



The Total Body Benefits of Berries by [Brierly Wright, M.S., R.D.](#)

When it comes to health, berries have a fabulous reputation. Blueberries are packed with antioxidants, called anthocyanins, that may help keep memory sharp as you age, and raspberries contain ellagic acid, a compound with anti-cancer properties. All berries are great sources of fibre, a nutrient important for a healthy digestive system.



In a study of 72 middle-age people published recently in the American Journal of Clinical Nutrition, eating just under a cup of mixed berries daily for eight weeks was associated with increased levels of "good" HDL cholesterol and lowered blood pressure, two positives when it comes to heart health. Included

in the mix were strawberries, red raspberries and bilberries—similar to blueberries—as well as other berries more common in Finland (where the research was conducted): black currants, lingonberries

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Summertime and the Living is Leaner... by [Lorene Sauro, RHN](#)

No one wants to diet in the summertime but if weight loss is a goal, taking advantage of the summer lifestyle can make it easier. We naturally eat light in the summer with more salads and grilled food and it is so much easier to get out and be active. Put the two together and weight loss can occur in a gradual and healthy manner. So how much exercise would you have to do to aid weight loss? Not that much, especially if you have been less active during the winter. New research published in the Journal of Medicine and Science in Sports suggests as little as 35 minutes a day or 50 minutes five times a week is enough for those who are overweight or obese.

Are you too busy to find a spare 35 minutes? Start thinking about exercise "snacks". Physical activity can be broken up throughout the day for the same benefit. Picking up the pace for short bursts can also burn more calories. New

research shows that exercisers can burn as many as 200 extra calories in as little as 2.5 minutes of concentrated effort a day—as long as they combine it with longer periods of lighter exercise for recovery in a practice known as sprint interval training. This means that doing a sprint while going for a bike ride or even using a stationary bike, increases the ability of the calories to be burned. This same type of interval sprint could be incorporated into a walk or a jog. Speed up for a few minutes by running as fast as you can and then slow back down to finish the rest of the distance. Researchers compared the energy expenditure of volunteers on two separate days, one where they did interval training as previously described on a stationary bike and one day where they just rode the stationary bike without the sprint. They found that the volunteers burned a higher amount of calories on sprint day even though they had spent the same amount of time on the bike for

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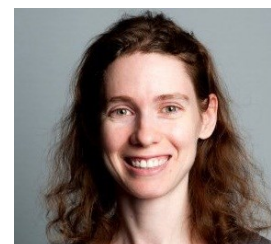
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Need More Healthy Summer Suggestions?

See A Holistic Nutritionist.



Blueberry, Strawberry and Jicama Salsa by [Two Peas and Their Pod](#)

1 cup fresh blueberries
 1 cup diced strawberries
 1 cup diced jicama
 1/3 cup chopped cilantro
 1/4 cup finely chopped red onion
 2 tablespoons finely chopped jalapeno pepper,
 stemmed and seeded
 Juice of 1 large lime
 Salt, to taste
 Tortilla chips, for serving

In a medium bowl, combine blueberries, strawberries, jicama, cilantro, red onion, jalapeno, and lime juice. Stir until well combined. Season with salt, to taste. Serve with tortilla chips at room temperature or chilled. Note-this salsa is also great with grilled fish or chicken and it is best eaten the day it is made.

Tip: Jerusalem artichokes or chicory can also be used in place of the jicama.



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and chokeberries.

“At the moment we do not know which berry, or berries, could have been the most active,” says Iris Erlund, Ph.D., senior researcher at the National Public Health Institute in Helsinki and lead author of the study. But, in fact, the diverse range of polyphenols—a broad class of health-promoting plant compounds that includes anthocyanins and ellagic acid—provided by the mix of berries is likely responsible for the observed benefits. Polyphenols may increase levels of nitric oxide, a molecule that produces a number of heart-healthy effects. One is helping to relax blood vessels, which subsequently results in lowered blood pressure, says Erlund.

Polyphenols may also help preserve bone density after menopause, according to new research in the *Journal of Nutritional Biochemistry*. Our bones are constantly “turning over”—breaking down and building back up. After menopause, when estrogen levels plummet, bone breakdown outpaces bone formation, and the result is bone loss, a risk factor for osteoporosis. In the study, rats that had their ovaries removed (to mimic an estrogen-deprived postmenopausal state) and were fed blueberries every day for three months significantly increased their bone density, scientists at Florida State University discovered. “We believe that polyphenols in the berries slowed the rate [of bone turnover], ultimately saving bone,” says Bahram Arjmandi, Ph.D., R.D., the study’s lead author and professor and chair of the department of nutrition, food and exercise sciences at FSU. More research is needed to know for sure whether the benefits translate to humans but, says Arjmandi, the data suggest that eating even a small amount of blueberries each day—perhaps as little as 1/4 cup—could be good for anyone’s bones.



Bottom line: Dig into a variety of berries regularly to reap the “total body” benefits of their polyphenols.

Enjoy your love of food ...with food that loves you back

Health Benefits of Jicama

By Kelly Barron, RHN

Traditionally used in both sweet and savory dishes, jicama is a root vegetable grown in Central America, south Asia and the Caribbean. Its crispy, starchy white pulp can be eaten both raw and cooked, making it perfect for juicing or adding to salad or adding it to soups or stews. Raw, jicama tastes somewhat like an apple or pear. When it is cooked, it takes on the flavours of the other foods it is cooked with. Unlike the potato, the skin



of jicama is not edible. Jicama is a good source of inulin fibre which can feed the good bacteria in our gut and help promote the health of the intestinal tract. It is also rich in vitamin C, and can help boost immunity, lower histamine reactions and acts as an anti-inflammatory especially for those with asthma or when fighting colds or flus. It can aid in lowering homocysteine, a factor in developing heart disease and help maintain healthy cholesterol levels. Jicama can be found in Asian grocery stores and other major grocery chains.

...Summertime and the Living is Leaner Continued from page 1

both days. Please note that people who have not been exercising at all or who may have health issues where strenuous exercise may be dangerous should consult their doctor before trying sprint interval training.

Maybe the idea of bursting into high speed while out for a nice walk or run does not appeal to you. Calories are still burned just by walking and all activities including standing are beneficial. Another study looked at volunteers who either sat for 14 hours and worked out for 1 hour of vigorous exercise or sat for 8 hours and walked for 4 hours and stood for 2 hours. They measured triglycerides and insulin sensitivity after four days on each regime. Results showed better results for both triglycerides levels and insulin sensitivity for those who sat less and they burned, on average, 500 more calories per day. 500 calories times 7 days can translate into one pound of weight loss per week.



4 hours of walking and 2 hours of standing are not as hard to accomplish as it might seem. Just start thinking about summer activities. A trip to the local theme park for the day would absolutely include 4 hours of walking and all the lining up for the rides and games easily counts as standing. Many daily activities including cleaning, yard work, shopping and cooking requires walking and standing. Chasing the kids in a game of tag is a great way to

get in some sprint-interval training, so is pool volleyball. Playing baseball, soccer or tennis all combine walking, standing and sprinting. Start thinking of some of your favourite summer activities – it is easy to see a combination of standing and walking and maybe even some sprinting in almost every activity.

It is great that we can enjoy our summer activities and know we can easily incorporate more exercise for calorie burning. Can summer foods help us too? No one wants to be on diet. Try great new salads to take advantage of all the fresh produce that will be available and eat with whole grain or legume chips for an easy, light meal. Marinate meat and fish in vinegars, fruit juices, garlic, onions, honey and herbs to add extra flavour and nutrients but keep the calorie count lower. To avoid all the high calorie foods at the theme parks or other places you may be visiting for fun, take fresh fruits, nuts, and whole food snacks with you. This will mean that you eat well most of the day and still leave some calories for a little fine indulgence. And remember, drink plenty of clean water and stay hydrated. If you find yourself sweating in the hot weather, be sure to replenish your electrolytes by eating plenty of water-filled fruits and vegetables. Since sodium is the mineral most easily lost from sweating, go ahead and add some sea salt to your food. Now go have fun!

Tips: If you have to sit for long hours, program your watch to signal you every hour. Stand up every hour and take 5-10 minutes to do some light stretching or go for a walk even if it is just to take a report to a colleague or walk to the water cooler to get a glass of water. Drinking water also aids weight loss by keeping you hydrated and prevents the thirst signal from being confused with the hunger signal. Walking 20 minutes at lunch time, outside if possible, or around the building, is a great habit to develop. Don't be afraid to stand and listen during a meeting. Get a pedometer to see how far you walk as part of your normal day or just time how long it takes you to do standing and walking activities that you do every day. Taking standing-walking breaks will also give you more mental clarity and help you be more productive. This is time well spent with the added benefit that your work will be finished sooner.

Enjoy your love of food ...with food that loves you back



Black Sesame Mustard Popcorn

From Chow.com

A delicious treat to make when camping or at the cottage

1 tbsp black sesame seeds

1 tsp ground mustard

1 tsp sea salt

1/2 cup popcorn kernels

1 tbsp unsalted butter, melted

1/2 tbsp roasted sesame oil

In a small bowl, stir the sesame seeds, mustard, and sea salt together. Set aside. Using an air popper, pop the corn kernels into a large bowl. Meanwhile, combine the butter and sesame oil in a small bowl. As the large bowl begins to fill with popcorn, alternately drizzle the butter-sesame oil mixture over the popcorn and sprinkle it with the sesame seed mixture, occasionally tossing to coat. Serve.



Camu Camu Powder

High in whole food vitamin C, beneficial antioxidants, camu camu helps with immunity, skin regeneration and can act as a natural anti-depressant. Add to smoothies and dips.

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Book Review: *Way of the Peaceful Warrior* by [Marina Silverio, RHN](#)

Dan Millman, a college student and a world champion in gymnastics, excelled in all aspects of his life. Although he continued to succeed, for reasons he could not understand, his life took a different turn. He began to feel unfulfilled and have nightmares. One sleepless night he went for a walk to a service station; the attendant at the station was an unusual old man that Dan would later call Socrates. Dan was captivated by Socrates' extraordinary abilities and mysterious demeanour. He became Dan's life teacher and guided him on his spiritual journey.



Dan learned how to nourish his body by eating the right foods in the right quantity; he had to fast to cleanse his body; he had to meditate on a rock behind the gas station until he can come up with a meaningful thought. When Dan shattered his leg in a motorcycle accident, he lost his identity because he was told he can no longer be a gymnast. He came to realize that he was more than the sum of what he does. In the final stages of his training he was able to experience his own death and speed through time to witness the circle of life in how his decomposing body nourishes the earth and the flowers. Having lived through the worst fear, he was now free to focus on life rather than live fearing death.

*"Death isn't sad;
the sad thing is a
lot of people don't
live at all."*

- Dan Millman

The book relays powerful messages that can set you free from your own ego, free to be truly happy. "Sometimes you have to lose your mind before you come to your senses"; that statement is referring to all the clutter in our mind that stops us from realizing the amazing beings that we are. Think about how many times we didn't do something because we were afraid of the outcome, we perform a feat in anticipation of a reward, we ate a meal while day dreaming, and many other

such examples which demonstrate how we are missing out on the only thing that matters, here and now; for every moment we are not present, we are not living that moment; how much of our short lives do we spend not living?

In the big scheme of things so much of what we occupy ourselves with is insignificant, yet we allow it to control our brief life and even make us sick. It is important to distinguish between what will make a lasting or even an everlasting difference and what will not matter at all.

We are all connected to each other and to the universe. Every action, thought, and feeling that comes from within has a vibrational energy that impacts us all and the universe. If we look inside ourselves for answers, we can tune in to the universe to lead us on our path. Because we are part of each other and everything else in the universe, we would be happier to live in unity and harmony; if we isolate ourselves or go against each other and against nature, the universe will reflect that back to us and we will suffer the consequences of what we have co-created through our thoughts and actions.

We all have energy circuits that we can utilize on different power targets, such as an interaction with a loved one, or training for the Olympics. However, if we are using some of our energy circuits on power targets like, worrying about the future, or feeling victimized by things that happened to us in the past, then we end up with only a small amount to spend on the present moment. If we can free ourselves from all that is not relevant to the present moment, we can realize our full potential. Imagine if we can focus all of our energy, attention, and concentration on each thing that we do! How amazing and fulfilled would we be at whatever we do?

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