

It's hard to believe that a whole year has gone by, and the time has come to start the 2<sup>nd</sup> volume of "naturopathic news". Time sure does fly! As you sit down to think about your goals for the New Year, it's the perfect time to make your health a priority. Since eating well is fundamental to healthy living, this issue contains information on the importance of multi-vitamins, healthy fats, positive thinking, and ideas for tasty snacks. I wish you all a happy, healthy new year!



## Multi-vitamins - A Foundation for Better Health

Proper nutrition is an essential component to staying healthy and treating disease. Research has shown that diet alone does not provide the optimal amount of vitamins for most people. The reasons for this include: soil that is no longer as nutrient dense as it was years ago, food that often travels great distances before it reaches the grocery store, and the processing and refining of food. A study published in the Journal of the American Medical Association in 2002 concluded that everybody, regardless of age, should take a multi-vitamin daily.

All multi-vitamin and mineral supplements are not created equal. A good multi-vitamin contains high potencies in the proper balance. Vitamins and minerals also need to be in a form that is easily absorbed. For example, calcium bound to citrate, malate, or aspartate, is much more easily absorbed than the calcium carbonate typically found in lower quality multi-vitamins.

There are multi-vitamins available that contain herbs and nutrients specific to gender and age, as well as health conditions such as arthritis, digestive problems and chronic fatigue syndrome. For assistance with selecting the proper multi-vitamin for your health needs, contact the office for an appointment.

If the vitamins and minerals are not being absorbed or are present in low potencies, you are likely throwing your money away. In general, the old saying "you get what you pay for" holds true. You're worth it!

## The Skinny on Fats

"Good fats" are an important part of a healthy diet. Essential Fatty Acids (EFAs), which include omega 3 and 6, are unsaturated fats that the body cannot produce itself, and must obtain from food or supplements. They are required for the proper structure and function of every cell in the body; and help to nourish the skin, hair and nails; promote proper nerve functioning; produce hormones; ensure normal growth and development; and prevent and treat illnesses, including cancer, heart disease and arthritis.

### The Key EFAs and their Sources

- **Linoleic acid (LA)** is an omega 6 fatty acid. It is present in many vegetables and most vegetable oils, including sunflower, safflower, evening primrose seed and olive oil. Most people get a sufficient amount of LA from food sources.
- **Gamma-Linolenic Acid (GLA)** is an omega 6 fatty acid. The richest sources are borage oil, evening primrose oil and black current oil. The typical diet provides very little GLA.
- **Alpha Linolenic Acid (ALA)** is an omega 3 fatty acid. It is found in flax seed and flax seed oil, and in smaller amounts in some nuts, green leafy vegetables and wheat germ.
- **Eicosapentaenoic Acid (EPA) and Docosahexaenoic Acid (DHA)** are omega 3 fatty acids found in fatty fish like salmon, mackerel and tuna.

Most diets do not contain adequate amounts of EFAs. A good way to start increasing your intake is by taking 1-2 tablespoons of flax oil daily – either mixed into your smoothies, added to your vegetables after they're cooked, mixed with vinegar to make a salad dressing, or taken on its own.

## Thank you!!

As a thank you to existing patients, and as a welcome to new patients, Haessler Naturopathic is offering a chance to **win** a "Stress Relieving Basket". Each time you come in for a visit or refer a new patient during December and January, your name will be entered in the draw for the basket.



## Back by Popular Demand... Women's Natural Health Series

**Topics:** Healthy Eating, Osteoporosis, PMS,  
Menopause, Breast Health, and Heart Health

**Presenter:** Jennifer Haessler, BScH, ND

**When:** Mondays from 7-9 pm starting February,  
2005 for 6 weeks

**Where:** Saugeen District Secondary School

**Registration:** Brenda Yourth.  
Call 832.2091, ext 501 or 389.4734 (6-10pm)

**Cost:** \$65

**Be sure to reserve your spot and take charge of  
your health naturally!**



## Achieving Weight-loss Success: Balance Body, Mind and Spirit

The importance of a positive mental attitude to any healthy weight loss plan should not be forgotten. Here are some tips to help you along your weight loss journey:

- **Be gentle and patient with yourself.** Breaking old habits and making positive changes doesn't happen overnight. Research shows that it takes at least three weeks for a new behavior to become a habit. The more often you try to change your lifestyle, the more likely you are to eventually succeed.
- **Take care of your body.** Learn about nutrition, and become aware of what your body needs for optimum energy and vitality.
- **Find support.** Reach out to friends and allow them to help you. Join a weight loss group, a walking club or a gym to get social reinforcement for your goals.
- **Start today.** Don't wait until you lose weight, find a new job or meet the right person before you adopt a healthy lifestyle. Begin right now, and do the best you can.

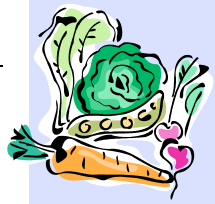
## On the Go...

It can be very challenging to make healthy food choices in our fast paced world. The key is to buy foods that give you the most nutritional punch for the least amount of calories and preparation time. Use the following categories as guidelines:

1. **High quality protein** from milk, soy, beans, fish, eggs or meat keeps you feeling full longer and helps to keep blood sugar levels steady. Stock up on bean dip, vegetarian chili, water-packed tuna, hummus, and soy burgers.
2. **High quality, complex carbohydrates** from whole grains, fruits and starchy vegetables supply the fuel your body needs to keep you healthy. Stay away from refined carbohydrates containing white rice, white sugar or white flour. Make sure your breads, crackers, pasta, tortillas and cereals are whole grain. A favourite bread of mine is the organic spelt with sunflower seeds by Dimpflmeier, available in the bakery section at many grocery stores.
3. **Make your meal a rainbow of colours.** Colourful fruits and vegetables provide important antioxidants, fiber and nutrients. Have veggie sticks ready in the fridge for easy access.
4. **Heart healthy fats (EFAs)** in fish, nuts and oils (olive, flax, sunflower or safflower) help you absorb fat soluble nutrients and keep you full.
5. **Tasty toppings and flavourings**, such as ground flaxseeds, garlic, salsa, nuts, raisins, herbs and spices are loaded with extra nutrients.

## Healthy Snacks

- ✓ \_ cantaloupe filled with 6 oz of low-fat lemon yogurt
- ✓ \_ cup soy nuts served with fruit
- ✓ Almond butter on apple slices
- ✓ Chickpeas, rinsed, drained and sprinkled with garlic powder, paprika and lemon
- ✓ Quick shake: fresh or frozen fruit, mixed in a blender with 1 tbsp of flax oil, soy milk, almond milk or low-fat yogurt
- ✓ Homemade snack mix: unsalted whole-wheat pretzels, dried fruit and toasted almonds
- ✓ Low fat vanilla yogurt mixed with almonds and raisins
- ✓ Graham crackers
- ✓ Air-popped popcorn
- ✓ Fruit sorbet topped with fresh fruit



**Give the gift of health this year...** Haessler Naturopathic offers gift certificates in any denomination. We also have "Castor Oil Kits" for \$9.75 to help with arthritic pains, and assist the body with digestion, immune function, and detoxification. Help your friends and family in their journey to look and feel great!

