



Align Nutrition ~ Helping You Help Yourself along the Path to Wellness December 2006 Issue

I wanted to have this great holiday edition newsletter out far before Christmas with all sorts of timely advice but suddenly I turned around and it's December 18 – one week till Christmas! But I wanted to say hello and give you my favourite new Christmas cookie recipe and tell you about what you can look forward to from Align in the New Year.

News and Noteworthy

So this is what's been going on and what's to come.

- It's been a busy fall – seminars at Heritage Chiropractic, guest teacher at Owen Sound Colligate and Vocational Institute (OSCVI), talking at homeopath Sue Seguin's 'Women in Transition' perimenopause course, the open house for the Grey Bruce Life paper (where I write monthly articles), and the list goes on. I've started a bit of a **blog** on my website talking about my goings-on; I'd love to hear your opinion about it.
- I now have office hours at **Kinexions Holistic Health Studio** in Owen Sound (970 3rd Ave W) every Tuesday, so if you want to stop in to ask a question or book an appointment, please feel free to do so. You never know, you might go home with an appointment for a massage or a facial as well!
- This fall I had some serious **email issues**. Apparently I was not receiving a large quantity of my messages but they were also not being bounced back to the sender. I apologize if you are waiting for a response from me on a past message – if so, please resend it to me and I will get to it pronto. Just know it's not that I don't love you – the computer does not always love me.
- Give the gift of health this Christmas. There is still time to get your loved one an Align Nutrition **Gift Certificate** to fill their stocking. All denomination available; pick up at Kinexions or call or email me for info.
- There's a great Christmas Contest that I want to tell you about. Have1.com's 5th Annual **Christmas Web Hunt Contest** is a great way to pass the time at work or together as a family. You'll visit all sorts of local websites, find the Christmas ornament, and enter to win over \$4000 in prizes – wouldn't that be a great bonus gift! Now you've got to work fast – the contest ends this Wednesday at 11:59pm, so go to <http://www.have1.com/christmas/2006.html> and click away!
- The New Year is bringing all sorts of exciting changes at Align Nutrition. Starting January 7th, I'll be working in conjunction with the **Rocky Raccoon Restaurant** (opening in Wiarton on December 23rd at the old Barley Bin) to host '8 Days a Week'. This is a **holistic alternative buffet** tailored to suit those usually not catered to – those with allergies, diabetes, celiac disease, arthritis, etc. This will be a menu that you

do not have to worry about making the 'right' decision. I'll be there to talk nutrition, answer your food and health questions, and enjoying a great meal cooked by Robin and the Rocky Raccoon staff. This will be a regular event occurring every other Sunday night, so call Robin at 519-534-0100 or me at 519-270-2794 for more information and reservations.

Upcoming events you don't want to miss!

'Daytime' on Rogers Cable

To start your New Year's off right, watch me on Daytime on Roger's Cable (Owen Sound) on January 2 at 11am. I'll be reminding you about 10 things you can start doing every day to increase your health and wellbeing.

8 Days a Week

Our first night of Align Nutrition and the Rocky Raccoon's holistic alternative buffet, complete with nutritional info and how it can help you improve your health.

- o Sunday January 7th (and every alternate Sunday) – open at 4:30; dinner at 5:30
- o \$40 ~ includes buffet, info, and some one on one time with a nutritionist
- o Rocky Raccoon Restaurant – 699 Berford Street, Warton
- o Call Robin (519-534-0100) or Ange (519-270-2794) for info or reservations

Infrared Sauna Info Session

Come to this 2 hour workshop to learn about all the benefits of infrared sauna use, including its great detoxification abilities. Hear the owners of Red Hot Saunas talk about why infrared saunas can benefit your health. Ange and Sharon will also talk about how to support sauna detoxification with diet and exercise.

- o Monday January 22 7-9 pm and again Saturday February 3 10 am-12 pm
- o Kinexions Holistic Health Studio – 970 3rd Ave West, Owen Sound
- o \$15.00 ~ includes a voucher of a ½ hour sauna session complete with supporting nutrients
- o Call Sharon (519-371-8314) or Ange (519-270-2794) to reserve your space

Detox for Beginners

You hear how important it is to 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? 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 3 weeks - Thursdays February 1, 8, and 15 7-9 pm
- o \$65 + gst ~ includes resource binder
- o Upgrade to course and sauna package for \$99
- o Kinexions Holistic Health Studio –970 3rd Ave W Owen Sound
- o Sign up at www.alignnutrition.com, email info@alignnutrition.com, or call (519) 270-2794 to reserve your place.

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

Cranberry Orange Oatmeal Cookies

So I'm always try new recipes with healthy alternative ingredients, and some work and some just don't cut it. This is a good one – looks like a cookie, tastes like a cookie, but is made with healthier ingredients. Give it a try and let me know if your guests notice a difference.

Ingredients

2 cups	combination of spelt, kamut, brown rice, &/or oat flour	1 cup	cranberries, coarsely chopped (freeze berries first for easy chopping)
1 tsp	baking powder	¼ cup	maple syrup
¼ tsp	baking soda	¼ cup	sucanat
½ tsp	Celtic sea salt	2	eggs
2 cups	quick cooking oats	1 tsp	pure vanilla
1 cup	softened butter	1 cup	raisins
½ tsp	stevia	1 tbs	grated orange zest

Preheat oven to 375°F. In a bowl, mix together flour, baking powder, baking soda, salt, and oats. In another bowl, beat butter, stevia, maple syrup, and sucanat until smooth and creamy. Beat in eggs, one at a time, until well incorporated. Mix in vanilla. Add flour mixture and mix well. Fold in raisins, cranberries, and orange zest. Drop by rounded teaspoonfuls about 2 inches apart onto greased cookie sheets; press with fork. Bake in preheated oven for 10-12 minutes or until edges are lightly browned. Immediately transfer to wire racks to cool. Makes 5 dozen.

Adapted from Katherine E. Younker, Complete Canadian Diabetes Cookbook.

Nutritional Value of Select Ingredients

Oats - Oats are a great source of complex carbs, high in protein, and fibre. They help normalize blood sugar levels, and are beneficial for the thyroid. They are high in tryptophan, iron, and phytochemicals.

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.

Cranberries – Great for the kidneys, bladder, and skin, these tart berries are full of vitamin C, fibre, calcium, and iron; and phytonutrients like beta-carotene and quercetin. They are useful in the treatment of asthma, cystitis, kidney stones, and bladder stones.

Stevia – Stevia is a plant from South America that is 200-300 times sweeter than sugar, with virtually no calories or glucose. It has a regulating effect on the pancreas and may help stabilize blood sugar levels in the body, making it great for those with diabetes, hypoglycemia, and candidiasis.

Look for more recipes at www.alignnutrition.com/recipes.php. The Cranberry Apple Spelt Loaf is also great for holiday entertaining.

Enjoy your day and your life!

The holiday season is a time to give, visit, and reflect. Take some time for you and set your goals for 2007. This could be drinking more 8 glasses of water, eating an extra vegetable each day, or writing a novel – just decide and do it. Sounds so simple, but you never know until you give it a try.

I wish you all a happy holiday and healthy new year. Enjoy yourself this season, and drink to your health!

Ange

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