



CAHN-Pro Nutrition News and Views



The Canadian Association of Holistic Nutrition Professionals

Taking The Time You Need By [Marina Silverio, RHN](#)

Most of us today are so overloaded with responsibilities and feel like we are pushed beyond our means to keep up, and we feel that if we don't keep all the balls in the air, our lives will fall apart. It doesn't matter how imperative you think it is to get it all



done; if you push yourself too much and don't have a good balance in your life, the universe will put a halt on everything to re-establish equilibrium.

This article is about learning to honor yourself and recognizing what you need, allowing yourself to take the time you need to recover, to rest, to rejuvenate, to do what makes you happy and so on. We can sometimes be very hard on ourselves and no matter how much we accomplish, it always feels like we need to do more.

So hopefully by the time you finish reading this article, you can come away with the following:

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Why Buy Organic? From [Canada Organic Week](#)

Since it is now harvest time, it is a great opportunity to review the benefits of organic agriculture, especially from the perspective of the farmer. Organic products meet strict national standards — The "Canada Organic" logo is the public's assurance that products have been grown and handled according to strict procedures and rules. Organic is the most heavily regulated and scrutinized food system in Canada.

Cut back on chemicals! — Many herbicides and insecticides commonly used in agriculture have been found to be carcinogenic, hormone replicators, or negative for children's development. Choosing organic has been shown to significantly reduce your exposure to

chemical residues.

Organic farms take water seriously — Organic farmers are required to manage the land and life around water systems very carefully, and are inspected annually. By not using synthetic fertilizers and persistent toxic chemicals, organic farming is also easy on our precious water reserves, while building good soils that fight erosion.

Organic farmers work in harmony with nature — Organic agriculture builds healthy ecosystems, and organic farms have higher biodiversity on and around them too, promoting sustainability and ecological balance.

Organic methods reduce pollution and **Continued on page 4...**

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See a holistic nutritionist.





Sweet and Spicy Roasted Carrots, Parsnips, and Chickpeas

from [Christine Byrne](#)

Serves 4

- 1 pound carrots
- 1/2 pound parsnips
- 3 tablespoons olive oil, divided
- 1 1/2 teaspoons chili pepper flakes
- 1/4 teaspoon sea salt
- 1/2 cup cooked chickpeas
- 1 tablespoon pomegranate molasses or fancy molasses
- 2 ounces feta cheese, crumbled (1/2 cup)
- 1 tablespoon chopped parsley



Preheat oven to 400°F. Peel carrots and parsnips, or just scrub well, and halve lengthwise. (If carrots are small and slender, leave them whole. If parsnips are large, quarter them lengthwise, cut out the woody center, and, if necessary, continue to cut into thinner strips to match carrot size.)

Toss carrots and parsnips with 2 tablespoons olive oil, chili flakes and salt. Spread in a single layer on a large rimmed baking sheet and place in oven to roast. Toss chickpeas in remaining olive oil.

After 15 minutes, turn carrots and parsnips, add chickpeas, and roast for another 10 minutes. Then toss with pomegranate molasses and roast for another 5 minutes or until vegetables are tender and golden. Remove from oven, toss with feta and parsley, and serve.

Health Benefits of Chickpeas by [Lorene Sauro, RHN](#)

A chickpea is the bean that does not look or taste like a bean. Also, known as garbanzo beans, chickpeas have traditionally slid into meals and salads without much fuss and are often incognito in recipes like humus. But do not let its inconspicuous nature fool you, it is a powerhouse of nutrition just like any other bean.

Legumes in general are quite unique, as they contain a substantial amount of carbohydrates alone with a reasonable amount of protein and fat. Part of the carbohydrate content is fibre including a type known as resistant starch, which helps feed the good bacteria in our gut, which in turn, converts the resistant starch to beneficial short-chain fatty acids, which protect the colon and are helpful for brain health.

If you are looking for a food that can aid weight loss, a new study has found that participants who consumed chickpeas **Continued on top of right hand column...**

daily felt more satisfied and consumed fewer snacks throughout the day.

Chickpeas also provide sustained energy throughout the day and keep blood sugar levels stable. In another study, it only took one week for participants who consumed 1/3 cup of chickpeas a day, to improve both their blood sugar and insulin secretion.

With a unique complement of antioxidants and phytonutrients such as quercetin, kaempferol ferulic acid, chlorogenic acid and caffeic acid, chickpeas are beneficial for preventing heart disease and cancer.

They also contain saponins, another type of phytonutrient which can help protect against osteoporosis, breast cancer and help control hot flashes.

If buying canned, cooked chickpeas, look for brands that are salt-free. Be sure to rinse them well. Add them to soups and salads as an easy, convenient way to add them to your diet. Add them to a smoothie to give it more energy-sustaining power.



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- Steps you can take to appreciate what you do.
- Recognizing your limits and honoring yourself by focussing on your abilities rather than your disabilities.
- Take joy in what you do as you do it and recognize yourself for it the way you would recognize your own child with unconditional love and acceptance.



Embracing life and being present each moment

sounds like a cliché, but it's the ultimate goal and the most difficult. Even more difficult today because we live in an age where technology accelerated the pace, and things are moving at an overwhelming rate and we are getting swept up in it and losing ourselves in the process.

Technology has made it be possible for us to be accessible anytime, all the time, with text, email, cell phones and many modes of communication. We feel obligated to respond to every distraction and we are forced to multi-task instead of focusing on each thing that we do and giving it the time and attention it needs; this can ultimately result in burnout, injury, and stress related diseases like diabetes, hypertension, obesity, heart disease, cancer, insomnia, and much more. We are forced to divide our focus and as a result we lose focus on what is really important. Stop. Ask yourself what it is you really enjoy in life and what are the truly important things in your life? Don't be surprised if you find yourself unsure of the answer; like a lot of us, you've been on high gear for so long, you've lost sight of your own needs and what you value most. If you are lucky and do know what you value most, then you may find that you don't spend near enough time focusing on it.

The other conundrum that we are faced with, is that if we are dealing with disabilities of any kind, be it age, injury, memory, or any physical or mental handicaps, then we may feel inadequate because we can't keep up with today's pace and everyone else around us. Does the following reflect how you may feel sometimes?

"Here I am accelerating in my career, education, financially, family life, and I inspire people with my strengths and all my accomplishments; but deep inside I'm feeling unhappy, and feeling guilty because with everything I have in my life, I believe I don't have the right to feel that way. I feel out of control and out of balance. I'm too busy and unfocussed all the time and don't know how to stop. I find myself yearning for the simple life that our ancestors had during the time of letter writing, personal visits, home cooked family dinners made with natural ingredients often grown on their own land."

I know we can't turn the clocks back, but we can still try to get back some of that simplicity. We can start by letting go of the things that don't matter; take things off your plate. Unplugging for a couple of hours each day and 1 or 2 days per week to honor ourselves by doing something that will rejuvenate our health and our spirit; we can exercise, listen to music that we love, **Continued on the top right column...**

read a book for the sheer pleasure, spend time with family, visit a friend, walk in nature, but here is the catch: we have to do it full heartedly without worrying about what we need to do, or feeling guilty for taking that time; value yourself enough by allowing this time to be pure and unimpeded.

Focus on your abilities not your disabilities. There will always be someone who can do some things better and faster than we can and it's that comparison and expectation that leaves us feeling disappointed and inadequate. Rather than focusing on what you're not able to do, focus on what you did do and take joy in your accomplishments the way you would if it was your own child; that child inside you needs you to recognize them with love and acceptance. Instead of scolding yourself for not being able to do it
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**Helps in the formation of collagen which can help maintain cartilage and prevent arthritis*

**Supports hair, skin and nail health*

**Aids bone health*

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Organic Week Continued from page 1...

wasted energy— More energy is used to produce synthetic fossil-fuel-based fertilizers than to cultivate and harvest crops or to transport food. Canadian studies have shown that organic farming practices can use as little as half the energy of other farming methods, and help to sequester carbon back into the soil.

Protect the health of farmers and children — Farmers exposed to pesticides can have a significantly higher risk of contracting cancer compared to non-farmers. And children are exposed to relatively

more than an adult is when they eat residues on their food. Choosing organic reduces the exposure for children, and the farmers who grew their food.

Organic farmers build healthy soil — Soil is the foundation of the food chain.

Organic farming is focused on using sustainable practices that build healthy soil microbiology and prevent erosion, leaving fertile land that will provide for future generations.

Organic farming is good for rural Canada — The Census of Agriculture has shown that, on average, organic farming families earn more from their farms than the typical Canadian farm does, and employ more people per farm too!

Organic producers strive to preserve genetic diversity — The loss of a large variety of species (biodiversity) is one of the most pressing environmental concerns. The good news is that many organic farmers and gardeners have been collecting and preserving seeds, and growing heirloom varieties and rare breeds of livestock for decades.

Organic food tastes great! — It's common sense: healthy soils produce strong, healthy plants that become nourishing food for people and animals.

Organic is the only non-GMO standard overseen by the Canadian government — Organic standards forbid the use of GMOs in seeds, in animal feed, and in the ingredients of processed organic food and products. If you're concerned about GMOs, think before you eat: think Canada Organic!

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all, congratulate yourself for recognizing what works best for you.

Instead of striving to go beyond your abilities, strive for balance. You may be surprised at the success you have when you are able to take the time needed and give more attention to fewer things. Take the time you need for you and for what matters most. Live each moment as if it was all you have. Nothing else exists, but this very moment, so be conscious in it so you can see its beauty!



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