

Nutritional Value of Select Ingredients

Spinach – This leafy green is high in antioxidants, reduces the risk of cancer, high in magnesium (for mood), iron, great for the eyes, etc., etc. Eating spinach with a source of vitamin C (strawberries, grapefruit) help absorb the calcium found within.

Sesame Seeds – By weight, sesame seeds are higher than liver in iron. They are also high in calcium, magnesium, protein, fibre, other vitamins and minerals, and EFA's.

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

Apples – Apples are high in fibre, help detoxify the body, stabilize blood sugar, and protect against the effects of radiation. They reduce the risk of heart disease, cancer, asthma, and type 2 diabetes. They are high in many vitamins, minerals, and phytoestrogens.

Tamari – Tamari is the original soy sauce. It is naturally fermented from soy beans, so is high in protein and phytonutrients. Tamari is a superior choice over commercial soy sauce, as it does not contain artificial additives, preservatives, or wheat.

Mustard – A member of the Brassica family (along with broccoli and cauliflower), mustard has many anti-cancer properties. It is also traditionally used to make a poultice to decongest the chest and airways.

Onions – Because they are high in sulfur, onions help lower cholesterol, inhibit cancerous tumor growth, help manage diabetes, and are an anti-inflammatory, antibacterial, and antifungal food that are also a blood tonic. Eat them daily.

Look for more recipes at www.alignnutrition.com/recipes.php. I'm always looking for great healthy recipes – I'd love if you passed along your favourites!

Enjoy your day and your life!

When the food is fresh and is able to grow to its full taste potential, it's so much easier to eat healthy. Now is the time to eat lots of body-supporting raw fruits and vegetables. A good way to start off is to pick up one new fruit or vegetable each week that you've never tried before. Ask the vendor their favourite way to serve, or find great whole foods recipes at www.care2.com or www.alignnutrition.com. Asking kids which vegetable they would like to try lets them feel in control of their eating. Just remember to offer them choices like zucchini or asparagus, not zucchini or donuts!

Besides being the season for all things fresh, it's also ice cream time. Always remember the 80/20 rule – make the better choices 80% of the time, and when you chose the 'treat' food 20% of the time, you're body will be able to deal with it. It's all about moderation, because remember this is a way of eating for life, not just until you can fit into that new bathing suit!

Taking 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 June 2007 Issue

Welcome to summer! We seemed to have skipped spring, and headed straight to humid! But there's nothing we can do about the weather except embrace it! So time for relaxing on the beach or by the pool, strolling through the park, or making a trip to a local farmers' market! What a great time of year – the beginnings of fresh produce are being offered, full of raw nutrients and enzymes that we've been missing over the winter. And all available locally!

I've had a busy few months, including two very successful Wellness Dinners at the Rocky Raccoon Café on Heart Health and Hypoglycemia & Diabetes, a Soul Foods Cooking course with Marie Knapp at her retreat at Kimbercote, and attending the Meaford Health Fair. And of course the 10k run with Sharon and company – I did quite well for my first real go! Now is time for me to renew and regenerate with the new growth of the seasons, so that I can pass this new fresh energy on to you!

In this month's newsletter you'll find...

- o **News and Noteworthy** – upcoming events in our community
- o **'Tis the Season** – for Farmers' Markets! A list of days and times of local markets
- o **Upcoming Events** – workshops and classes hosted by Align in the next few months
- o **Align Recipe of the Month** – Include your fresh local finds in this Mixed Green Salad with Walnuts and Sweet Curry Dressing

News and Noteworthy

For wellness seekers and practitioners alike, there are always events going on around town.

- o The **Grey Bruce Health Alliance** will be holding its next meeting at the Copper Ridge Restaurant on June 7 from 6-8pm. This meeting is open to all complementary and alternative health and wellness professionals in the area, and is a great forum for networking with your peers. For more information or to register please contact Geraldine Deenik at agrimonia@sympatico.ca. I'll be doing a short talk about all the aspects of my business, so join us to learn something you didn't know about Align Nutrition.
- o If you are a member of the Owen Sound Chamber of Commerce (or would like to be), I find the **Business Women's Network** is a great place to meet new people. I will be speaking at the BWN breakfast on July 20th – find out more at www.oschamber.com.
- o Thanks to everyone that attended **The Wellness Dinners** at the Rocky Raccoon. Our next dinner will be held in September – more details to follow, or check out www.thewellnessdirectory.ca for future times and topics.

Tis the Season for Farmers' Markets!

Yes I know some do operate year round, but there's something to be said about the warm weather, the smell of cut grass, and getting out to browse around the local market. When we shop at a farmers' market, we are (hopefully) buying local produce. When something is local, it can be picked at its peak of ripeness and include all its possible nutrients– it doesn't have to be picked days before and ripen on the truck so it's ready for the grocery store shelf. We also get to eat food that is less traveled than ourselves – I've never been to California, why should my tomatoes have all the fun? When food is local we are also eating within the season and climatic region. This is what our body is ready to handle – we're not designed to get the most benefit out of a strawberry in January.

There are many Farmers' Markets in the area for you to check out throughout the week. Don't be afraid to ask the vendor how and where their foods are grown – farmers that use natural methods will be more than happy to tell you about them. This is one way you can make conscious food decisions in the purchasing of pesticide-free and locally grown and raised foods.

- o The **Owen Sound & District Farmers' Market** runs Saturdays from 7am to 12:30pm year round – www.owensoundfarmersmarkets.ca
- o The **Keady Farmers' Market** runs Tuesdays from 7am to 2pm – www.keadylivestock.com
- o **Crow's Creek Market** in Purple Valley north of Warton runs from June 22 to August 29, Friday mornings from 8am to 12noon – www.crowscreekmarket.com
- o **Meaford** has a new Farmers' Market at the Rotary Pavilion Friday afternoons starting 3pm till 8pm, from June 1 to October 5
- o If you are outside the Grey Bruce area, find a Farmers' Market near you at www.farmersmarketsontario.com

Upcoming events you don't want to miss!

Isagenix Cleansing System Info Night

Some of the students in my detox classes have been asking about specific cleanses, so I thought I'd bring in the people from Isagenix to talk about their Cleansing and Weight Loss System. Come meet Steve and learn about why we should cleanse and what this system does for your body. Find out more information at www.alignnutrition.isagenix.com.

- o Friday June 8, 5-6pm; free

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 new outlook on a summer favourite.

- o Saturday June 9, 10am – 1pm
- o \$40 + gst ~ includes lunch, recipes, and handouts

Father's Day BBQ Menu Cooking Class

Want to give Dad a Father's Day gift this year he'll really love? Give him the gift of food! Come learn an alternative, healthier bbqing menu - just in time for Father's Day.

- o Saturday June 16, 10am-1pm
- o \$40 + gst ~ includes lunch, recipes, and handouts

Snack-Happy Kids

Eating is a family affair! Parents bring your kids (any age) to learn about why we need to eat our veggies, and all the rest of the good foods in the chain! Learn the basics of nutrition, and how to make some healthy (and tasty!) snacks. Be prepared to get messy!

- o Wednesday July 4 4:30-6 pm
- o \$40 + gst for kid & parent ~ includes recipe workbook and snacks

Kids Nutrition Camps

If your children are picky eaters, are curious about where food comes from, or just plain eat food, they would love a day of nutrition fun. Day camps for various age groups available. If you are interested, please give me a shout so she can set dates that are accommodating to all.

All the above sessions are held at Kinexions Holistic Health Studio at 970 3rd Ave West in Owen Sound. Sign up at info@alignnutrition.com or 519-270-2794 to reserve your spot. Or gather a group of friends or co-workers together and invite me to come to you – cooking is portable!

Align Recipe of the Month – Mixed Green Salad with Walnuts and Sweet Curry Dressing

Switch up your traditional iceberg lettuce-with-tomato-and-cucumber salad with something a bit more exotic! This salad includes many types of fresh produce that is locally available. Learn more great salads at the Spring Summer Salads class on June 9th.

Salad Ingredients

1/3 cup	walnuts
1 tbsp	sesame seeds
6 cups	mixed greens or baby spinach
1	tart green apple, diced
2	green onions, thinly sliced
¼ cup	raisins

Dressing Ingredients

3 tbsp	apple cider vinegar
3 tbsp	frozen apple juice concentrate
2 tsp	stone ground mustard
1 tsp	tamari soy sauce
½ tsp	curry powder
¼ tsp	fresh ground black pepper

Spread walnuts and sesame seeds on a cookie sheet and bake at 375°F for 10 minutes.

In a large salad bowl, combine the spinach with the apple, onions, and raisins. Add the cooled walnuts and sesame seeds. In a separate bowl or glass jar, whisk the vinegar, fruit juice concentrate, mustard, soy sauce, curry powder, and pepper together. Pour over the salad and toss to mix. Serve immediately.

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