

¾ tsp baking soda
¼ cup walnuts, chopped
1 cup crushed pineapple, drained

In a bowl, mix together the dry ingredients. In a separate bowl, mix the wet ingredients well. Add dry ingredients to wet ingredients and mix. Bake at 350°F in a greased square 8x8 inch pan, until a toothpick comes out clean, approximately 40 minutes (20 minutes for cupcakes in a muffin tin). Cool and serve.

Adapted from Sally Errey, *Staying Alive! Cookbook for Cancer Free Living*.

Nutritional Value of Select Ingredients

Whole grain flours – The risk of diabetes, heart disease, stroke, and cancer can be reduced by simple changing from refined to whole grains. They are high in chromium, vitamins, minerals, protein, and fibre that are lost in the process of refining.

Carrots – Carrots are one of the best sources of beta carotene, which balances the immune system and reduces the risk of many cancers. They also guard against cardiovascular disease, reduce inflammation, slow the aging process, and are great for digestion disorders. Contain fibre, calcium, iron, and many vitamins and minerals.

Honey – This is a natural sweetener that contains vitamins, minerals, and propolis. It is a great source of magnesium. A whole food, honey is an excellent replacement for brown or white cane sugar, which is detrimental to our health. Any sweetener should be eaten in moderation, but when you do need to sweeten, try honey instead.

Walnuts – These nuts contain beneficial polyunsaturated fatty acids that are great for the brain and lowering cholesterol. They are also high in protein, fibre, and minerals.

Pineapple – Pineapple is an excellent source of vitamin C and manganese. It is also rich in the enzyme bromelain, which aids in digestion, is an anti-inflammatory, and an anti-cancer agent. It can greatly reduce the swelling of carpal tunnel syndrome, arthritis, and gout.

Look for more recipes at www.alignnutrition.com/recipes.php. Let me know what kind of experience you have with recipes you try – the good and the not-so-perfect results!

Enjoy your day and your life!

Thanks for letting me into your day – hopefully I've become a little thought in the back of your mind reminding you that your positive choices can make positive changes in your health and wellbeing. Maybe like the little nutrition angel on your shoulder? As long as I don't keep you up at night! Take some time this month to set some goals and work towards them. And don't forget to stop and smell the roses and whatever else grows in your path! Wish your mom a happy Mother's Day from me.

Take care of your health,

Ange

Please pass this along to anyone you think would enjoy it. Print it off and put it in your lunch room. If you are not on our mailing list and would like to be, please email info@alignnutrition.com with 'subscribe' in the subject line.

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Align Nutrition ~ Helping You Help Yourself along the Path to Wellness April/May 2007 Issue

So it hasn't quite been two full months since I last reported, but there are so many upcoming events to tell you about I just couldn't wait! With that first breath of spring, people got excited to get out and about and on to spring cleaning – of their house, body, and mind. There is so much interest in the Detox for Beginners class that I am offering it again. Spring also means Mother's Day, and what better to give than the gift of wellness!

I'm also trying to take some of my own advice – and taking more time for my own health and wellness. For me that means making time for exercise. My friend Sharon (also my Pilates instructor) and I are training for the 10km Trillium Run in Mount Forest in May. Goodness. Going not too bad so far, and was a great excuse to buy some fancy new running shoes. And I know if you don't have goals you can't reach them – so I guess 10k is a great goal for me to get back into it. I'm also in a volleyball tournament at the end of April in support of Presqu'île Rotary Youth Camp. If you see me around town, I'm happily taking pledges towards this great local cause.

Spring is a great time for you to set your own health, fitness, and wellness goals. Get back into an old favourite sport, learn some new healthy recipes, and have a positive outlook coming into spring. Enjoy the flowers and the rain!

News and Noteworthy

Some great events are coming up in the community. Even if you are beyond the Grey/Bruce area, what better time to go for a road trip than the spring?

- o I've had the honour to be asked to speak at the first of many Wellness Dinner Meetings hosted by The Wellness Directory. Our **Heart Healthy Dinner Meeting** will be held on Tuesday, April 17th at the Rocky Raccoon Restaurant in Wiarton. It runs from 5:30 – 9pm, includes a heart-friendly buffet dinner, a heart health and wellness talk by me, and time for meeting and greeting – all for only \$25. For registration, please visit <http://www.thewellnessdirectory.ca/blog/?p=45>.
- o Marie Knapp, RN EdD is facilitating a **Spring Weekend Retreat: Illuminating the Soul**. Uncover who you really are and replenish your spirit. It is being held May 25-27 at Kimbercote in Beaver Valley; \$335 includes accommodations and meals. I'll be putting on a **Soul Foods** lunch session, and there will also be mandala creation, guided imagery, sound therapy, and labyrinth work. For more info, contact Marie Knapp at 519-371-1255, marieknapp@dallacor.com, or visit www.dallacor.com.
- o If you are in Meaford on May 27th, come visit me at the **Meaford Health and Wellness Fair**. This is the first year for this fair being held in the Meaford Hall, and runs from 10am-5pm. Its mandate is to showcase local healing and health techniques, so stop by to learn more about practitioners in Grey County.
- o **We Heal 2007** is a retreat weekend for women in the healing professions. Held June 15-17 at the Riverstone Retreat Centre in Durham, this weekend will allow women to meet other practitioners, participate in a healing exchange, a labyrinth walk, and a sound workshop. \$150 for the weekend – please email Sue Seguin at sue@fasthealer.com for more details and registration info.

Mothers Day –she doesn't need another framed picture of the dog

Mother's Day is a time to show your mother (or have your family show you) just how important you are all the other days of the year. Instead of chocolates, why not give (or suggest) something a little more holistic and original?

- o Give a gift she'll really love with a **Kinexions Mother's Day Pampering Package**. Two are available; a manicure and ½ hour massage for \$50, or a mini manicure, mini pedicure, ½ hour massage, and a ½ hour infrared sauna for \$99. Remember to pick up some all-natural **Rocky Mountain Soap Company** body butters or lotions when you're picking up your gift certificate. Located at 970 3rd Ave West, Owen Sound, 2 doors north of the Billy Bishop museum.
- o I know it's not cool to give kitchen utensils for Mother's Day, but what about a tool that she would really love? An **Align Mother's Day Dinner Makeover Package** would make a gift the rest of the moms on the street will be talking about for years. This package consists of a personal cooking class for mom in her own kitchen with me, where we will do a healthy recipe makeover of her dinner favourites, we'll cook these items together, and you'll end up with a feast to feed your whole family! Make it a full afternoon and add a shopping tour as well. Email me for more details.
- o All moms enjoy something made with love. Making a lovely dinner with her in mind is a great gift from the heart. What about a nice salad (like **Cranberry, Beet, and Walnut Salad** found at www.alignnutrition.com/recipes), some lovely grilled salmon and veggies, and followed up by the **Wheat and Dairy Free Carrot Cake** found below? She'll love that you had her health in mind.

Upcoming events you don't want to miss!

Detox for Beginners

Spring is the ideal time for cleansing! These days we hear all about detox – to get rid of all the chemicals, metals, and other toxins that build up in our bodies over time. But do you really know how or where to start? This 3 week course for detox beginners will go over the whys and hows through diet and supplementation. You'll also learn how to reduce toxin exposure in your daily life.

- o Night – Thursday April 12, 19, and 26 7-9 pm (STILL A FEW SPACES!) or
Day – Wednesday May 2, 9, and 16 1-3 pm
- o \$65 + gst ~ includes resource binder

Eating and Cooking Healthy in the 21st Century

I'm going to Tobermory again! It's great that my friend Daryl invites me up to give full day seminar in such a beautiful location! A down-and-dirty day of cooking, learning, and eating! If Tobermory is in your driving distance, please come on up for the day!

- o Saturday April 14, 9:30am – 4pm
- o \$90 incl tax ~ includes lunch, recipes, and handouts
- o Healing Rock Retreat, Tobermory

Infrared Sauna Info Session

More times to learn about the basics of infrared saunas. Hear about the benefits and proper usage of infrared saunas, including its great detoxification abilities. Learn about health benefits of detoxification and how best to support the release of toxins.

- o Saturday May 5 11am-12:30pm or Monday May 14 7-8:30 pm
- o \$15.00 ~ includes ½ hour sauna session with supporting nutrients

Recipe Makeover Cooking Class

In this hands-on cooking and learning workshop, the menu is set by you the participants! Your favourite family staples (submitted before hand) will be overhauled to still pass family inspection, but be healthier after some whole food intervention. Learn how to make substitutions to increase the nutritional value in all your cooking endeavors.

- o Sunday April 29 1:30-4:30 pm
- o \$40 + gst ~ includes recipe workbook and snacks

Nutrition 101 – Back to Basics – version 2.0 (abridged)

I'm offering this course again, but in a more compact version – 4 weeks instead of 6. So you better have your ears set to 'receive'. Learn the basics of nutrition and healthy eating from a holistic standpoint. Learn about whole foods, label reading, not-so-super foods, and making baby step changes for the health of you and your family.

- o Four weeks starting Tuesday May 8 or Thursday May 10 7-9 pm (whichever works best for the most people)
- o \$85 + gst ~ includes reference binder and recipes

Springy Summer Salads Cooking Class

It's time for potlucks and bbqs and end of the school year functions. Ready to expand your repertoire from Jello and Caesar salads? Salads can make, break, or be a meal, so join me for a whole new outlook on a cool traditional favourite.

- o Saturday June 9 10am – 1pm
- o \$40 + gst ~ includes recipe workbook and lunch

All the above sessions are held at Kinexions Holistic Health Studio at 970 3rd Ave West in Owen Sound unless notes otherwise. Sign up at info@alignnutrition.com or 519-270-2794 to reserve your place. If you are in the Kitchener/Waterloo area, I am holding a cooking workshop at my friend Mel's on April 22 – email for more details if you're interested.

I've got a few other seminars in the works for the upcoming months – **Grocery Store Tours, Cleanse Clinics, and Cooking Workshops for Parents & Kids and Surviving at University**. If any of these topics peak your interest, contact me for dates and times. Please remember – if you are really interested in a particular session but these dates or times don't work for you, let me know! When there is enough interest I am happy to offer alternate times. Or collect a group of friends together and I can come to you and present in the comfort of your own home or workplace!

Align Recipe of the Month –Wheat and Dairy Free Carrot Cake

This is a great way to get in a couple more fruit and veggies into your meal. Make into muffins for a single size breakfast portion (mainly just so you can have cake for breakfast)!

Wet Ingredients

½ cup	apple sauce
½ cup	honey
1/3 cup	olive oil or grapeseed oil
2	eggs (or 2 tbsp ground flax seed soaked in 6 tbsp water)
¼ tsp	Celtic sea salt
1 tsp	cinnamon

Dry Ingredients

1 cup	whole grain spelt flour, rice flour, kamut flour or combination
1 cup	raw carrot, grated
1 tsp	baking powder