



Providing an optimum exercise experience for ALL members

# *Eating right for you!*

April 2011, By Janet Liguori

## The “C” word: Prevention is Key

Technology: global communication, fast cars, mass factory food production, chemical cleaning agents, today is about efficiency in every aspect of life. Now stop, and think. Are there repercussions to all the niceties we seem to enjoy today? The answer is yes. And one of those repercussions is cancer. As a result of our high tech, corporate driven society, we are exposed to thousands of poisonous chemicals and radiation each day. Paired with poor diet, lack of exercise and high stress levels, our bodies inevitably break down. However, there are simple steps and changes you can make to build your bodies’ defenses and, reduce toxic exposure:

### **YOUR HOUSE:**

**Toiletries** – ensure what you put on your skin can also be eaten! If there are so many chemicals in a product it would cause harm to eat it, don’t put it on your skin! **Alternative:** all natural, organic skin care and hygiene products.

**Air fresheners:** packed with synthetic chemicals – these airborne killers make their way right into your respiratory tract. **Alternative:** bees wax candles, purify air and are completely chemical free!

**Cleaning supplies/laundry detergent:** replace harsh cleaning supplies with eco-friendly ones

### **YOUR FOOD:**

**Fruit and Veg:** conventional agro- industry spray billions of dollars worth of pesticides a year on produce, in addition shipping and packing techniques to preserve their 1000 mile travel to our grocery stores. **Alternative:** local and seasonal organic (pesticide/GMO free) produce – meet the person who grows your food.

**Meat and Poultry:** hormones, anti-biotics and pesticide laden corn fed to livestock produce degraded meat. **Alternative:** buy local and organically raised grass fed beef, and free run chickens

**Fats: Hydrogenation (trans-fats):** this provides companies with cheap spreadable products that prolong shelf life – however, it clogs blood vessels, disrupts cell membranes, raises cholesterol, and interferes with fertility. **Alternative:** Buy cold/expeller pressed olive/pumpkin/walnut oil in dark glass bottles only, and store them in a cool dry place with an airtight container.

## **NUTRITIONIST INFO:**

**Krista Cumming, Registered Nutritional Consulting Practitioner**

Contact: 905-822-5240 ext 631 or [kcumming@ontarioracquetclub.com](mailto:kcumming@ontarioracquetclub.com)

**Gloria Atkinson, Registered Holistic Nutritionist**

Contact: 905-822-5240 ext 276 or [gatkinson@ontarioracquetclub.com](mailto:gatkinson@ontarioracquetclub.com)

## NUTRITION TIPS!

- #1 Cook at home often, that way you know the contents of the foods you are eating.
- #2 Stay away from food items containing hydrogenated oils – margarine, shortening, salad dressing, baked goods, ice cream, chocolate, candy.
- #3 Eat “Phyting” foods: cabbage, celery, flaxseed, hot peppers, kale, lemons, onions, soybeans, strawberries, tomatoes, watercress.
- #4 Consume high level Vitamin E foods: sunflower seed, wheat germ oil, spinach, kiwi, mango, avocado

## SWISS CHARD WITH BLACK EYED PEAS

### Ingredients

- 1 cup dried black-eyed peas
- 3/4 cup low-sodium vegetable broth, divided
- 1 cup chopped red onion
- 2 cloves garlic, finely chopped
- 1 bunch Swiss chard, stems and leaves sliced separately, divided
- 1/4 teaspoon crushed red chile pepper

### Method

Carefully pick through peas to remove any debris or small stones and Rinse well. Transfer to a large bowl, cover by 3 inches with water, cover or overnight; drain and rinse well. Transfer peas to a medium pot. Add 3 cups water and bring to a boil. Reduce heat, cover and simmer until peas are tender but still whole, about 45 minutes. Drain well. Heat 1/2 cup broth to a simmer in a large skillet over medium-high heat. Add onion, garlic and chard stems and cook, stirring occasionally, until vegetables begin to soften, about 5 minutes. Reduce heat to medium-low, cover and cook 5 minutes more. Add chard leaves, cooked peas, pepper, and remaining 1/4 cup broth and cook over medium heat, covered, 3 minutes. Uncover and cook 1 to 2 minutes more or until chard is wilted and peas are heated through.



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

## MORE LIFESTYLE TIPS!

- #1. “Work toward an attitude of self-love. Our body is a temple of Spirit (blood and guts too), and it pays off in rewards of greater health if we regard it with respect and care.” – Dr Elson Haas
- #2. Stress: this must be addressed, go for massages, yoga, and regularly practice hobbies that you enjoy.
- #3. Forgiveness: stored up negative energy in our bodies can affect our health and well being.
- #4. Our personal health and well-being is up to each of us. We can begin by first assessing our health and lifestyle. What changes will provide us with more energy, greater clarity and vitality, and better overall health and longevity? We can create a plan to implement and experience a better quality of health with fewer sick days, fewer doctor's visits, and a more enjoyable and livable life.” –Dr Elson Haas