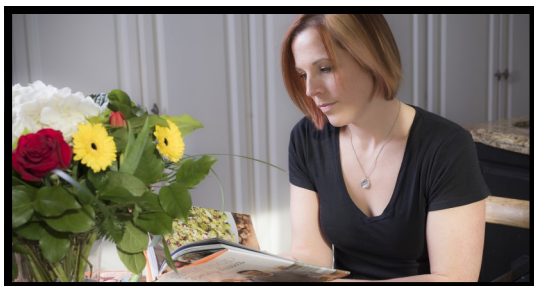




## September: The New January by [Seanna Thomas, RHN](#)

I've been talking about this a lot with my clients and colleagues lately and it seems to be true. Do you agree? Is September the new January?



September has always been centred around "Back to School" and focused on kids, but in recent years, doesn't September seem to be a time for everyone to press the restart button?

I know it is for me.

Summer is a time to relax, let loose, and maybe let go of the reins for a bit when it comes to our diet, our exercise plan, and routine.

## To Stress Less by [Nonie De Long, CNP](#)

Stress is something we have become accustomed to perceiving as a negative: something to be avoided, to get control over, to reduce if we can, because of the many health risks associated with out of control, chronic stress. But stress is actually one of a myriad of ways our bodies are programmed, in their wisdom, to speak to us to keep us safe. Let's unpack that a bit...

In modern medical philosophy, a fever is to be avoided, especially in vulnerable or weakly hosts. In holistic medical philosophy we understand that a fever is the body's way of trying to kill a pathogen. It's a first response to invading viruses or bacteria. In fact, herbalists will of-

I know we eat more food cooked on a BBQ or picked up at a farmer's market, meal plans go out the window and those nights I was going to go for a run? Well—friends invited us over to go for a swim so...yes, I'll have a glass of wine instead. And that's ok!

Balance is key to enjoying life. If you're too strict and it makes you unhappy—it's NOT WORTH IT.

That said, when summer is winding down and coming to a close, there's something very appealing about getting back on track, **Continued on page 4...**

ten provoke a fever to help a host defend against a pathogen. Similarly, in modern medical philosophy, vomiting is something to curtail. A vomiting person is "sick." However, when a person vomits because s/he has been exposed to something noxious, say a bad food or parasite, the body is not sick to try to expel the contents of the stomach - it's behaving exactly as it should to protect the host. When a joint is damaged and becomes swollen with inflammation modern medicine would have us ice it to reduce the inflammation. A holistic response is to apply ice only intermittently - if at all - because the inflammatory process is a **Continued on page 2...**

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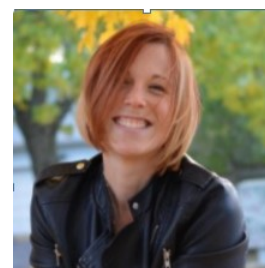
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*Looking for more tips to improve your health? See a Holistic Nutrition Professional.*



## Fresh Lemon Lime Jello by [Nonie De Long, CNP](#)

Natural gelatin from healthy, grass-fed animals is a superfood with a number of health benefits. It contains many amino acids that are important for brain and mood health, as well as digestive health. This simple recipe is a holistic twist on an old favourite and is very refreshing and tangy. I make it with natural sugar substitutes for a keto dessert, but it's just as easy to make with honey. Serve with all natural, fresh (coconut) whipped cream and fresh berries for a dinner party worthy treat!

### Ingredients:

- 1/4 cup freshly squeezed lemon juice
- 1/4 cup freshly squeezed lime juice
- 1 tsp grated lemon zest (organic is best)
- 1 1/2 cup water
- 2 tbsp quality gelatin (grass fed beef is best)
- 1-2 packets truvia, to taste



**Directions:** Wash and juice fruit, then strain with fine mesh strainer into measuring cup, totalling 1/2 cup of juice. Add to saucepan with water. Measure gelatin in, then stir. Let sit 3 minutes, then heat over medium low, whisking well until the gelatin is completely dissolved. This can take between 5-10 minutes. Be careful not to burn the bottom. Remove and stir in lemon zest and sweetener to taste. Pour into serving dish(es) or jello mold and refrigerate for 4-5 hours or until set. It can be made ahead and will keep nicely for up to 3 days. Serve with whipped cream and fresh berries for a decadent, low glycemic treat!

## Paleo Spaghetti by [Rachel Murray, RHN](#)

### Ingredients:

- |                                  |                                      |
|----------------------------------|--------------------------------------|
| 1 spaghetti squash               | 4 garlic (cloves, minced)            |
| 1 tbsp extra virgin olive oil    | 1 tbsp coconut oil                   |
| Sea salt & black pepper to taste | 1 tomato (chopped)                   |
| 1 tsp dried oregano              | 5 1/2 cups tomato sauce              |
| 454 grams ground turkey or beef  | 1 tbsp Italian seasoning             |
| 1 small onion (chopped)          | 1 tsp dried basil                    |
|                                  | 100 grams shredded mozzarella cheese |



Preheat oven to 400 degrees F. Using a sharp knife, cut the squash in half lengthwise, or into 1-inch rings (for longer strands). Scoop out the seeds and discard. Place the halves with the cut side up on a rimmed baking sheet. Drizzle with olive oil and season with salt, pepper, and oregano. Roast the squash in the oven for 40-45 minutes, until you can poke the squash easily with a fork. Let it cool until you can handle it safely. Then scrape the insides with a fork to shred the squash into strands. While the spaghetti squash is roasting, melt coconut oil in a large skillet over medium heat. Add chopped onion and garlic and cook for 4-5 minutes. Add ground turkey and brown the meat, stirring occasionally. Season with salt and pepper. Add the chopped tomato, tomato sauce, and Italian seasoning and stir to combine. Simmer on low heat, stirring occasionally, while the spaghetti squash finishes roasting. Serve over spaghetti squash with cheese (if using) and basil for garnish. Enjoy!

## ... Stress Continued from page 1

*healing response to bring nutrient rich blood to the site of the injury for repair! The swelling is part of that innate healing wisdom. So, too, is the stress response in the body.*

*When a person faces a situation the amygdala, the emotional processing part of the brain, perceives as a danger, it releases signals that trigger a cascade of responses that happen so quickly they are difficult to perceive. The heart rate increases to push blood to the muscles, which tighten in anticipation, to prepare the host to flee. Breathing becomes more rapid, as airways in the lungs open wide - to increase energy potential and to sharpen the brain, increasing alertness for a quick reaction. Sight, sound, and other senses sharpen. Stored energy is released quickly and floods the bloodstream, creating an intense burst to escape from the perceived threat.*

*And, under extreme stress, emotional centres switch off - much like a breaker box that's overloaded - to allow the host to react without emotion when needed for survival. Continued on page 3...*

### ... Stress Continued from page 2

These are all wonderful responses from our incredible, miraculous body, created to help us in times of intense stress; to give us the bursts of energy and clarity we need in such circumstances. The proper functioning of these control centres is essential for our ability to adapt to and escape from high stress situations. And, if we are faced with situations that continually call for such a response, it's clear it's in our best interest to remove ourselves from such danger, if at all possible.



The problem with modern stress is that it's low grade, prolonged, and insidious. Except in rare circumstances, there is no burning building to escape from or snarling predator to evade. But physiologically speaking, the body doesn't know that. It reacts the same to the stress at the office, the stress with the kids, the stress with finances, as it reacts to the stress of a predator. And this response can silently, over time rob our peace and our happiness and wreak havoc on our health and relationships. We can find ourselves completely wound up and unable to relax at all.

This can cause us to think of stress as a negative. We look for ways to reduce it, manage it, eliminate it. We dream of a stress-free life where money is not a worry, kids are well behaved, partners are perfect, outcomes are predictable, and blessings about. But this isn't a common reality. And it's a model that identifies stress as something that happens to us, not something that precipitates from us, when in fact, it's our perception of threat that triggers the fight or flight stress cascade we experience.

After years of working with the mentally ill, I can tell you definitively that perception is everything in terms of our stress response. One client will come in saying he's okay, life's been rough, but things are fine. When I unpack that I find that his life is in chaos, but he's managing it well, maybe even planning a fishing weekend. Another will come in stressed out of his mind, so unwell he can't sleep, and his circumstances are actually much more favourable. But the perception of threat causes the stress response in the body, which in turn robs our peace and causes a multitude of health and emotional problems for us. And good luck talking (or living) peacefully with someone chronically caught up in that state.

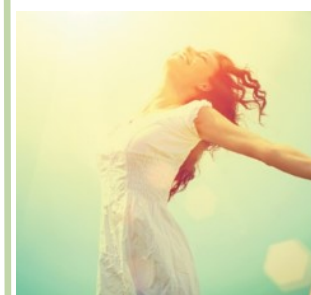
A holistic approach to managing stress should not just focus on reducing outside stressors, although they can be a signal to us that something in our life needs to change. A truly holistic model of stress management focuses on learning how to change our response to events. We can create a practice of calm and peace in the mind to enhance awareness of when there is a deviation from that. From awareness then, we can shift our perception when an upsetting event occurs. We can choose non-reactivity, rather than getting caught up in the stress cascade. Remember, the amygdala - the part of the

**Continued on right hand column...**

### ...Stress Continued from left column

*brain responsible for emotional processing - has to interpret the scenario as a threat in order to initiate the stress response. Change this interpretation and the entire stress response can be altered or bypassed altogether.*

*Of course, this takes practice. If you find you are unable, even with practice - to calm and soothe your mind - you may need to look at supplements and diet to restore the natural chemicals your body needs to balance itself. You may be deficient in one or many. Among these are magnesium, the B vitamins, antioxidants, amino acids, and GABA. Your nutritionist can guide you how to effectively test for and supplement with these if you suspect you are deficient. You may also want help to identify and remove food intolerances and environmental toxins, as these can contribute greatly to an overactive nervous system and mind.*



## ...September: The New January Continued from page 1

or back to a safe routine that we know works.

I have three kids, so for me, that looks a lot like packing backpacks, lunches, and getting to bed on time. Plus my work schedule changes when all the kiddos are at school and is less flexible. For others, it might be staying in on weeknights, planning breakfast the night before, or getting back to the gym.

Whatever it is for you, I think September is a great time to introduce new "resolutions" instead of waiting until January and here's why:

**It's Still Light Out** - It's much easier to stick to an evening walk when it's still light out after dinner. In January, when we usually make resolutions, I pretty much want to crawl into my pyjamas and eat mashed potatoes anytime after 5:00PM because it's PITCH BLACK. But when the sun is still in the sky at 8:00PM—yes, I'll go take my dog for a walk around the block.

**Fresh Produce** - There is no better time to start eating a little better and changing things up. Fresh produce is bountiful at this time of year and you can pick it up fresh from a market, farm, or your local grocery store. Food just tastes better right now! If you want to start eating more salads, I would start NOW and not in the dead of winter...just saying.



**Motivation** - There is something about the summer air that is just motivating. Want to try something new? Now's the time! Plus it's a lot easier to rally up a crew to do it with you when it's warmer out. Hello Frisbee Golf at the park!

**Getting Ahead of the Game** - January is over four months away. Start making small changes now and you'll be WAY ahead of the game by January. By then, all you'll have to do is tweak a few things here and there and you'll be so much closer to the goals you set for yourself. Also, there shouldn't be one time of the year that is set aside for making changes to better yourself. We should all be doing this year round. Living a balanced life with a check-in every now and again. That's why I think September is great time to do this.

Check-in with yourself. Could you make a small change this week? Next week? Once a week? Don't do everything at once. Choose one small and simple change and set yourself up for success. The more smaller successes you have, the more likely you are to succeed BIG TIME.

So...what do you think? Is September the new January? And are you going to take advantage and make a change?

150 Consumers Road,  
Suite 210  
Toronto, Ontario  
M2J 1P9  
[info@cahnpro.org](mailto:info@cahnpro.org)  
[www.cahnpro.org](http://www.cahnpro.org)  
416.499.2660

**Editor:**  
*Helen Blanchard, RHN*

**Copy Editor:**  
*Jennifer Sexton, RHN*

**Writers:**  
*Seanna Thomas, RHN*  
*Nonie De Long, CNP*  
*Rachel Murray, RHN*

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