



Providing an optimum exercise experience for ALL members

# ***Eating right for you!***

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## **WOMEN'S HEALTH: BALANCING FAMILY, WORK AND HORMONES!**

Since the beginning of time, women have lead busy lives. I happened to be discussing this with my own mother recently when she described a classic scenario at her house growing up. Thursday was steak night. Naturally, her mother would have supper ready for the family to eat together when her father got home from work. Her mother would serve the sirloin giving the top piece to her husband, the next best pieces to her children and leave the round, the toughest part, for herself. As I listened to her, I immediately remembered mom being the last to sit and join us at the table, inhale her bits of supper and then the first up to start clearing and attending to us.

Women manage on a day to day basis their children, husbands, chores, and often demanding careers. The fact is, hormone imbalances are often related to stress response and it is vital for your health to take time out of the day to listen to what your body is communicating to you.

### **Keep calm!**

Our adrenal glands (responsible for adrenaline output) are exhausted daily from urban pollutants, high expectations from self, and a fast paced lifestyle. Take time each day to calm your mind, relax your muscular tension and count your blessings. Focusing on the positive aspects of your life will give your adrenals a break, lifting mood and spirit.

### **I need food!**

Remember; eat with the ones you love. Often women are so occupied with chores they neglect to nourish their bodies with nutritious and wholesome foods. Families need to eat the same foods at mealtime. This prevents succumbing to convenience foods such as chicken fingers and fries, and creates a bond at the table over nutrient dense health conscious choices the whole family can enjoy.

### **Please eat that chocolate... everyday!**

An effect of mineral imbalances can be food cravings. Craving a specific food is your body's way of telling you need more components of that food. A classic example is women and chocolate. Dark chocolate contains trace levels of magnesium, a vital nutrient in hormone regulation.

## **Contact our nutritionists for more personalized support:**

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## NUTRITION TIPS!

1. Supplement with a high quality multi-vitamin to provide a foundation of health.
2. Include omega 3's in the form of fish everyday to help balance and regulate the female hormone cycle.
3. Drink one to two litres of purified mineral rich water each day.
4. Include 50% raw foods as part of each meal.

## Pan seared tilapia and garden salad

### Ingredients

Tilapia fillet  
5 cloves garlic  
1 tsp sea salt with minerals  
1 small red onion  
1 tablespoon olive oil  
½ cup white wine  
Fresh ground pepper to taste



**Salad:** romaine lettuce, dandelion greens, watercress, fresh cut radish, cucumber, 1 cup of pinto beans, 1 cubed tomato.

**Dressing:** Pumpkin seed oil and ½ squeezed lemon, salt and pepper to taste.

**Method:** Combine all ingredients in a large bowl and toss.

### Method

Season fish with salt and pepper, set aside. Sautee garlic and onions for 1 min, add fish and white wine sear for 3 mins each side or until desired texture.

## MORE LIFESTYLE TIPS!

1. Eat slow, chew food consciously and thankfully to prevent dietary distress.
2. Have powerful tools and strategies to address emotional problems in life such as meditation and/or yoga.
3. Keep a day clear for rest and relaxation – having a full calendar of events does not determine self-value or worth.
4. Practice self love and positive reinforcement towards yourself throughout the day, such as “I am worth it”, and “I can do it!”.