



Does Sleeping in on the Weekend Make Up for Lack of Sleep During the Week? By [Cathy Biase, RHN](#)

Sleep is our reward at the end of the day that allows our body to re-group, repair and restore. But what happens if we don't get enough sleep?

In the short term the effects of not getting adequate sleep can include:

- Lack of alertness
- Impaired memory
- Moodiness

Chronic lack of sleep can have a severe impact on your health leading to serious



health issues such as:

- high blood pressure
- diabetes
- heart issues
- obesity
- depression

And research has

shown that long-term sleep disruptions may raise the risk of some cancers including prostate and breast cancers.

So now that we know, in broad strokes, the importance of getting adequate sleep, how much sleep is enough sleep?

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The Secret to Digestive Health by [Nonie De Long, CNP](#)

No topic is hotter right now than that of the role of bacteria in good health. It turns out we have colonies of bacteria - called a microbiome - on our skin, in our noses, in our digestive tracts from end to end, and in our vaginal canals - and they have everything to do with - well, everything! You may have seen some of the TEDx Talks highlighting the incredible research on the gut microbiome (1)(2) or read studies of the role it plays in disease and immunity.(3) It's truly mind blowing to read that we are made up of more bacteria than we are human cells and that these bacteria play a huge role in

our digestion, metabolism, immunity, development, mood, focus, learning, inflammation, and disease. So, after decades of the antibiotic and antibacterial craze, we have now begun to realize how simplistic - and very likely detrimental - that was.

If you haven't kept abreast of the almost weekly discoveries, I encourage you to do a bit of reading or video surfing! The best source for information may be The Human Microbiome Project.(3) And for an idea of the impact this has on mental and developmental health, you might pick up a

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**Issue 100
July, 2019**

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Banana Raspberry Oat Squares by [Seanna Thomas, RHN](#)

Easy and delicious squares that you can whip up in a jiffy! No oil, no refined sugar, and no weird ingredients...promise!

Ingredients

3 ripe bananas
 1 large egg
 1/4 cup unsweetened applesauce
 1/4 cup maple syrup
 2 cups rolled oats
 1/2 cup whole wheat flour
 1 tsp baking powder
 1/2 tsp salt
 1 cup fresh raspberries
 2 tbsp dark chocolate chips optional
 1 tbsp unsweetened coconut flakes optional



Instructions

Preheat oven to 350. Grease a 9 x 9 pan. Set aside.

Smush ripe bananas in a bowl. Add egg, applesauce, and maple syrup. Stir until combined.

Add oats, flour, baking powder, and salt. Gently mix together.

Once ALMOST combined, add in fresh raspberries. Gently fold them into the mixture and then pour into the greased pan.

Spread mixture evenly in pan. If you feel like it (and I highly recommend this), sprinkle dark chocolate chips and coconut flakes over the top of the mixture.

Place in oven for 30-40 minutes. Until middle bounces back when touched and edges are browned.

Let cool in pan on a rack for about 30 minutes and then enjoy!

Recipe Notes

Will stay amazing wrapped in the fridge for up to a week. You can individually wrap and freeze if you won't eat the whole thing. But I say #bakeitforward and share with your family, friends, and neighbours!! You'll make their day, I promise.

Benefits of Raspberries

According to whfoods.org, the most fascinating new areas of research on raspberries involve management of obesity and type 2 diabetes. There are also studies showing raspberry benefits in cancer prevention. Raspberries contain a diversity of antioxidants and have many anti-inflammatory benefits. [Read this article](#) for more information on the many benefits of raspberries. And enjoy your local raspberries! They're only available for a short time.

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

Minty Pea and Spinach Soup

by [Caroline DuPont, RHN](#)

1 small avocado,
 or ½ cup raw cashews
 2 cups frozen green peas
 1 clove garlic
 2 cups spinach (you could use part nettle leaves)
 1 cup loosely packed mint
 2 tsp fresh lemon juice
 2 tsp tamari
 ¼ teaspoon sea salt
 Freshly ground black pepper
 3 cups water

Blend all ingredients until smooth. Taste and adjust seasonings. Serve cold garnished with snipped chives, chive flower petals, a few finely chopped mint leaves, a splash of olive oil and a squeeze of lemon juice. You could also serve it warm by blending a little longer or heating it up over low heat on the stove. Enjoy!

Editor's Note: You could use fresh local peas in this soup. According to whfoods.org, few foods provide us with such substantial amounts of protein or fibre as green peas. This can help with blood sugar regulation.



... Digestive Health Continued from page 1

copy of Natasha Campbell McBride's GAPS. Today, however, we are going to focus on the bacteria in our digestive tract and the role that plays in digestive health. (4)

Often the gut biome is referred to in terms of good bacteria / bad bacteria. That's because there are bacteria that are beneficial to health and those that are detrimental. The more of the good bacteria we have - and the greater their diversity - the better our disease risks. That is to say, good bacteria have a protective role in our health. And what we eat directly impacts which bacteria dominate. Fibre and a diverse diet, rich in plant foods, helps to feed the good bacteria. Polyphenols found in foods like blueberries, red wine, dark chocolate and green tea are also thought to be good for feeding the good bugs. Sugars feed the bacteria that cause increased disease risk.

The impact of bacteria on gut health is so significant that researchers have taken the bacteria from lean mice and transmitted those bacteria to mice that were obese - only to see the obese mice lose weight with no other factors changed. Then they reversed the study and found that the bacteria from the obese mice could also alter the metabolism of the lean mice to cause weight gain.(5) This could help explain why some people are prone to weight gain no matter how they watch their diet! It also helps us understand it's not just the food that makes us fat or ill - because the food in both of these cases was the same. Obesity was more about the internal environment than what was consumed. This strongly supports incorporating probiotic rich foods in our regular diets to help assist our digestive system with keeping metabolism strong.



Some of the best fermented foods are natto, miso, kimchi, kombucha, raw apple cider vinegar, fermented milk kefir and yogurts, water kefir, and fermented sauerkraut and condiments. It's best to try to incorporate 1-2 of these foods per day or supplement with a broad strain, guaranteed active, high count probiotic. I recommend 50 billion and up. But home fermented food is almost always the best source for living bacteria that are going to take seed in

your body. And, keep in mind, doses should be increased with any antibiotic exposure. As with any holistic therapy, reach out to a professional if you have questions or need more personal direction.

Homemade High Count, Multi-Strain Probiotic Kefir

by [Nonie De Long, CNP](#)

You will need:

Mason or other quality glass jars

Quality probiotic, high strain capsules

Plain, high fat dairy, as much as you like, bovine or goat works well.

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...Kefir continued

Fill the jar 2/3 with your dairy beverage. Add the contents of 3 capsules to the jar and dump contents into blender. Blend on high for a minute. Return to bottle and cap, and leave in a warm place. This will be runny when completed - after about 12-48 hours. Check after 12. If it's not tangy to taste, shake it well and leave another 12 hours. The jar should develop a great seal when it is ready, as the fermentation gives off gas! This jar once fermented can be kept in the fridge to make it last longer and 1/4 cup can be added to your smoothies to ensure you get your daily probiotics. It can also be blended with fresh fruit to make a lovely tart fruit smoothie. Experiment to find what you like. Alternatively, flavour the yogurt drink with fruit and honey or stevia / monk fruit, then freeze as popsicles. It makes a wonderful, refreshing and healthy treat. Try using moulds [like any of these from Amazon](#) to get a fun treat anyone can enjoy!





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The National Sleep Foundation (NSF), along with a multi-disciplinary expert panel recommends that adults get between 7-9 hours of sleep nightly.

So let's do the math. If we take the average of required sleep time to be 8 hours per night then multiply that number by 7 days a week, that works out to 56 hours of sleep a week to hit the desired target. And when we get less than our needed amount of nightly sleep, this results in what scientists call a 'sleep debt'.



So here is the question: If we fall short of the average 7-9 hours of sleep during the week, can we repay this sleep debt by sleeping in on the weekend? Many of us assume yes, but [research](#) suggests otherwise.

In this study, researchers enlisted 36 healthy adults age 18 to 39 to stay for two weeks in a laboratory. Their food intake, light exposure and sleep were monitored.

Volunteers were divided into groups. One group was allowed to sleep 9 hours each night for 9 nights. The second was allowed 5 hours per night over that same 9-day period. The third group slept no more than 5 hours nightly for 5 days followed by a weekend when they could sleep as much as they liked before returning to 2 days of restricted sleep.

Both of the sleep-restricted groups snacked more at night, gained weight and saw declines in insulin sensitivity during the study period. While those in the weekend recovery group saw mild improvements (including reduced nighttime snacking) during the weekend, those benefits went away when the sleep-restricted workweek resumed. According to Christopher Depner, lead author of the study: "In the end, we didn't see any benefit in any metabolic outcome in the people who got to sleep in on the weekend."

Getting a good sleep on a nightly basis is something many of us need to work on. Here are some tips to help the Sandman come your way:

1. Turn all electronics off 1 hour before bedtime.
2. Do not eat 3 hours before bedtime.
3. Sleep in a cool, dark room.
4. If you must have electronics in your room, keep them 2 feet away from your bed.
5. Be consistent with your bedtime, aiming to go to bed around 10 p.m.

Sleep well friends!

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