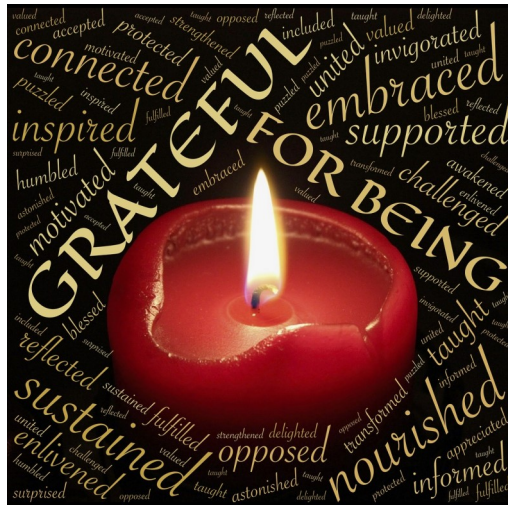




5 Ways Gratitude Affects Your Health by [Deanna Trask, RHN](#)
This Impacts Your Health More Than You Know

When we think about our health, we think in terms of what we're eating, what we're drinking, how much we're exercising -- but we rarely think about our health being related to what we think about.

If this is not something you consider regularly, start really digging deep into the idea that your thoughts, your attitude, and your mental tone have an incredible amount of power over your



health.

The best place to start is with gratitude. We all have something to be grateful for, so it's the perfect place to begin. Here's why gratitude is so essential to your health...

1. It boosts feelings of satisfaction.

Show your gratitude by putting it in writing. Get out your thank you cards and start writing. Write them to your kids' teachers. **Continued on page 3...**

The Evening Craving Monster by [Lisa Kilgour, RHN](#)

Evening cravings feel SOOOOO emotional! Don't they?

It's like the evening craving monster stays quiet all day long, carefully watching what you're eating, taking note if it's been a "good" day or not.

...and then, once you sit down on the couch to relax, it starts making its demands.

"I want a cookie!! Why don't you finish off the ice cream in the freezer...there's just a little bit left. You've eaten SO many vegetables today...why not have some potato chips? Wouldn't a bit of chocolate feel so good right now? You've had such a long and grueling day. Oh come on. I know you wanna!!"

The craving monster knows exactly what to say to tempt you into that food. And it's very clever...it picks the evening for a very good reason. It picks exactly the time of the day where you're most likely to give in.

It doesn't feel fair, does it?

Evening eating and emotional eating can get mixed up together sometimes. Evening eating tends to feel emotional, AND emotional eating tends to happen in the evening....but!

EVENING EATING ISN'T ALWAYS EMOTIONAL...ACTUALLY, IT USUALLY ISN'T.

That doesn't mean emotional eating isn't real, it IS! Definitely. No question.

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Mini Chocolate Cupcakes with Pumpkin Spice Frosting by [Peggy](#)

[Kotsopoulos, RHN](#)

Swap your regular, high-sugar recipe with these black-and-orange beauties.

Ingredients for the cupcakes:



1 tbsp ground chia plus 1/4 cup warm water (a great vegan egg replacement)

1 large, ripe banana
2 tbsp coconut oil
1/2 cup walnut or almond butter
2 tsp vanilla extract
1 cup almond milk
1/2 cup coconut sugar
1 cup brown rice flour
1/3 cup cocoa powder
1 tsp baking powder
1 tsp non-aluminum baking soda
1/2 tsp salt
Chopped walnuts

To prepare: Preheat oven to 350°F (175°C). Place ground chia in a small bowl. Add water and mix with a fork. Set aside for gel to form. Mash banana in a large bowl; add oil, nut butter, vanilla, and milk and stir to mix. Add the rest of the ingredients and mix until well incorporated. Grease mini muffin tins with coconut oil. Drop in batter and bake 25 to 30 minutes, until a toothpick comes out clean.

Ingredients for the frosting:

1/4 cup pumpkin puree
2 cups raw cashews
1/4 cup vanilla unsweetened coconut (or almond) milk

1 tbsp coconut oil
1/3 cup coconut sugar
2 tsp cinnamon
1/2 tsp nutmeg

To prepare: Add the cashews and coconut milk to a high-power blender (e.g. Vitamix or Blendtec, etc.) and blend till smooth (you might need the plunger for this one!). The frosting should be thick. Add pumpkin puree, coconut sugar, cinnamon, nutmeg and coconut oil and continue blending until smooth. The frosting should be really, really thick but, if it's still chunky, add more coconut milk to smooth. Set frosting in fridge for about 20 minutes before transferring to piping bag and pipe onto cupcakes.

Editor's Note: According to [WebMD](#), pumpkin is rich in fibre, which slows digestion. Pumpkin's brilliant orange colouring comes from its ample supply of beta-carotene. It also contains lutein and zeaxanthin, two antioxidants that are thought to help prevent cataracts and may even slow the development of macular degeneration.



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

... *Craving Continued*
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It's just that sometimes evening eating is caused by something else, and it feels soooo emotional that we put it into the emotional eating category.

What I've found with the 1000s of clients I've worked with— evening eating is about 80–90% of the time about an imbalance in your diet and around 10–20% about emotional eating.

And, we need to balance out our diet before we can learn what is emotional and what isn't. Only then can we really begin to see our emotional triggers and begin the process to work through this (usually with the help of a beautifully trained professional).

3 main causes of non-emotional evening eating -

1. A Low Carb Diet

A low carb diet can trigger a craving for carbs at night because we NEED carbs!

Continued on page 4

Quinoa-Black Bean Burgers by [Jessica Mitton, RHN](#)

Yields: 6 burger patties

Prep time: 10 minutes

Cook time: 15 minutes

Ingredients:

- 1 cup quinoa, cooked
- 1 (398 ml) can black beans
- 1 cup organic corn
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 tablespoon dried basil
- ½ teaspoon sea salt

Directions:

1. Preheat oven to 400 degrees and line cookie sheet with parchment paper.
2. Add all ingredients into a bowl and mash together.
3. Use a ¼ cup measure to make burger patties, and place on cookie sheet. Use your hands to form the mixture into round patties.
4. Bake for 15 minutes. Enjoy!



...5 Ways Continued from page 1

Write one to your parents, to your spouse, your best friend. Writing letters of gratitude will ensure you feel good inside and out, and you'll be spreading those good feelings to those you're writing to.

2. It builds relationships.

Find ways to weave in expressing gratitude for those things people do for you that you appreciate. Even if it's just your kids putting the dishes in the dishwasher for you -- express your gratitude. It will motivate them to keep doing more, and it will reduce your stress by seeing the good in things.

3. It helps your mental wellness.

Taking a moment to be thankful for the things you have despite the challenges is good for your mental health and well-being. Sometimes it can be hard to see the good things in life, so keep a journal if necessary and write things down. When you feel low, you can flip through it and find something to smile about. As an added bonus, it boosts more than your mood by increasing energy levels too.

Continued in right-hand column...



...5 Ways Continued from left column

4. You'll sleep better.

When you find things to be grateful for instead of focusing on the negativity, it allows your mind to relax. This, in turn, leads to better sleep. Try writing a gratitude list before you go to bed to use this power to your advantage so you can fall asleep faster.

5. It can help you with your exercise too.

With recognition for things that you're grateful for, you feel happier. Feeling happier gives you more energy, and hence, it will keep you feeling good about your workouts too. Sometimes the only thing we need is the motivation to START the workout, and a positive attitude helps get you there.

Don't mistake this for feeling like you have to be positive 24/7. Other emotions are real, necessary, and deserve to be honored. By all means, feel your feelings and healthily work through them—but choosing to practice gratitude daily will positively shift things.

Start practicing now!

...The Evening Craving Monster Continued from page 2

They're an important macronutrient and some people need them more than others. If you feel great on a high protein diet, great!

But, if your craving monster gets louder when you eat this way, you may want to experiment a bit with healthy starches, like sweet potatoes, fruit, squash, and whole grains. By choosing healthy starches that you enjoy earlier in the day (when you can use this energy), you can reduce your craving monster's request for refined and processed starches later :).

2. No Sweet Foods in Your Diet

Like starches, everything sweet is being vilified right now and they've been put into the same category as refined sugar. Fruit and refined sugar are VERY different in the body.

Sweet tasting food is also very balancing for some constitutions (including mine), and if I/we are to remove everything sweet, then the cravings monster will just get very loud until we give in.

Instead of having a nice piece of fruit in the morning, the craving monster puts a full chocolate bar, a box of cookies, and/or a tub of ice cream into our hands.

You CAN enjoy sweet foods and eat a healthy diet (I do!). Fruit, dark chocolate, dates, and sweet veggies are beautifully balancing and does a body good :).

3. Not Eating Enough Throughout the Day (Especially When You're Under Stress)

The craving monster really doesn't like it when you deprive yourself of food. It especially doesn't like it when you're also under a lot of stress.

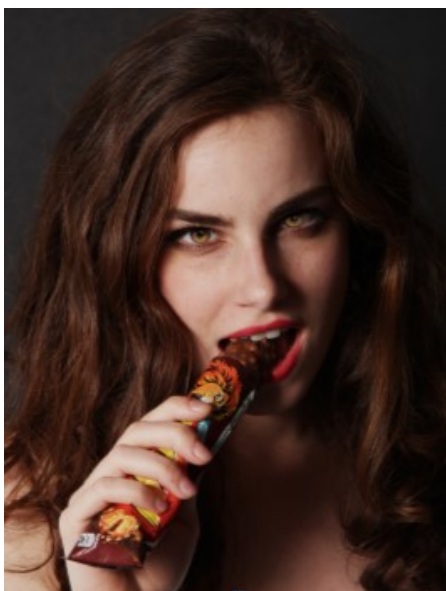
This makes the craving monster very worried and so it gets extra loud.

It's common to eat a low calorie/energy diet when you're trying to eat really healthy, following a new eating plan, or when you're so stressed out you skip meals.

Once your day is done and you relax, your craving monster NEEDS you to make up the difference, and so it will tell you all about the great food that's in your cupboard. Or will remind you that you can drive to the store to pick up something. Or will let you absentmindedly eat an entire bag of potato chips.

The craving monster alllllways wins.

Be sure to eat at least 3 meals and 1 afternoon snack every day, especially when you're under a lot of stress. It really helps :).



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