



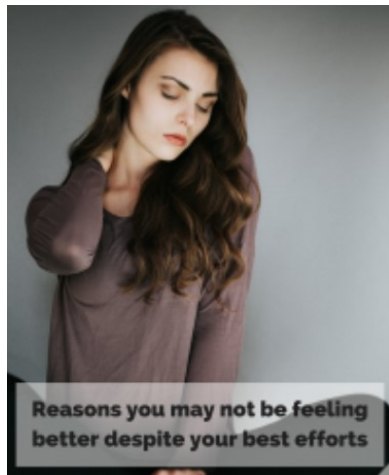
Reasons You May Not Be Feeling Better Despite Your Best Efforts

by [Joanne Lapierre, RHN](#)

Frequently in my nutrition practice clients come to me saying that they have tried everything, and they are feeling frustrated and desperate and wondering why they still don't feel better despite their efforts and they want to know why. I have noticed that in these cases the same issues seem to crop up that can be reasons why their efforts have not brought them the results they were hoping for.

Let's take a look at the top 6 reasons that I have observed, so you can avoid this trap.

(1) Relying on supplements alone—No supplement can overcome a deficient diet. So many people run out to buy the



latest supplement that is advertised for whatever condition hoping that it is the answer to their problems. But remember it is never just one thing that we do that will bring back balance, but rather a combination of different strategies. Yes, using supplements strategically is very beneficial and can help give us that little extra boost towards feeling better and re-balancing the body. But, don't get caught in the trap of taking supplements and thinking that your diet doesn't matter. Supplements on their own are not enough! They are meant to supplement an already nutrient dense diet, to fill in the gaps and in certain circumstances provide **Continued on page 3...**

3 Steps to Reduce Health Risks After Menopause by [Nonie De Long, CNP](#),

Many people are familiar with the typical symptoms of menopause - mood swings, sleep disturbances, weight gain, irregular periods, headaches, night sweats, and more. But there are also serious health risks that follow menopause in a woman's life, such as bone density loss, type II diabetes, and increased cardiovascular disease risk.(1) As such, doctors regularly advise women to take synthetic hormone replacement therapy (HT) to offset negative symptoms, but

recent research demonstrates that this model is flawed and can lead to higher incidence of a host of more serious health issues, including cancer. (2) (3)

In contrast, a holistic view does not address menopause as something to be chemically managed, but a natural phase in a woman's life, to be embraced and even celebrated! And, we now have a growing pool of data to support a new awareness that indeed, dietary **Continued on page 2...**

Issue 98
May, 2019

Inside This Issue

Reasons You May Not Be Feeling Better 1, 3

3 Steps to Reduce Health Risks After Menopause 1,2, 4

Fish Taco Salad 2

Strawberry Rhubarb Flax Jam 2

Looking for more tips for feeling better?

See a Holistic Nutrition Professional.



Fish Taco Salad by [Nonie De Long, CNP, ROHP, RNCP](#)

A super-fast and easy recipe even kids love.

Ingredients:

Red snapper, tilapia, catfish, or fillet of choice
1–2 fillets per person

Taco spice (see recipe below)

Oil or butter for cooking

Salad Ingredients:

Slaw - 1 cup per serving (julienne your own slaw with a mixture of carrots, cabbages, and a bit of sweet pepper, or use packaged slaw)

Sweet red peppers - 1 per 6 servings

1 ripe mango, diced fine - 1 per 6 servings as topping

Salad Dressing:

½ cup high fat sour cream

½ cup real or olive oil full-fat mayo

Juice from 1½ limes

1 tbsp grated lime rind

½ red onion, diced fine

1–2 cloves garlic, pressed fine

½ cup cilantro, diced fine

¼ tsp coriander seed, ground

½ tsp red chilli flakes (or to taste)

½ tsp Himalayan sea salt (or to taste)

Preheat oven to 425°F. Rub fish lightly with taco spice and place on non-stick oven pan with a little oil or butter on it. Blend all dressing ingredients and doctor the result to get a flavour you like. It will be smokier when tasted with the fish because of the taco spice. Put the fish in the oven and cook till done, usually 8-12 minutes or until it flakes easily with a fork. Remove and flake into chunks. Let cool a bit. Toss salad ingredients with dressing, leaving mango for garnish. Add fish and mango and drizzle with a little more dressing. Enjoy!

Taco Spice

1 tbsp chili powder

1½ tsp ground cumin

¼ tsp garlic powder

¼ tsp onion powder

¼ tsp dried oregano

½ tsp smoky paprika

¼ tsp crushed red chili flakes (optional)

1 tsp salt and black pepper

Directions:

Mix, taste, and adjust the heat and salt to your preferences. I prefer to use the whole spices and mill them just as I make this to ensure it's nice and fresh. Once jarred, you can use it for tacos, fajitas, and as a rub for fish, as in this recipe!

Strawberry Rhubarb Flax Jam by [Julie Daniluk, RHN](#)

Ingredients:

6 cups strawberries, cut in half

2 cups rhubarb, chopped

¼ cup water

¼ cup ground flax seed

¾ cup raw honey

Rinse the berries and rhubarb. Chop into 1-inch pieces.

Bring fruit and water to a boil on the stove and then reduce the total time of 25 minutes. After it's cooled on the stove, add honey and flaxseed. Mix well and add to small, jam-size mason jars while still warm. This recipe will store in the fridge for 2 weeks. It can be frozen.



...Menopause

Continued from page 1

and lifestyle factors can greatly impact the way a woman weathers menopause. (6) (7) (8) Since these are the best years of a woman's life, we want every woman to experience them fully, with optimal health! So let's get down to the top 3 steps any woman can take to get through menopause to maximize her health and longevity.

EAT OILY FISH —Add oily fish to your diet several times a week: sardines, herring, mackerel, salmon, anchovies, trout, tuna, and swordfish. Some nutritionists have come to advise against tuna and larger fish due to the presence of mercury, but we always have to weigh the risks against the benefits. The health benefits of eating oily fish have been well documented and have been shown to offset menopause by over 3 years when consumed regularly! (7)(8) (9) (10) (11) (12) Even if fish isn't your family's favourite dinner, you can enjoy it for lunch or breakfast on your own. Salmon cakes make a great breakfast, and fish taco salad or Portuguese fish soup make a delectable lunch.

Continued on page 4 ...

... Reasons Continued from page 1

additional temporary support to rebuild and rebalance the body. Use supplements wisely and choose quality supplements. Food is medicine! First and foremost.

(2) Relying on a specific “diet” or dieting period

—Everyone is unique. There is no one diet fits all and no quick fix. We need to ditch the diet mentality and eat real nutrient dense whole foods and listen to our body to discover what’s right for us. Symptoms are our body’s language and our body’s way of crying out for help and support. We need to tune in, pay attention and learn to understand our body’s language and provide our body with what it needs.



(3) You give up and don’t stick to your plan long enough

—How many times have you stuck to a plan for a few days or weeks, or even months, then you fell off the wagon, for whatever reason... and didn’t get back on again? Or you started feeling better and thought, that was it, you’re done, you’re fixed! Hey, it’s happened to all of us. Been there, done that! We tend to want a quick fix and when it doesn’t happen, we give up or move on to the next diet plan or fad. The fact is, it took you a long time to end up in a state of poor health, and getting your health back means that you must stick with it until it becomes habit if you truly want to rebalance your body and experience optimal well-being. It isn’t a diet, it’s a lifestyle and it takes time to re-establish balance in the body and establish new habits. This is different for everyone depending where you are on the slope of health. And know that if you return to your old habits that created the state of imbalance and health condition that you are experiencing, your symptoms will likely return in time.

So, once optimal wellness is achieved it is important to maintain it. It doesn’t matter if progress is slow, and you may slip up once in a while. That’s ok. That’s life. We are human. It’s not a reason to quit and give up on yourself. Have a goal, a vision and a plan in place and just pick up again. Small healthy choices make a big difference in the long run.

(4) You don’t address the root cause and don’t support gut health

—This is huge! Unfortunately, this is **WAY TOO OFTEN OVERLOOKED** by most people and even by many practitioners. It is important to get at the root cause, the reason why we developed a certain condition or health problem in the first place, and not only mask the symptoms or isolating a symptom as THE problem. This always starts with building from the foundation up, which begins with gut health and supporting other body systems along the way. This can take time and you need to be committed to sticking with it. It doesn’t need to be hard or complicated. It’s about progression, not perfection. Remember—to experience true and optimal wellness, it is a lifestyle, not a quick fix. It is about making daily choices and establishing sustainable lifestyle strategies and habits that will last a lifetime.

(5) Ignoring your emotional state

—Don’t underestimate the effect of your emotional state on being physically healthy. The **Continued in the right hand column...**

vast majority of our thoughts are negative and well over 90% are repetitive. Being “stuck” emotionally can affect our ability to get well and stay well. Physical health affects our emotional state, and vice versa. Check out my blog post [“What can happen when you carry the burden of unresolved emotions”](#) for a better understanding of what I am referring to.

(6) You do only 1 thing and you don’t look at what other areas of your life may be contributing to your health condition

—Oftentimes people will improve their diet or take a few supplements, but don’t address other contributing factors to their well-being. It is important to look at the **BIG picture** from a holistic perspective.—

Environment, toxins in personal care products, cleaning products, relationships, your mindset, self-talk, releasing emotional baggage, the quality of your sleep, how you manage stress in your life, and safe movement/exercise.

Nutrition is definitely the core principle of optimal health and gut health is the foundation, but they aren’t the only things that affect our health and well-being. It’s important to be open to looking at how all areas of your life can be affecting your health and take appropriate action.



...Menopause Continued from page 2

EAT FERMENTED SOY PRODUCTS—Soy is much maligned in natural health circles because of its estrogenic qualities. However, as estrogen drops during menopause, phyto (plant-based) estrogens can do a great job of picking up the slack to relieve symptoms associated with that drop. It's no secret that Asian cultures consume a lot of soy as a staple food, usually fermented and always whole, not processed, and in Asian cultures women rarely experience menopause with the severity they do in the West. (4) Other cultures with less processed diets also have better menopausal transitions, so that is also a factor. (5) Anyone can experience these benefits by consuming a natural diet, including organic, non-GMO soy natto, miso, tempeh, fermented tofu, and fermented soy drinks and yogurts. It's essential to ensure soy is organic and non-GMO, as conventional soy crops are responsible for large swaths of deforestation and environmental pillage and have been shown to be very harmful to the body. (16)

DO WEIGHT BEARING EXERCISES AND SUPPLEMENT WITH VITAMIN D—While speed and endurance decrease with age, strength and agility don't have to. Weight bearing exercises actually increase bone density, so lifting weights is a great way to strengthen your bones and stay fit! You will not "get big" from lifting weights, contrary to popular belief, and this

can be as simple as going for a daily walk with ankle and wrist weights. Strength training in the gym is also a great way to increase bone density. While high impact, vigorous workouts can spike cortisol levels and actually correlate to earlier menopause (8), and belly fat, weight lifting will challenge



and tone muscles and burn fat, while strengthening bones with less damaging repetitive impact and less disturbance of sleep cycles. (14) (15) Supplementing with vitamin D3, in accordance with your particular levels, as determined by a nutritional professional, will also help protect bones from deterioration.

There are a number of supplements a qualified nutritionist can help you use strategically, in addition to these suggestions, to address any personal imbalances and help you enjoy these years in good health. Menopause can mark the end of a woman's fertility and youth, but it can also mark the beginning of her coming into her own, living not for the kids and the family and the career, but for herself! It can also challenge us to take our health and self-care to the next level.

150 Consumers Road,
Suite 210
Toronto, Ontario
M2J 1P9
info@cahnpro.org
www.cahnpro.org
416.499.2660

Editor:
Helen Blanchard, RHN

Copy Editor:
Jennifer Sexton, RHN

Writers:
Joanne Lapierre, RHN
Nonie De Long, CNP,
ROHP, RNCP
Julie Daniluk, RHN

CAHN-Pro is a non-profit organization dedicated to regulating and board certifying holistic nutritionists and educating the public about making healthy choices to improve the quality of their life. All our members are trained in proper research techniques and meet mandatory requirements to maintain their certification. Our members are educators, professional speakers and practitioners. When looking for a nutrition expert, be sure it is a holistic nutritionist, Board Certified in Practical Holistic Nutrition.

To find a practitioner or corporate speaker in your area, please call 416-499-2660 or email us info@cahnpro.org

Enjoy your love of food ...with food that loves you back

For numbered references in articles found in this newsletter, please refer to www.cahn-pro.org.