living Proof – a film that not only unveils the crippling politics of treating MS, but provides hope and inspiration to those who are confronting the disease. Visit [www.seelivingproof.com](http://www.seelivingproof.com) to view the trailer.

“MS is a flashpoint. It’s your health and your responsibility. It’s on you. The choices you make are the one’s that set the course for you. You are the one driving it. Every decision that you have a chance to get better – take it.”

For resources visit [www.direct-ms.org](http://www.direct-ms.org) and [www.mshope.com](http://www.mshope.com)



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# Helping anxious kids

By Raisa Weisspapir

What can I do to make my child feel better? This is the type of question I hear every day in my homeopathic practice. Learn to recognize anxiety. Toddlers may express anxiety through words like “My stomach hurts,” “Mommy I am going to miss you so much,” or “My head hurts.” Whereas infants may express anxiety by clinging to a parent, inconsolable crying or disturbed sleep.

## Helpful tips for parents


1. Encourage your child to talk about worries. Explain it's okay to feel worried sometimes. If you tell your child not to worry, he may think he is doing something wrong to feel anxious.

2. Redirect child's attention. Do something together, like playing a game or reading.
3. Listen actively. Allow your child to feel comfortable to speak openly, do not interrupt their story and show genuine attention.
4. Stick to routines. Sticking to regular daytime and bedtime routines will help them feel more secure. Make sure they are getting enough sleep.
5. Encourage nutritious food choices.
6. Be mindful of TV shows a child is exposed to.
7. Avoid overscheduling, which can lead to stress.

Raisa Weisspapir is a Registered Homeopath with a practice in Toronto.  
[www.homeopathytoronto.com](http://www.homeopathytoronto.com)

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“This YTT program helps to instill incredible life tools that support skilful living, personal growth and create a deep transformation within the students attending the program,” Maggie says.

Maggie's teaching style integrates education of functional movement practices along with mindful awareness and connection that can be integrated into daily living.

For years Maggie mentored under Katie Brauer, creator of The Yoga Professional® 200-hr Yoga Teacher Training Certification. This experience equipped her with the knowledge and tools to live life with a heightened sense of awareness, curiosity and responsiveness. Those gifts and tools are woven throughout the YTT program.

“It's not just about teaching yoga poses – it's about what you discover about yourself



and your life through the experience of being engaged in social conversation, education and disciplined practices.”

“This YTT program is intelligently designed to equip students with a solid foundation to lead a multi-dimensional yoga class experience that is safe, supportive and empowering to others.” Maggie says.

The program is open to anyone over the age of 17. Fall registration is now underway for the YTT program.

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## Continuing Education

Professional development for all yoga teachers is offered through a 2-day intensive course format designed to cultivate tools

to enhance one's skillset in leading an experiential yoga class. The Expand Your Teaching Skills Course focuses on bringing awareness to language patterns, exploring intelligent sequencing and learning how to connect to the hearts of your students.

“Integration of dynamic language when teaching helps support and empower students. Exploration of individual language patterns supports yoga teachers to select clear, precise and intelligent verbal guidelines within each pose. This approach creates a positive experience for students and helps them cultivate a deeper sense of embodiment throughout their yoga practice.”

For more information about the Expand Your Teaching Skills Course or for upcoming dates in your area connect with Maggie at [maggie@maggiethomasit.com](mailto:maggie@maggiethomasit.com).

Both the Continuing Education Course and Yoga Teacher Training Programs are Yoga Alliance registered.

Looking to host a Yoga Teacher Training program or a Continuing Education Program in your studio? Contact Maggie Thomas at 705-923-7723 or by email for more info.



# RIDICULOUSLY EASY

## \*\*\*\*\* Eggless omelette

By Sari Huhtala



know an eggless omelette must sound absurd to some people, and one might even ask why go eggless unless you are vegan, but stepping outside of the egg-and-toast breakfast may be just what your body is craving, healthwise, that is.

Omega-6 fatty acids found in eggs can contribute to inflammation. The yolks also contain arachidonic acid, and produce prostaglandins, which may trigger inflammation in the body, according to an online study through the National Institutes of Health.

Not only can eggs be inflammatory for some individuals - eggs also feed viruses, making them more aggressive, according to Medical Medium Anthony William.

William advises steering clear of eggs if one has an autoimmune condition.

Instead of eggs, try chickpea flour. It literally only takes 30 seconds to create the batter for the egg.

### CHICKPEA FLOUR POWER

Chickpea flour packs a potent punch nutritionally compared to eggs. One hundred grams of eggs has only 13 grams of protein, while 100 grams of chickpea flour has 22 grams of protein, and 41 per cent of daily magnesium and 27 per cent of daily iron needs compared to only two per cent of magnesium and six per cent of daily iron recommendations in eggs.

Serve up this omelette for breakfast, lunch or dinner. It's great hot or cold, and what's more, it also makes great camping/backpacking food fare since it doesn't spoil and is easy to make.

Consider dehydrating veggies for camping.

- 1/2 tsp salt
- Herbs and spices as desired
- Veggies of choice
- 1 tbsp of olive oil for frying

Preheat oven to 400 degrees F. Mix chickpea flour, salt, seasoning of choice (oregano, basil, marjoram add a nice flavour to the 'egg' but feel free to experiment with whatever spices you like) in a bowl. Add water and stir until smooth. Add olive oil and mix well. Set aside. Chop veggies of choice - onions, mushrooms, red and green peppers, and finely diced carrots, along with chopped spinach or arugula make a great omelette combo.

Lightly pan fry veggies in a cast iron pan (or any oven-proof frying pan) in olive oil till tender. Drizzle a touch more olive oil into pan then pour the chickpea flour batter on top, carefully spreading it across the veggies, but not stirring the veggies into the 'egg.'

Pan fry for about 10 minutes on medium low, then transfer into oven for about 20 minutes or until lightly golden. Remove from oven, cover and let sit for five minutes, then place plate over pan and flip onto plate to serve.

### EGGLESS OMELETTE

- 1 cup of chickpea flour
- 1 cup of water
- 1/4 cup olive oil

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## Fool-proof crumble

By Sari Huhtala

Whether you have a surplus of rhubarb in your backyard, or got carried away blueberry picking, this crumble recipe is versatile and just about as easy as it gets. It was a go-to breakfast idea for the kids, and it doubled as a healthy dessert too.

### FRUIT CRUMBLE

- 1/2 cup spelt flour or gluten-free flour of choice
- 1 cup oats
- 2 tbsp coconut sugar
- 1/2 tsp cinnamon

- 2 tbsp melted coconut oil, or grapeseed/sunflower oil
- 2 cups fruit (peaches, apples, berries or rhubarb)

Preheat oven to 350 degrees F. Grease an 8X8-inch pan with coconut oil. Pour fruits of choice into pan. Mixed berries are nice too. If using rhubarb be sure to stir a couple of tablespoons of coconut sugar in the fruit to reduce tartness. Apples work well too. In a bowl combine rest of ingredients to a crumble and spread on top of fruit. Bake about 20 minutes.

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# Peaches, scones a tasty duo

By Kathy Smart, RNC

Photos by Gord Weber

## PEACH SHORTCAKE ON A DECADENT MAPLE SCONE

I love peaches! I love the smell, the texture and the taste. The only thing better than peaches all on their own? Peach shortcake! I had personally never tried peach shortcake until my mother-in-law made this at the family cottage about 12 years ago. And when I did, I fell in love. Bring on the peaches, baby. Combine fresh peaches with a scone recipe (thank you England for that fantastic invention) and ta-DA! It's the perfect shortcake duo.

- 10 peaches, sliced very thin, skins removed (to easily remove the skin of peaches, immerse peaches in boiling water, then remove the skins.)
- 2 tablespoons of pure honey or maple syrup
- ½ teaspoon of vanilla extract
- Pinch of sea salt
- Juice of 3 limes

Add all of the above in a bowl and allow to marinate. (max. 1 hour at room temperature)

### Ingredients for Pecan Maple Date Scones

- 1/2 cup ground pecans
- 2 cups ground almonds
- 1/2 cup pecan halves
- 1/2 cup raisins or chopped dates
- 1/2 teaspoon each of sea salt, baking soda
- 1/3 cup of melted coconut oil
- 1/3 cup of maple syrup
- 2 eggs

Preheat the oven to 350 degrees F.

Pre-grease a baking sheet.

In a large bowl combine all the dry ingredients.

In a large bowl whisk together all wet ingredients.

Fold dry ingredients into wet by the 1/2 cup and blend.

Drop the batter by two tablespoons two inches apart onto prepared baking sheets.

Bake for 12 to 17 minutes and enjoy heaven!

Let the scones cool down before serving. Ideally you will serve them while they are still warm, but you can reheat them too.

Cut the scones in half, and layer the marinated peaches on top of them.

I love to add dairy free cashew ice cream and allow the ice cream to drip all over the peaches and then soak into the scone. Enjoy every decadent bite and with each mouthful know that your tastebuds are all in! OR you can also make Coconut Whipped Coconut Milk Cream.

## WHIPPED COCONUT MILK CREAM

Makes 2 cups

Step 1: Buy a can of full fat coconut milk.

Step 2: Place it in the fridge overnight.

Step 3: Open the can without shaking it or turning upside down.

Step 4: Carefully spoon out the top layer of opaque white stuff that has gathered at the top of the can. Spoon into a mixing bowl. You will be left with about 1/2 cup of white syrupy looking translucent liquid. Leave this in the can and save to add to a soup or a dessert.

Step 5: Add two tablespoons of pure maple syrup and one teaspoon of vanilla extract

Step 6: Whip the coconut milk with a hand beater or hand mixer starting on low speed and work up to high speed. Make sure you do an up and down motion with your hand to allow air to make the coconut cream as fluffy as possible. Done!

Add to coffee, pie or anything else that requires whipped cream.



## WHITE TEA GRAPE POPSICLES

The weather is hot, and we all want a quick way to cool off. Why not combine the antioxidant properties of white or green tea into easy-to-make frozen treat. These popsicles aren't overly sweet so add pure maple syrup if you have a sweet tooth. Makes 1 serving.

- 2 cups of brewed white or green tea, cooled
- 1 tablespoon of pure maple syrup
- 1 cup of mixed blackberries, blueberries and red grapes ( or just choose one of the above)
- One fresh banana
- 1/2 cup of Greek yogurt ( vanilla)

Add all of the above (when the tea is cooled) to a blender. Pour into popsicle moulds and freeze. Ta- Da!



Original recipes created by Holistic Nutritionist of the Year and CEO of Live The Smart Way™ and Live The Smart Way Expo Experience, Kathy Smart.

Kathy is a best-selling author, author of Live the Smart Way: Gluten Free Cookbook, Huffington Post Writer, TV Personality, Fitness Presenter of the Year for Canada, Founder of Live The Smart Way™

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# Graceful aging rooted in prevention

By Mercedes Kay Gold, CNP, CPT



the potential to create dangerous situations in the body.

There is a natural cycle of life, but limiting certain factors may be the key to longevity. Genes create the basis of health. Good, bad or indifferent we can't change our DNA, but the environment you live in and the lifestyle choices you make every day play a powerful role in the outcome. Daily decisions are linked to what makes us sick and how we heal. Without a doubt, we have some control over our own aging process. Nature plays a part, but how we choose to nurture our self appears to be just as important. Being mindful means supporting our body, mind and spirit, helping create a state of balance referred to as homeostasis. Understanding the choices we make impact how cells age and the role free radicals potentially play in speeding up the aging process may be the nudge needed to nurture cells. Aging gracefully means making conscious choices, showing love to yourself inside and out. Every person has a weak link in their chain, but choosing all things healthy or holistic is always your best bet.

Healthy living equals healthy aging and in this case, "aging gracefully."

Every house starts with a solid foundation and so must we for optimal health. First and foremost, food is a top priority. As the number of years we live increases, there is a need for fewer calories but a larger requirement for nutrient-dense foods. Choosing a plant-based diet high in both soluble and insoluble fibre is key. The pantry should be packed with loads of legumes and ancient grains. Fill the fridge with a rainbow of fruits and vegetables. Avocados, raw nuts and seeds are a staple, adding healthy fats to round out body boosting food fare. It's luckily becoming the norm to finally run from menu planning centered around fried and sugary foods. A highly processed refined diet full of white sugar, flour and rice is acidic and should be avoided at all costs. It's also important to remember to keep meat, dairy and eggs to a minimum.

Sugar is without a doubt enemy number one. When there's too much sugar in the body, protein molecules have the ability to link up with sugar molecules, creating AGEs, or advanced glycation end products. Our body doesn't recognize the AGEs as normal, leading to the immune system triggering an inflammatory reaction in the skin. The result is accelerated aging. Say no to sugar.

You can supply the body an adequate amount of protein on a plant-based menu. The addition of organic edamame, tofu or its fermented friend tempeh are a tasty way to pump up the protein.

Alkalinity is all the rage and for good reason. Nature's bounty of freshness fights free radicals while at the same time nourishing cells. Antioxidants are the body's best defense, or front line warriors in the fight against aging.

>> Continued on page 17

Healthwise

The definition of "aging gracefully" greatly varies depending on who is asked. For some, aging is directly linked to outward appearance. Too many people associate wrinkles and frailty with being old, while others see aging as simply a number linked to candles on a birthday cake. Whether you choose to call a plastic surgeon, stock up on superfoods or exercise, the simple fact remains, aging is inevitable.

It all starts with our cells. They divide a set number of times before they die and are replaced. Unfortunately, as we age, this process slows down significantly. Every year cells become a little less able to do the essential jobs as well as they did when they were young. The tell-tale signs slowly start appearing one by one. Hair goes grey, skin wrinkles, joints ache, muscles lose flexibility and begin to atrophy, bones weaken, memory declines, eyesight diminishes and immunity is impaired.

Every part of us is made up of cells. They have the power to keep us alive, but at the same time



## >> Graceful aging rooted in prevention

Antioxidants are natural substances giving produce their vibrant colors. Two vitamins in particular stand out as essential antioxidants. Vitamin C and E fight off free-radicals, the unstable oxygen molecules trying to take particles from healthy cells. These two antioxidants are critical for fighting inflammation and preventing cell damage. Vitamin E protects the fatty membranes surrounding cells and improves immunity. Vitamin E also plays a part in protecting against heart disease and may delay or prevent cataracts.

Start a morning breakfast ritual by adding two tablespoons of wheat germ to smoothies, oatmeal or yogurt. Get into the groove with a simple spinach summer salad topped with avocado and sprinkled with sunflower seeds. Steam or grill asparagus and brussel sprouts for barbecue summertime sizzle. Don't forget avocado oil can take the heat!

Vitamin C is probably the best known nutritional supplement on the market so it comes as no surprise it's once again included as a health-enhancing nutrient. Vitamin C is active throughout the body, enhancing immunity. It's nature's cure for the common cold, minimizing symptoms and shortening the duration of the sniffles. Vitamin C offers some protection against cancer and heart disease, as well as preventing cataracts. Today this water-soluble vitamin stands out as a top-notch antioxidant, fighting free-radicals. It's important to note vitamin C also helps recycle other antioxidants, proving it's a keeper for our "aging gracefully" plan. Keep an eye out for bleeding gums, a tell-tale sign for a need to increase berries, citrus, kiwi, broccoli and peppers.

While we are praising vitamin C, it's significant to mention its connection to skin. The outside of your body is a reflection of what's going on inside. Our skin is our largest organ, acting like armor. Wrinkles are an outward highly visible result of what's going on within our cells. Skin aging is a result of the destruction of collagen. Yes, all the years sunbathing without protection accelerated wrinkles by breaking down collagen and making skin less elastic. Smoking and vaping is another health nightmare.

A diet high in vitamin C helps support collagen in the body. Beautiful, plump wrinkle-free skin depends on the healthy production of collagen. Shiny vibrant hair may be made from keratin, but it's also dependent on ample amounts of collagen and let's not forget it's link to strong nails.

Increasing vitamin C bolsters collagen production. Zinc and selenium are two marvelous minerals with collagen-enhancing capabilities.

On the topic of collagen, let's not forget bone broth offers an old fashioned gut-healing, joint supporting bowl of goodness for those willing to slow simmer organic grass-fed bones. Another option can be found in your local supplement store. One tablespoon of either marine or bovine collagen added to water or a smoothie will also support healthy hair, skin and nails.

Brazil nuts are portable powerhouses packed with both minerals. Next up, it's imperative to incorporate an all-important daily dose of bioflavonoids - fruits and vegetables with a high concentration of red, blue, purple and black colour, which increases collagen production in the body.

Stress is a part of everyday life, but the prolonged release

of the stress hormone cortisol impacts the body negatively. Increased inflammation, reduction in collagen production, diminished digestion and sleep issues are all key reasons to deal with drama. Learning ways to cope with riding the rollercoaster of life is one of the best ways to look and feel timeless. Nothing beats stress like sleeping in a dark, cool room without any devices for a solid seven hours, helping our body slow down and heal. It's life-changing. Rest, repair, revitalize and rejuvenate.

The key to "aging gracefully" may be rooted in prevention. A strong immune system is your best defense. We are learning more and more about the connection between a healthy colon, digestive system and how the foods we eat impact our overall health. There's tons of talk about the gut-brain connection. Bloating, cramping, diarrhea, constipation or other digestive upsets may be linked to stress, medications or the standard american diet, but a few minor changes can improve your overall well-being.

It's a great idea to supplement with a probiotic from the health store or incorporate sauerkraut, kimchi, kombucha and kefir into recipes. A healthy daily diet automatically includes prebiotics when fruits, vegetables and complex carbohydrates are served. Loving yourself means supporting your microbial friends.

"Aging gracefully" is about joining pieces of a puzzle, in an attempt to enter the twilight years healthy and happy inside and out. Exercise is so often overlooked. It's never too late to become active. Being active is the easiest way to boost your mood, keep weight in check and support every system. Consistent fitness can reverse muscle loss and when combined with nutrition, specifically protein at every meal, the body repairs and builds new muscle, helping offset bone loss. Physical activity also helps maintain agility, flexibility and mental ability. An active lifestyle also equals independence, a very real part of, "Aging gracefully".

Living wholistically means making healthy choices at every decade. Supporting our body inside and out by altering our lifestyle impacts our quality of life today. Turn up the volume on life and worry less about the definition of "aging gracefully" and simply invent your own!

*Mercedes Kay Gold is a Certified Holistic Practitioner and Certified Mobile Trainer living and working in Toronto. Her writing has been featured in various publications and has appeared on Daytime with Jacqueline Bletterton. She spends her spare time blogging all things healthy and enjoying time her sons. Mercedeskaygold.com*



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# Ashwagandha

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30 Years Healthy





# Ashwagandha: Essential in your parental toolbox for managing stress

By Caitlin Rivett-Carnac

## Finding Balance in Your Life as a Mom

Being woken up at whatever moment in the night, constantly being told “I’m hungry,” running kids from one activity to the next, taking care of laundry and meals... this is life as a mom. It is easy for stress to creep in. As a mom, it is important to engage in a bit of self-care along the way. Often, when we think of self-care, our minds turn to things like going out for an afternoon of shopping or treating ourselves to a specialty coffee or a manicure.

While all these things are good and helpful, self-care needs to be a part of our daily routine. We can achieve this by making healthy choices for ourselves through eating nutritious food, exercising, and getting adequate sleep. These choices may not be as much fun as taking time away from the family, but this is where self-care starts. As a mom of three little ones, prioritizing this type of self-care can really make a difference to how I feel and interact with my kids. Another avenue towards self-care is taking the right herbal products to keep your body and energy as balanced as possible.

## Adaptogens – Aid Towards a Life of Balance

Herbs are powerful and wide-ranging in their impact, helping us to live our best. There are specific herbs called adaptogens, “adaptogen” being a term that was coined by Russian scientists to describe certain powerful plant remedies. Adaptogens are metabolic regulators that help the body adapt to physical, environmental, and psychological stressors, making it easier for your body to be in balance. For many decades, elite athletes in Russia, Germany and China have used adaptogen herbs as training aids. These herbs can, for example, significantly shorten recovery times between workouts, enabling athletes to train harder, longer and

more intensely with fewer repercussions. And they’re exactly what a mom might need—not just athletes!

## Ashwagandha – One Herb, Many Benefits!

Among the adaptogens, ashwagandha stands out as unique. It is a marvelously effective herb on many levels. Used for many centuries in Ayurvedic medicine, the traditional medical system of India, ashwagandha has been described as nature's wonder herb.

A relatively recent placebo-controlled clinical trial of ashwagandha that examined 64 patients with a history of chronic stress found that the treatment group showed significant reduction of stress scores relative to the placebo group. As well, ashwagandha is a

compelling alternative for dealing with anxiety, which often accompanies stress.

A systematic review of five human clinical trials that tested ashwagandha as a treatment for anxiety and stress found an improvement in symptoms as compared to placebo and cognitive-behavioral therapy, for example. Stress has been linked to obesity, because it elevates hormones like cortisol. This leads in turn to problems such as increased food intake, resulting in weight gain and metabolic syndrome. A further trial suggests that ashwagandha can be used for body weight management in adults under chronic stress.

It’s not surprising either that among the many impressive strengths of this wonder herb are its potent tonic effects on sexual function and fertility in both men and women. Also, it has remarkable neuro-regenerative properties, helping preserve the health of the aging brain and nurture the nervous system. Beyond this, for example, it has anti-inflammatory properties for arthritic and rheumatic conditions. Vitality, energy, endurance, stamina, athletic performance, enhanced immune function, and a general feeling of well-being—it’s all part of ashwagandha’s many-faceted effectiveness. One herb, many benefits, not least for the stressed-out mom who wants to preserve her strength and her sanity!



References available. Please contact: [info@stfrancisherbfarm.com](mailto:info@stfrancisherbfarm.com)



# Quick kefir

By Rachel Thoo

In recent years, there has been a strong interest in beneficial fermented foods with natural occurring probiotics, such as milk kefir. Store bought milk kefir is usually pasteurized with most of the beneficial microbes destroyed during the process. This is to ensure uniformity and shelf life, but it also limits their good bacteria to a minimum amount. Traditionally homemade milk kefir contains billions of CFU (colony forming units), a spectrum of beneficial microbes, which is the whole point of eating probiotic foods. Do you have three to five minutes in a day? That is how long it would take to make milk kefir. Why not make your own? It is easy, and cost effective.

## What is Milk Kefir?

Milk Kefir is a drinkable fermented milk product with a slightly tart taste much like yogurt, and a creamy consistency. There are far more strains of microorganisms in kefir than that of yogurt, making it an excellent source of probiotics. It is pronounced 'KAH – FEAR'.

Milk kefir grains are a living organic culture made up of proteins, sugars, and fats. It is composed of living colonies of various yeasts and bacteria existing in a microbial symbiotic matrix. These microorganisms ferment the lactose in the milk over the course of a day, resulting in a tart and effervescent drink beneficial for its probiotic qualities and gut health.

Traditional milk kefir is produced by inoculating milk with kefir starter culture called grains and fermented over time.

The grains range in colour from pure white to yellowish white. White is the acceptable colour of healthy grains. Yellowish white is the outcome of leaving the grains in the same milk during fermentation for longer than the optimal 24-hour period.

They may grow from the size of a rice grain to as large a clump as a cauliflower floret. After successive fermentations, kefir grains can divide into a new generation

of grains, which have the same characteristics as the old ones. In short, they make babies and multiply when healthy!

Traditionally, milk kefir is made using cow, ewe, goat, or buffalo milk. Raw – unpasteurized whole fat milk has been used with kefir where milk kefir originated somewhere in the Caucasus and Persia. These days, you have the choice of raw, pasteurized, organic or non-organic, full fat, reduced fat, homogenized or a mixture of such milk treatments. You can even use cream.

Cow milk will produce a thick, smooth milk kefir, whereas goat milk will create a thinner finish. Sheep and buffalo milk is sweeter and contains more protein, resulting in a thicker, and creamier milk kefir. I highly recommend you use organic full-fat whole milk. The only kind of milk not recommended for milk kefir is ultra-high temperature treatment (UHT) milk.

However, animal milk might be scarce, expensive, or not consumed due to dietary constraints, preferences, or religious customs. In this case, soy, coconut or almond 'milk' can be used in place of animal milk. If you choose to use non-animal milk, note that it is important you put kefir grains in animal milk every few days for a period of 24 hours. This process allows the grains to feed and rejuvenate. You may rinse it with a non-dairy 'milk' if you prefer not to consume the slightest bit of dairy. Do not rinse your milk kefir grains in water.

## MILK KEFIR RECIPE

### Ingredients

1 tsp/5 ml of milk kefir grain per cup/240 ml of milk OR  
1 tbsp/15 ml of milk kefir grains per 1 quart/1 litre of milk

\* The ratio for grains to milk depends on the temperature of the room, the amount of time you would like it to ferment, etc. More grains mean less fermentation time. A warm room will also ferment the milk kefir quicker.

>> Continued on page 21



## >> Quick homemade kefir

### Supplies needed

- A fine non-corrosive/non-reactive mesh strainer (plastic, nylon, or high-grade stainless steel)
- A non-corrosive/non-reactive stirring spoon
- A glass jar or ceramic crockery
- A non-corrosive/non-reactive lid, breathable cloth or paper towel/coffee filter. Do not use an open weave cloth such as cheesecloth at the risk of fruit flies, etc. infiltrating through
- A rubber band if using cloth or paper towel/coffee filter

### Instructions

1. Place milk kefir grains into an appropriate size container for the amount of milk chosen.
2. Pour in milk over the kefir grains.
3. Cover the jar with a lid, breathable cloth or paper towel/coffee filter. Secure with lid or rubber band.
4. Place the jar in room temperature (away from other ferments if you happen to be fermenting other foods). Allow to stand for 12 to 24 hours. The more grains, the faster it will ferment.
5. After 24 hours, stir the kefir. It will be thick. There may also be separation of whey from the milk kefir. This is normal. Using a fine strainer, strain the kefir to separate the grains from the milk kefir into a bowl, pitcher, or jar. The finer the strainer you used, the creamier the milk kefir will be.
6. Repeat 1 to 5.
7. Store the finished kefir in the refrigerator if not consumed immediately.

Milk kefir is versatile. You can use it in place of yogurt in most recipes. You can make lassi, dips, ice-cream, labneh, etc.

### Milk kefir hotel

Milk kefir grains can be stored in a “hotel” for a period of time when you are taking a break, or if you have too many grains. With a hotel, you are ensured a backup of milk kefir grains if anything should happen to your ferment. To keep extra grains, simply add enough milk to cover them; let the grains ferment for an hour or two, and then transfer the jar to the fridge. I like to refresh my hotel milk kefir grains every four to seven days.

When you need a break of two to three weeks, add two to four cups of milk depending on how long your break period is. Let it sit for an hour at room temperature to get a head start on their feeding, then refrigerate. Grains need to be actively culturing for at least a month before putting them away to “sleep” in a hotel. It may take a couple of tries to “wake” them up when you resume your daily milk kefir fermentation with fresh milk.

You can also follow along with my instructional video here:

<https://www.youtube.com/watch?v=VKoQEkEno2E>

Milk kefir grains are available to purchase:

[http://www.homemadewithrachel.ca/store/p30/Live\\_Organic\\_Milk\\_Kefir\\_Grains.html](http://www.homemadewithrachel.ca/store/p30/Live_Organic_Milk_Kefir_Grains.html)

*Rachel conducts gardening, culinary and fermenting workshops/retreats at her home on 100 acres in Northern Ontario, Canada, where she lives in creative harmony with nature. Email [rachel@homemadewithrachel.ca](mailto:rachel@homemadewithrachel.ca)*

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# Healthy longevity

by Darwin Marquardt



In the previous two issues of *Alive and Fit* I provided an intro to the Master Cleanse and my detox fasting and cleansing experience. This third installment explains the why, what and how I safely end this fasting experience. Following this regime ensures I get back to my normal daily eating and nutritional activities without internal digestive and elimination discomfort or issues. The Master Cleanse from *The Master Cleanser* book by Stanley Burroughs has become a safe fasting experience that I look forward to doing, and then, look forward to ending.

## Here's my routine for ending my fasting experience:

On day 10 of my cleanse, I go shopping for a few dozen oranges and a variety of fresh vegetables for my vegetable soup. This soup is key to me safely coming off my fast. I purchase organic, non-GMO produce, locally, whenever I can. Day one of ending the Master Cleanse begins after the tenth day of my fast.

Day One: In the morning of day one, I prepare three or four cups of fresh squeezed orange juice and drink them slowly

throughout the morning and afternoon, along with plenty of fresh water. I also prepare and drink one to two cups of my 'Senna' herbal tea, which is a mild laxative tea. I usually stop my intake of all liquids a couple of hours before going to bed.

Day Two: In the early morning of Day Two, I do a final 'Sea Salt' colon bath (The Master Cleanser PDF, page 21) that allows for a gentle end-of-fast colon cleanse. I've found that this ensures 'elimination regularity' when ending the fast.

During the morning of day two, I prepare and slowly drink three to four more glasses of fresh squeezed orange juice, with plenty of water again, up to evening mealtime. I continue to drink as many glasses of juice and water as I want, slowly, as this begins to prepare my digestive system for normal eating.

During day two, I prepare my vegetable soup, which I eat in the evening and again on day three. This is the final step to coming off the fast and preparing to eat normally.

I start by chopping up the fresh, hopefully organic, vegetables I purchased the previous day. I fill my slow cooker with veggies, spices and cold water, then turn it on low for the next four to six hours. I stir and taste the soup every hour or so until it's cooked to my taste and the vegetables are not overcooked and mushy.

My choice of vegetables and spices varies considerably every time I prepare my soup.

I normally begin with an inch of chopped red and green salad onions, plus a half a dozen finely chopped garlic cloves. Then I add finely chopped potatoes, carrots, turnips, parsnips, squash, green, red, yellow and orange peppers and any other vegetable I enjoy eating. The more variety and colors used in my soup the better it seems to turn out for me.

I also add a variety of spices and condiments to the veggies as I'm filling the slow cooker. I enjoy using basil, parsley, oregano, mint, chives, cilantro, dill, lavender, fennel, thyme, sea kelp, turmeric, sage and a little sea salt. I don't use all of them every time, but I have fun with the choices and the resulting variety of tasty flavours.

That evening on day two, I enjoy a couple of cups of soup broth, no veggies, early in the evening, an hour or two before bed time.

Day Three: The morning of day three, I start the day with a cup or two of broth; and about mid-morning, I puree two or three cups of the soup that I drink slowly until about mid-afternoon. Then for supper, I enjoy the soup with the veggies as normal, and a rye cracker or two. Of course, it's important to drink plenty of water throughout the day as well.

Day Four: On day four, I enjoy more of my delicious vegetable soup in the morning and at lunch. That evening, I have my first light, normal evening meal, with a glass of red wine... and I'm back to my normal eating routine.

The Master Cleanse has been a key factor that I've come to believe has significantly contributed to my physical, internal good health and disease-free healthy longevity. I believe it will work for anyone choosing a healthy 'dis-ease free' life!

*Darwin is a private freelance consultant, writer, speaker, mentor, researcher; and, student for life. He is a Certified Rebound/Vertical Motion Exercise trainer, coach, mentor and therapist who focuses on 'the art lymphasizing.' He is an unusually healthy example of what is possible, when it comes to being healthy at 8 decades of life in his human body. He can be contacted by text at (613) 504-2744 or call: (613) 628-2744, or email at blackjk1@sympatico.ca*

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# Prostate cancer recovery

By Sari Huhtala

Caught between the decision to undergo surgery for his prostate cancer or radiation, following his diagnosis in 2011 at the age of 47, Denis Roy took some time to digest the protocols offered to him before making a final decision, and when push came to shove he chose neither.

Instead, he paid a visit to an iridologist and a nutritionist, invested in a juicer and cleaned up his environment.

“Back then I felt I had a very good lifestyle,” says the Ottawa-based resident. “I thought my dietary choices were great, but looking back I now see how some of my lifestyle choices were hurting me.”

His decision to pursue a natural course of action stemmed from an unsettling feeling about the potential side effects both surgery and radiation could cause, along with the realization that the oncologist and surgeon were “battling for his business.”

“I found myself just listening to the surgeon and thinking to myself ‘I want to see how he’s going to close the deal here.’ I wasn’t even feeling bad or sick at the time I was diagnosed. I later found out that rarely would you die of prostate cancer, but it’s a big business.”

“The doctor advised me that my window of opportunity for survival was going to be narrowed if I didn’t follow through with treatment. It was tough at first because I was going against conventional medicine and my friends and family thought I was crazy.”

The nutritionist pointed out some of the not-so-obvious culprits that could be causing a health deficit.

“I realized that anything electric was an enemy,” Roy says. “I used to have heated seats in my car, and drive with the cell phone between my legs.”

Discovering that heated car seats create high magnetic fields when in use was enough to convince him to forgo the cushy winter-time warmth for the sake of his health.

There’s a good chance we are all being exposed to a significant amount of EMFs (electromagnetic field radiation) in our vehicles, he points out. Most cars have a built-in Bluetooth, and vehicles themselves produce magnetic fields. In his home, he eliminated wireless devices like cordless phones (avoid cordless phones that come with a wireless option) and scrapped the clock radio and anything electronic from his bedroom. He questions just how smart the new smart homes are, considering the fact that the more conveniences we bring into our lives through wireless technology the more detrimental the environment becomes for our health and the health of our families, he says.

The whole concept of cleaning up his environment to clear up EMFs spawned a new business idea for him – EMF Refuge.

The year that followed his diagnosis Roy admits he went a little overboard – going full tilt into raw foods and juicing veggies and fruits to make 32 ounces daily. He avoided all refined sugars, all processed foods and even all cooked foods. Live enzymes were the name of the game for him. Recommended by the nutritionist, his go-to juice consisted of celery, carrots, Swiss chard, parsley and grapefruit or oranges.

He remained faithful to his eat clean and raw diet for a year, and juiced daily for the first three years, taking sage advice from books by the late Norman Walker, pioneer of juicing.

“The first year I didn’t cheat at all,” Roy says. “I felt more vibrant. I’d run up the stairs and never felt sluggish.”

Such a diet is hard to sustain long term, and in order for a lifestyle to be sustainable one needs to consume a variety of foods that keeps one satisfied, he says.

Lately he says he has faltered somewhat, and recognizes he needs to just get back to the basics, eating more salads and veggies, but he continues researching new ways to improve his health.

For the last five months he has been adding food grade hydrogen peroxide to his water, starting with three drops a day, three times a day, and most recently he has discovered black seed oil for health.

“So many things can give us good health.”



# NUTRITIONAL SYMPTOMOLOGY

## Do you need more vitamin D?

by Adele Fawcett, ROHP

Vitamin D is a fat-soluble, essential, nutrient that is vitally important for many metabolic functions. The body makes vitamin D from cholesterol when sunlight, specifically ultraviolet B (UVB) rays, interact with our skin. Every cell in your body has a receptor for vitamin D and operates a bit like a hormone. It plays an important role in bone health by assisting in the absorption of minerals like calcium as well as the function of muscles for better balance, which may decrease the risk of falls as we age. The immune system responds to threats like viruses and bacteria that could make us sick and monitors abnormal cell growth. Both of these functions use vitamin D to do the job. Vitamin D levels can be checked with a blood test. You may wish to ask your medical professional for more information.

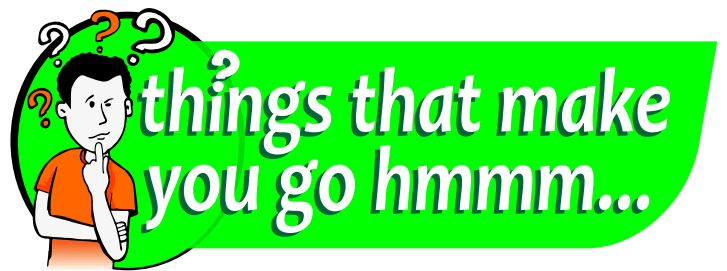
### Signs of inadequate vitamin D intake can include:

- Getting colds and flus often
- Low energy and fatigue
- Bone and back pain
- Muscle pain
- Depression and moodiness
- Slow healing wounds
- Hair loss
- Bone loss (osteopenia, osteoporosis)

To make adequate vitamin D, the sun has to be at a point in the sky that offers a sufficient amount of UVB rays and your skin has to be exposed to it during this time for long enough. In Northern Ontario, unlike at the equator, we only get sufficient sunlight during the summer months and only during the middle part of the day. Wearing clothes covers our skin and sunscreens of SPF 8 or higher may also prevent UVB rays from being absorbed to make vitamin D. However, we risk sunburns and skin damage, which increases the risk of skin cancers, if we leave our skin exposed to the sun for too long without protection. Protecting our skin and getting adequate sunlight to make essential vitamin D is a delicate balance. To make adequate vitamin D, fair skin may require six to 15 minutes in the sun at peak intensity and very dark skin may require more than an hour of sun exposure, which must be done very carefully so as not to stay in the sun too long and risk burning. Taking a vitamin D3 supplement and protecting your skin from the sun by covering up, wearing mineral-based sunscreens and seeking shade may be safer.

Daily intake recommendations range for infants, children and adults depending on the organization making the recommendations. For infants the amount of vitamin D recommended ranges from 400 IU to 1000 IU, 600 IU to 1000 IU for children and 1000 IU to 5000 IU for adults. Vitamin D3 supplements are available in a range of products for infants, children, adults, and may be a good idea as few foods provide this vitamin. Cod liver oil, cold water fish and fortified dairy products do contain some vitamin D.

Adele Fawcett is a Registered Orthomolecular Health Practitioner in Greater Sudbury at the Valley Nutrition Centre. Email questions to [valleynutritionq@gmail.com](mailto:valleynutritionq@gmail.com).



Prescription bleaching creams with a hint of steroids are offered up by the medical community to help people minimize age spots. And the beauty industry touts promising results to reduce age spots through creams and lotions, yet what if the root of the problem lies within?

Dr. Joel Wallach, MD, ND and author of *Dead Doctors Don't Lie*, argues selenium deficiency is the real culprit behind age spots.

He states the "pigment of aging is a collection of rancid fat known as free radicals that interferes with cell function and increases risk of some diseases," including heart disease and cancer. Liver spots, or age spots, are a sign of free radicals scavenging the body.

Supplementing with selenium, and avoiding processed foods, fried foods and trans fats can help eliminate liver spots.

If one has 10 liver spots on the skin, there are millions of them in the brain, liver, kidneys and other organs, he says. When they disappear on the outside, they disappear on the inside, creating a healthier body overall, he notes.

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## What's in that stuff anyway?



“I wouldn't feed this stuff to a dying animal, let alone a dying human being. If you agree, let the hospital management know. Or snipe at them via social media until they begin to pay attention. I think it's time for a food fight!”

These were the powerful words of a dying woman. Before her death from ovarian cancer in February of 2016, Carroll Krause, a former reporter for the Herald-Times in Bloomington, Indiana, made it her final mission to begin a “call for action.” Before passing away, Carroll wrote one last blog outlining the best and worst of her days in hospice care. When she could no longer eat food, Carroll was given a variety of puddings, juices and meal replacement shakes which horrified her. Referring to it as “swill” because she “didn't know what else to call it,” Carroll wrote: “Hospice had the very best of intentions, (but) the stuff they sent over was not real food. In fact, I'm outraged at the idea that they feed this stuff to dying people.”

As Carroll pointed out, they are mostly a collection of starches, sugars, artificial flavours and nutritional powders all mixed into water. To be fair, there are also some vitamins and minerals added. There would have to be in order to substantiate the claims that they provide “an excellent source of these nutrients.” But how nutritious are they really?

Dr. Stacy Mitchell Doyle (FoodTherapyMD.com) supports Carroll's claim, and points out that aggressive marketing campaigns and deep ties to the medical industry have been successful in winning over the trust of the general public.

“Rarely do people question the actual nutritional makeup of these highly processed chemical-laden drinks,” Mitchell Doyle says.

Even more disturbing, the target market for these products are the ones whose are the most vulnerable, including the sick and elderly, cancer patients and hospitalized patients. For these people especially, nutrition can play a vital role in determining the course and outcome of their illnesses.

Meal replacement shakes (MRS) are commonly prescribed

by the medical profession and are widely used in nursing homes, cancer centres and hospitals. The most popular ones are Nestlé's Boost® and Abbott Pharmaceutical's Ensure® and Glucerna®. The latter is especially recommended to diabetics because it is designed to help minimize blood sugar spikes (glucerna.com). Abbott's website boasts that they are a “Worldwide Leader in Nutritional Science” and that their product, Ensure®, is “#1 Doctor Recommended.”

This certainly seems to be the case, as Ensure® can be found in the majority of hospitals in both Canada and the United States. Not to be outdone, Nestlé, the world's largest food corporation, is positioning itself to become a “global authority in the “Nutrition for Health” movement with its “Nestlé Institute of Health Sciences.” (truthaboutcancer.org). How can an industry that brings us a wide variety of processed junk food such as chocolate bars, ice cream, frozen dinners and pizza claim to be a global authority on nutrition? And don't forget that all so-called “nutritional” shakes are also processed food. Nevertheless, Nestlé has carved a niche for itself. Across Canada today there are a number of hospitals offering weight-loss programs operating through regional bariatric assessment and treatment centres. Health Sciences North in Sudbury describes its non-surgical, medically-supervised program as a solution to help participants achieve a healthier lifestyle and lose weight by changing behaviours. Potential clients must be referred by a doctor or nurse practitioner with the majority of patients being morbidly obese and/or suffering from diabetes and metabolic syndrome.

One of the interventions is referred to as the Optifast® Medical Weight Management Program. Optifast® is another one of Nestlé's meal replacement shakes and it is the essential component of a 26-week, medically-supervised program.

For the first 12 weeks, the patient consumes nothing else but four “Optifast®” shakes

>> Continued on page 30



## Salt mine therapy used in hospitals

About 300 metres below ground in a shaft of Solotvyno's salt mine in western Ukraine, patients of Solotvyno's allergological hospital are treating their coughing and wheezing by simply hanging around in a salt mine. One-third of them being children, the patients either travel down to the salt mine's hospital ward daily for a course of about 20 treatments or spend the night in one of the 200 beds available for patients underground for several days.

The salty air of the salt mine reduces inflammation and phlegm in the bronchial tubes and kills micro-organisms and bacteria.

Dr. Yaroslav Chonka, chief doctor at Solotvyno hospital, notes "People who had a number of treatment courses were cured from asthma for 15 years or more."



Thousands of pounds of Dead Sea salt line the walls and floors of the salt cave in Sudbury, recreating the micro-climate of a real salt mine. Soft lighting and therapeutic music provide an environment for total body relaxation. With the use of a halogenerator, minute dry salt aerosol particles fill the air during the 60-minute session. The salt concentration mimics the microclimate of a real salt mine. And its health benefits are plentiful. Salt therapy improves the immune system, alleviates respiratory conditions, detoxifies the body, reduces inflammation, helps with allergies, sinus issues, pain, insomnia, eczema, asthma, COPD and more. The negative ion environment calms the nervous system to ease depression and anxiety.

**"My daughter had seasonal asthma and every year the number of inhalers she was using and how long she needed to take them kept increasing. We did four salt room sessions and her breathing problems were gone and all the environmental allergies stopped bothering her," says Leslie Ormerod of Sudbury, ON.**

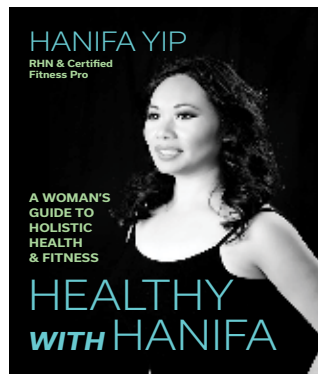
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## Go-to guide gets to root of health issues



You can sweat it out at the gym daily and eat like a minimalist while obsessively logging caloric intake and yet those extra pounds around the midriff just won't shed. Why? "If your body's out of balance – due to any number of reasons, including digestive issues, injuries, allergies, sleep issues or stress – real results can be hard to come by," says Hanifa Yip, an Ottawa-based author, fitness professional, and registered holistic nutritionist.

"With so many new fads in diet and exercise cropping up and health information coming from all directions it can be challenging for women to navigate a path to fitness and wellness," Hanifa says.

Her new book *Healthy with Hanifa: A Woman's Guide to Holistic Health & Fitness*, is an easy-to-understand, go-to wellness guide for women ages 18 to 80. Filled with sage advice and solutions, this guide offers up ways to customize both diet and nutrition, while at the same time helping women get to the root of any underlying issues that may be standing in the way of their overall wellness.

"Sometimes getting a flat stomach has nothing to do with exercise, but rather gut issues and digestion. When you're not healthy, you're not going to get results."

"Just because entire populations around the globe are jumping on a particular diet trend doesn't necessarily mean it will work for everyone," Hanifa explains. "Every body is different and has different needs, so a one-size-fits-all approach isn't always the solution. Most resources give you one formula for exercise or one formula for diet. I'm taking a completely holistic and personalized approach to do what's best for your body."

Written like she's your best girlfriend, this book is about "women and our struggles" and provides real solutions in an interactive journey that engages readers in their own wellness.

**Order your copy today from Amazon.ca**

[www.healthywithhanifa.com](http://www.healthywithhanifa.com)

## Mitzvah: a path to pain-free living

Faulty postural habits such as long hours of sitting at a computer, crossing legs, and day-to-day tasks eventually take their toll on our bodies, causing imbalances and unnecessary strain. The consequence is often pain and discomfort. A Mitzvah Technique Teacher will retrain your body to move more efficiently, says Danella Hesler, a doctor of Natural Medicine and Mitzvah Technique Teacher.



Get started on a path to living pain free by learning what habits cause pain and you can begin to get your body back into alignment with gentle, whole body movement with Mitzvah Technique.

Mitzvah Technique is two-fold: one aspect is exercises that are based on our natural everyday movement of walking, sitting, standing, working and getting in and out of chairs. The other aspect is body work that is done on a massage table while the person is fully clothed. A session is typically one hour and will usually include an exercise. It's a very gentle movement of the whole body, says Hesler.

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BACK TO HEALTH

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# Gassy? Get relief

By Jamie Shaw, RHN

**D**o you ever experience excessive flatulence, aka farting, that seems out of control? Most of us have been there at some point in time. Embarrassing right? But what does this really mean? Is this a good or a bad thing?

The average person experiences flatulence close to daily, but some people experience this unwanted occurrence much more often. One of the most frustrating things can be the inability to narrow down the culprit to what is causing this excess gas. Gas usually goes hand in hand with bloat and general abdominal discomfort.

Flatulence is caused by a buildup of bodily gasses formed during the digestive and respiratory process. The causes and frequency of this flatulence vary from person to person.

So is there anything wrong with passing gas? The answer is yes and no. If it is caused by eating a high-fibre diet then no, but if that is not the cause and there are other symptoms associated with it then yes.

---

Too much gas is likely a warning sign that something is going on in your digestive system, such as a change in your microbiome – the bad bacteria outweighing the good bacteria, or intestinal immobility.

---

Gas travels through the digestive system down the same pathway as stools. Gas can be caused when something interferes with the normal elimination process; this can cause gas, discomfort and bloat. This can also be caused by food irritants in your diet, as well as bacteria overgrowth, swallowing air caused by eating too quickly, and constipation. I recommend paying close attention to see if you are experiencing any other symptoms along with gas such as: skin rashes, acne, fatigue, constipation, diarrhea, weakness, fatigue, blood in stool, changes in sleep patterns,

changes in weight. When you are experiencing symptoms beyond gas I recommend going to your doctor to further investigate.

As much as people think that gassiness is a normal occurrence and that everyone experiences it, this really should not be the case. There is an underlying reason behind this. Why your body is producing excess gas could be linked to the following:

- Food sensitivities or intolerances
- Constipation
- SIBO (small intestine bacteria overgrowth)
- Digestive disorders such as irritable bowel syndrome (IBS), Crohn's, celiac disease
- Dysbiosis

## Lifestyle and dietary changes

### Digestive enzymes

One of the reasons you likely have gas and bloating is due to your body not being able to effectively break down and metabolize the food you are eating. Digestive enzymes lend a helping hand by doing some of the digestive work for you. You can purchase a broad-spectrum digestive enzyme at any health food store which you then take before meals to help relieve digestive distress and gas.

### Use probiotics

You can get probiotics (healthy gut bacteria) from probiotic-rich foods such as: sauerkraut, kimchi, kombucha, yogurt, kefir and fermented vegetables. You can also purchase a probiotic supplement from a health food store. Probiotics add healthy bacteria to your gut, which aids in healthy digestion and elimination.

### Add spices to your diet

Ayurveda medicine commonly uses spices to heal digestion issues. Turmeric, ginger, licorice, fennel and cumin are the most popular.

### Exercise and drink water

Both help aid in the elimination process of waste from the body. When you eat fibre-rich foods it is important

>> Continued on page 29



## >> Gassy? Get relief

to drink plenty of water to help lubricate the fibre for elimination. Exercise is a stress reducer; stress is often linked to digestive issues.

### An elimination diet

An elimination diet is when you remove one common allergen/irritant at a time to help you pinpoint the cause of gas. Remove the food items which you suspect to be an irritant first. It is recommended to remove these food items from your diet for at least six to eight weeks before reintroducing them.

### What to avoid

#### High fat and artificial foods

People have difficulty producing the necessary enzymes to digest fat. When we consume fried foods (aka rancid fats) our body has an even harder time breaking it down. This leads to discomfort, gas, and bloating.

#### Sulphur-containing vegetables

This category includes cruciferous vegetables such as broccoli, cauliflower, Brussels sprouts, cabbage and kale. Although these vegetables have many health benefits they can cause gas in someone with a weak digestive system. This is due to the high-fibre content as well as sulphur in these vegetables. To avoid this it is best to cook these vegetables as opposed to eating them raw; this reduces the gas-forming constituents. As well, eat small amounts at a time and chew extremely well.

#### Beans

They are infamous for causing gas. The reason for this is that beans contain a carbohydrate called polysaccharides. Polysaccharides easily ferment when they enter the digestive tract, which leads to bloating and gas. To avoid this it is recommended to soak beans and legumes overnight in water prior to cooking them. This increases digestibility.

#### Dairy

The majority of the population is lactose intolerant, meaning they can't digest foods containing; milk, yogurt, or cheese. For many of these people dairy causes a noticeable increase in flatulence and discomfort. It is best to avoid dairy altogether.

Flatulence is considered a normal bodily function when it happens from time to time. When this becomes a regular occurrence I recommend digging a little deeper to get to the root cause. My best recommendation is to keep a food/mood diary. Write down what you ate and what time; as well as any symptoms you experienced that day such as gas, bloating, digestive distress etc. This will open your eyes and allow you to connect the dots to see what is causing any unwanted flatulence and get rid of this symptom once and for all.

*Jamie Shaw graduated with first class honours from the Institute of Holistic Nutrition in Toronto in 2013, and is a Certified Nutritional Practitioner and member of the Canadian Association of Natural Nutrition, as well as a Certified Personal Trainer. She is the founder of jamielynshaw.com*



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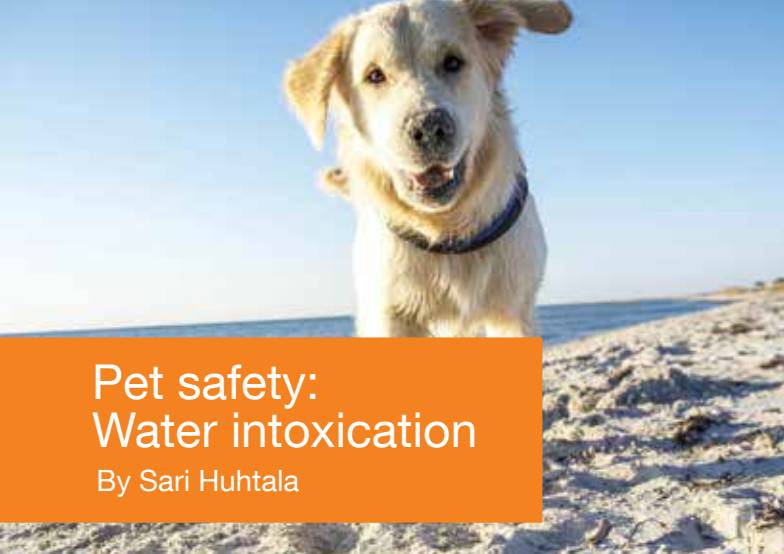
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## Pet safety: Water intoxication

By Sari Huhtala

Did you know, just like humans, dogs can get water intoxication? And while it may seem far-fetched, particularly if your best friend is a Labrador retriever who has spent countless summers fetching sticks in and out of a river, it may not be so implausible. This I concluded a few summers ago when a friend called me up for advice, concerned something was terribly wrong with his golden lab.

When I arrived at his camp the dog was lethargic, barely responsive and unable to lift his head. He had a rapid head and respiration rate and he was urinating uncontrollably. My friend had spent over an hour at the beach that morning, tossing a stick out into the river for the dog to fetch, just as he had done for years with the dog.

My intuition told me the dog was suffering from water intoxication. There was one thing I knew about this condition – ingesting more water than the body can process depletes sodium levels, and throws electrolytes off balance – severely enough that death can result.

Water intoxication signs also include vomiting, stumbling or staggering, glazed eyes, difficulty breathing and increased salivation. In severe cases, where the brain swells and cells begin to die off the dog may have seizures, lose consciousness and coma or death may result, holistic veterinarian Dr. Karen Becker explains.

It was Sunday, and we were far from any veterinarian clinics, otherwise that would be the first line of defence. One of my go-to health hacks and first-aid kit must-haves is sole solution (a solution made with water saturated with natural Himalayan salt). I ran to grab the jar of sole, as well as a vitamin C - magnesium powder packet I keep on hand. I gave the dog one teaspoon of sole solution, directly into his mouth, and some of the vitamin C powder mixed in a teaspoon of water. We waited.

Within about 30 minutes the dog started lifting his head slightly, and the heavy panting subsided. About two hours later the dog was able to stand up briefly, still slightly staggering, then later that evening walk around. The next day my friend brought the dog to the vet. The dog didn't suffer organ/brain damage, and the vet had said without intervention the dog may have died.

Large amounts of water with high sodium content can also cause salt poisoning in dogs.

Source: <https://healthypets.mercola.com/>

Note: This article does not intend to advise or treat health conditions in pets. Always be sure to check with a veterinarian before making any health decisions.

## >> What's in that stuff anyway?

a day, that provide a total of 900 calories.

Although the program itself is subsidized by the Ministry of Health and Long Term Care, the cost of the Optifast® is \$930 for the 12 weeks. This is then followed by a five-week transition back to food and then ongoing support from a team of health professionals, including a nurse, dietician and social worker. The initial very low calorie intake leads to quick weight loss and temporary suppression of appetite.

On the other end of the spectrum, MRS such as Optifast® and Glucerna® contain much less sugar in order to avoid any weight gain or blood sugar spikes.

As the dangers of sugar are rapidly becoming more apparent, there is an ever increasing demand for sweetness solutions. Artificial sugar substitutes such as aspartame can also have a negative impact on health and actually contribute to weight gain. One of the new kids on the block is "sucromalt," which was developed and patented by chemist, Guy Cote and geneticist, Tim Leathers with USDA-ARR National Center for Agricultural Utilizing Research in Peoria, Illinois. These scientists have teamed up with the corporation Cargill Inc. The USDA, Health Canada and other countries have approved sucromalt as a "partial or complete substitute for sweetening agents such as sucrose, high fructose corn syrup, brown rice syrup and malt syrup" (canada.ca). It is currently produced as an ingredient, not a finished food product. Sold under the name Extend™, it is derived from a combination of sucrose from cane and beet sugar and maltose from corn sugar. Sucromalt is low on the glycemic index, providing the slow digestible release of its carbohydrates into the blood stream.

Although it is seemingly a welcome solution to the public's growing demand for healthier alternatives, this ingredient is still a source of processed carbs, that have little, if any, nutritional value and which will eventually be converted into fat.

The average person is now highly hooked on sugar thanks to the giant food corporation's use of food scientists to help make their products more addictive.

One must also take into account the fact that infant formulas such as Nestlé's "Good Start®" and Abbott's "Similac" also contain sugar and are essentially a meal replacement for breast milk. Sugar addiction can start at a very young age.

While the ingredients in the most commonly prescribed meal replacement shakes may vary, there are many commonalities. They all contain a lot of sugar, some as much as 28 grams, which exceeds the daily recommendations of the World Health Organization. There is a huge body of evidence that sugar creates

>> Continued on page 31



## >> What's in that stuff anyway?

inflammation and suppresses the immune system. It also seems to cause cancer to grow. In his article entitled "Cancer's Sweet Tooth," Dr. Patrick Quinlan refers to sugar as "cancer's preferred fuel."

Advocates of these high-sugar products claim that they help sick people, especially cancer victims gain back some of their weight loss. But how can there be any real benefit to a sick person consuming copious quantities of a substance that in the long run could make them sicker? Another common denominator is that all MRS are processed. In addition, they all contain questionable chemical additives, such as carrageenan, a carcinogen and cupric-sulfate. This has been used as a herbicide, fungicide and pesticide and is classified as a "harmful irritant" and "dangerous for the environment." (greenmedinfo.com/toxic-ingredient/cupric-sulfate)

The corn, soy and canola used to produce high fructose corn syrups, corn maltodextrin, canola and soy oil commonly found in MRS are mostly genetically modified, and these crops are liberally sprayed with this herbicide whose primary ingredient is glyphosate. One might also question the bioavailability of the added synthetic vitamins, which are absorbed differently than the natural vitamins found in food.

Dr. Stacy Mitchell Doyle has concluded that the processed sugars contained in meal replacement shakes create widespread inflammation and oxidative stress in organs such as the heart, brain, kidneys, liver, lungs arteries and joints. The negative impact on the immune system leaves the body vulnerable to infection and other cancers.

*Joanne Stevens graduated from the Institute of Integrative Nutrition as a board certified holistic health coach and has a Master's degree in counselling. She can be reached at stejoanne@gmail.com or by phone at 705-690-9500.*

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# Travel munchies

by Christina Denomme

These sweet snacks are a hit every time I make them. Packed with protein, fibre, healthy fat, and natural sweeteners, they make for great in-between meal snacks or treats. They are travel friendly and 100 per cent all-ages approved delicious.

## SNICKERDOODLE PROTEIN BALLS

(Inspired by Get living Raw Foods)

- 1 ½ cups oat flour (gluten free) or grind oats into flour
- ½ cup vanilla protein powder (look for non-GMO, vegan, quality protein powder)
- 1 tbsp ground cinnamon
- ½ cup maple syrup
- ¾ cup almond butter (or sunflower seed butter for a nut free option)

- 1 tbsp ground cinnamon
- ¼ cup coconut oil (room temperature)
- ½ tsp pure vanilla extract
- ¼ cup of dairy-free chocolate chips, melted

Mix oat flour, vanilla protein powder, and ground cinnamon in a bowl. In a separate bowl mix maple syrup, almond butter, coconut oil, and vanilla. Add dry ingredients to wet, and mix until fully combined. Using a tablespoon or a cookie scoop, scoop our mixture and roll in to balls. Place balls (coated or uncoated) on large lined cookie sheet. Place into the refrigerator or freezer to chill until set.

Optional coatings:

For melted chocolate: Using a fork, dip fork into chocolate and drizzle onto balls

For coconut sugar cinnamon: Mix four tablespoons of coconut sugar and one teaspoon of cinnamon. Roll balls in mixture to coat.

## CHOCOLATE FUDGY POWER BITES



- 1 ½ cups oat flour (gluten free) or grind oats into flour
- ½ cup vanilla protein powder (look for non-GMO, vegan, quality protein powder)
- 1 tbsp ground cinnamon
- ½ cup maple syrup
- ¾ cup almond butter (or sunflower seed butter for a nut free option)
- ¼ cup coconut oil (room temperature)
- ½ tsp pure vanilla extract
- ¼ cup of dairy-free chocolate chips, melted

Grease an 8x8-inch pan with coconut oil or line with parchment paper and set aside. Remove pits from dates by slicing the date open at one side to expose the pit, then remove. If dates are dry and hard soak in hot water and cover for 15 min then drain and squeeze water from dates.

In a food processor, fitted with an 'S' blade, place almonds, salt and raw cacao powder in the bowl. Process until nuts are a very fine crumble. Careful not to over process nuts to the point where they begin so have a paste like texture. Once the crumble texture is achieved, begin adding pitted dates one at a time through the top of the processor and pulse a couple of times after each addition.

Then add nut/seed butter, coconut oil, soak water and chocolate chips or cacao nibs. Pulse a few times, then run processor until the batter comes together like a dough. Transfer batter to pan, and with wet or greased fingers, press evenly and firmly. Placed in the refrigerator or freezer for 30 min until firm, and cut into bars.

As a busy mom of 3, Christina Denomme understands the challenges families face around maintaining a healthy lifestyle. As a Wellness Educator and Whole Foods Mom, she provides families and individuals with simple solutions for healthy eating, and resources to promote a healthy lifestyle. Visit [christinadenomme.com](http://christinadenomme.com) for more information or e-mail [cmdenomme@hotmail.com](mailto:cmdenomme@hotmail.com)

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The image shows a browser window displaying the website [aliveandfit.ca](http://aliveandfit.ca). The website features a logo with the text "ALIVE + FIT" where the "+" is a green leaf. Below the logo is the tagline "inspires motivates educates provides". The main content area has a background of a woman and a child running. The woman is on the left, wearing a green shirt and black shorts, holding a water bottle. The child is on the right, wearing an orange shirt and blue shorts, holding a bunch of carrots. Text on the page reads: "Read past issues online!", "Recipes, natural healing stories and more!", "Making healthy living easy for everyday people.", "Find copies of Alive and Fit at your local health food store", and "www.aliveandfit.ca".

# Weightloss 101

by Dr. Nathalie Beauchamp, B.Sc., D.C.



Dr. Nathalie Beauchamp, B.Sc., D.C. is the owner of Santé Chiropractic & Wellness Center in Orléans, founder of the Ottawa Health & Wellness Expo and author of Hack Your Health Habit: Deciphering The Code to Your Body's Limitless Powers of Awesomeness.

Most people understand that exercising and eating well are key to looking good and feeling great. Yet many think there simply aren't enough hours in the day to accomplish everything, including taking care of themselves.

This challenge can easily be overcome once a step-by-step plan is put into place, one that will set the person up for success based on their health goals.

Here are 3 key strategies that can help you get fit and maintain a healthy weight without having to spend hours at the gym or in the kitchen.

## 1. Use strength and high-intensity interval training (HIIT) to boost energy levels and get lean

Did you know you can actually spend less time at the gym and still get great results from a workout? HIIT is a training technique that involves alternating short, intense bursts of exercise with short recovery periods. In other words, you work as hard as you possibly can for a short period of time, rest, then go again. Studies show that HIIT training can boost metabolism for up to 48 hours after a workout, burn more calories in less time and result in optimal muscle building and retention during fat loss.

What about strength training? Many people focus mainly on cardio when it comes to their fitness, neglecting the benefits of strength training. One of the many advantages of strength training is that it increases bone and lean muscle mass. A greater lean muscle mass positively impacts the efficiency of our metabolism. So be sure to add some weights to your workout routine.

## 2. Smart carbs and good fats will fuel you better and longer

Our bodies use two types of fuel: glucose and ketones. Glucose is produced when the body burns carbohydrates (and sometimes proteins). Ketones are produced as "by-products" when the body burns fat for energy.

Glucose is said to be a dirtier fuel as it produces waste that accumulates at a cellular level and can cause cellular inflammation. Ketones are said to be a cleaner source of fuel as, unlike glucose, they do not contribute to inflammation.

The key is to train the body to use ketones instead of glucose, as its main energy source. This can be done by eating a diet that is lower in carbs and higher in good fats. I know what you might be thinking...aren't fats bad for us? The truth is, our bodies need fat for us to function properly. Fats provide building blocks for cell membranes and hormones, provide optimal fuel for your brain, assists

in mineral absorption and can help keep you full longer. Here is something else to consider: intermittent fasting, which is restricting your eating window to six to eight hours per day, can help get into ketosis and burn fat as fuel more efficiently. Intermittent fasting relies on the notion that the timing of food intake is crucial to how your body will use that food and can yield tremendous benefits for fat loss, hormone balance, energy, and insulin stabilization.

## 3. Importance of sleep and supporting adrenal glands

Ever notice how different your energy levels feel when you've had a great sleep? When you're asleep, your immune system is most active and repairs what it needs to while your brain re-organizes your cerebral 'files'. Rest is the most important part of your day and should be your number one priority.

Another part of the sleep struggle can be associated with your adrenal fatigue. First of all, what are the adrenals? They are two small glands that sit on top of your kidneys and are responsible for producing cortisol which is often referred to as our "stress hormone". Cortisol levels vary during the day. They should be high in the morning, helping you get out of bed refreshed and ready to go, and they should be low in the evening allowing you to fall asleep and stay asleep.

When people are under stress, these levels go haywire. Abnormal cortisol levels can lead to not only fatigue but also weight gain.

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This is why it is important to eat an adrenal support diet to stay lean and fit.

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Caffeine, sugar, artificial sweeteners and processed foods are taxing to your adrenals. Focus on eating more cruciferous vegetables and good fats like: avocado, coconut oil, salmon and nuts.

Like anything in life, you have to make a conscious decision to change your health habits. Getting information from trusted resources is the first step. Second, make a plan that is not overwhelming for you so you will stick to it. Finally, record your progress as you go along, and before you know it, you'll be reaping the benefits of a leaner, trimmer body that has plenty of energy for all the things you need to do.





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