



## A Holistic Nutritionist's Tips to Feel Your Best This Holiday Season

The holiday season is a time to enjoy ourselves in the company of loved ones, and food is certainly at the center of many of our celebratory traditions. All those parties and gatherings



with friends, co-workers and family, time off from work, trips and delicious meals are a great way to break the routine, something that many of us embrace. But for many of us, the holiday season can also create a lot of excess, especially with food and drinks.

### When You Say Yes, You Say No by Helen Blanchard, R.H.N.

When you say yes, you say no. What does that statement even mean? Have you ever thought about it before?

I was listening to a book review. I hadn't even had time to read the book. Yes, that can happen, but if I had said yes to reading the book, I would have said no to calling my Mom, working on an editing job, helping a friend, and lots more. I had at least read a lengthy summary of the book. This statement jumped out at me: when we say yes to something, we may be saying no to many other things. After that, my pastor made a similar statement. Wow! It was time I paid at-

I am a huge proponent of enjoying the beauty of this season in a balanced way. This means we need to break the all-or-nothing mentality and ditch deprivation, especially when it comes to food.

In my personal and clinical experience as a Registered Holistic Nutritionist, I notice that when we drop the excess vs. deprivation mindset, there is no need for extreme diets or workouts to fix things afterwards. **Continued on page 2...**

tention. That statement could change my day and even my life.

How can we relate this statement to our health and well-being? Is it worth saying "yes" to something if it means having to say "no" to other things?

I like the idea of "can I just...?" to help with implementing a change. Let me give you a couple of examples. Let's say that you've realized that by saying yes to your current diet (which is totally lacking veggies), you're saying no to giving your body more nutrients it wants and needs. If I tell you that starting tomorrow, you will need **Continued on page 4...**

## Issue 105 December, 2019

### Inside This Issue

*A Holistic Nutritionist's Tips* 1, 2, 3

*When You Say Yes, You Say No* 1, 4

*Turkey Cranberry Squash Bowls* 2

*Benefits of Cranberries* 2

*OMG Organic Haystacks* 3



## Turkey Cranberry Squash Bowls by [Coreen Heary, RHN](#)

### INGREDIENTS

1 Delicata squash (small)  
 1 tbsp extra virgin olive oil  
 1/2 lb extra lean ground turkey  
 1 1/2 tsp poultry seasoning  
 1/2 tsp sea salt  
 1/4 cup frozen cranberries (thawed, or use fresh)  
 2 cups microgreens  
 1 tbsp balsamic vinegar



### DIRECTIONS

Preheat the oven to 350F and line a baking sheet with parchment paper. Rinse the outside of the squash and slice in half lengthwise. Brush the flesh with a small amount of olive oil and place face-down on the baking sheet. Bake for 30 minutes. Meanwhile, heat the remaining oil in a large skillet over medium heat. Add the turkey and sauté until cooked through and browned. Break it up into tiny pieces as it cooks. Once the turkey is cooked through, stir in the poultry seasoning, sea salt and cranberries. Turn the heat to the lowest setting to keep warm until your squash is cooked. Remove squash from oven and stuff each half with the turkey/cranberry mix. Serve with microgreens and a drizzle of balsamic vinegar. Enjoy!

### Notes

Vegan & Vegetarian: Use lentils or chickpeas instead of ground meat.

No Microgreens: Use any leafy green like baby spinach, kale, or arugula.

Leftovers: Keep well in the fridge up to 3 days.

### ...Nutritionist's Tips Continued from page 1

I personally believe this is the best way to achieve a healthy relationship with food.

That being said, for many of us it is difficult not to go into excess during the holidays because the all-or-nothing mentality is so engrained in us. This is why, over the years, I have developed a few techniques that have helped me tremendously to enjoy while not going overboard and feeling terrible afterwards.

I personally follow these when heading to holiday gatherings and find they help me a lot to enjoy food in moderation and wake up feeling energized rather than sluggish the next morning:

Drink plenty of pure water throughout the day. We simply tend to overeat when we are dehydrated;

Have a protein-rich snack before heading to a party. This will help you control your portions much better.

My go-to protein-snacks are: a handful of nuts, veggies with tahini or a few spoons of Greek yogurt with berries and true cinnamon. **Continued on page 3...**

### Benefits of Cranberries

According to [Medical News Today](#), cranberries provide many benefits, including the following:

*There is some evidence that suggests that the polyphenols contained in cranberries may reduce the risk of cardiovascular disease.*

*The proanthocyanidins contained in cranberries may benefit oral health. According to some researchers, they do this by preventing bacteria from binding to the surface of teeth.*

*A 2014 study found that taking a cranberry capsule extract twice per day reduced the incidence of UTIs.*

*They are a good source of various vitamins and antioxidants.*



## OMG Organic Haystacks by Nonie DeLong, CNP

An easy, healthy, no-bake, drop cookie recipe that people absolutely love! It's high in protein and fibre, and boasts healthy fats, all of which keep the glycemic index down. The sugar used in this recipe is palm sugar, from coconut tree sap, but you can half this with monk fruit for an even lower glycemic treat! Be careful, though. You can't eat just one!

### INGREDIENTS

- 1 cup organic palm sugar
- 1 cup monk fruit 1:1 (this means it translates as 1:1 with sugar)
- 1/2 cup full-fat canned coconut milk
- 1/2 cup organic coconut oil\*
- 1/2 cup organic cacao powder
- 1 pinch sea salt
- 1/2 tsp pure, natural vanilla extract
- 2 cups organic rolled oats (gluten free if needed)
- 1 cup unsweetened flaked coconut
- 1 cup chopped pecans



### INSTRUCTIONS

- 1) In a medium saucepan, combine coconut sugar, monk fruit, coconut milk, coconut oil, cacao powder, vanilla extract, and sea salt. Add another dash of sea salt. It adds minerals and brings out the other flavours. What the hell add two.
- 2) In a large mixing bowl, combine the oats, coconut, and pecans, stirring to mix well. Set aside.
- 3) Get oven mitts out. Heat the saucepan to boiling, stirring frequently.
- 4) When it has reached a rolling boil, cook for 2 minutes, stirring constantly and keeping sides scraped down. (do not leave for a second!)
- 5) Using oven mitts, remove saucepan and add the contents into the dry ingredient bowl you set aside. Stir together with a large wooden spoon.
- 6) Drop by ice cream scoops onto a wax paper or parchment paper lined tray that will fit in your fridge or freezer. Mound them up instead of flattening them.
- 7) Let them cool in the fridge for a couple hours or 30 minutes ish in the freezer.
- 8) Remove to room temp and serve. Hide some for yourself later. Otherwise there won't be any left!!!

As with any sweet treat, I encourage my clients to restrict consumption to after a meal containing ample protein and fat in order to avoid blood sugar fluctuations and the resulting insulin related havoc. These can also be eaten preworkout for an energy boost. Don't eat them after dinner, as they contain enough cacao to really rev you up and keep you awake.

\*Editor's Note: You could also use organic butter here.

### ... Nutritionist's Tips Continued from page 2

For a few more easy snacks check out this [post](#).

Take a moment to gather yourself before heading to a party: feeling stressed, anxious or simply excited? Take a moment to slow down, breathe and put yourself in a good frame of mind.

Decide in advance that you will enjoy food and drinks in moderation. This exercise helps a lot!

At a party, keep your alcohol consumption at 2-3 glasses maximum.

Choose the best options available to you: fill your plate with veggies and salads; choose grilled and steamed over fried foods and enjoy foods in moderation.

Remember, you can always have more at a later time, you don't need to eat it all at that party.

And most importantly, enjoy yourself!





### ...When You Say Yes Continued from page 1

to eat six servings of veggies, you may tell me to get lost. But what if you start with “Can I just eat one carrot a day”? You can do that. Momentum generates motivation. If you don’t like carrots, choose another veggie. Then you can build on that and gradually increase your intake of veggies. Before you know it, you may be hooked on veggies. Be specific with



your change and make it easy to do. Now don’t hear what I’m not saying—if you’re already eating veggies, don’t decide that one carrot a day is enough. Start where you’re at and make small manageable changes.

Or maybe you’ve determined that by saying yes to being a consistent couch potato, you’re saying no to reaping the benefits that come from exercise. If I tell you that you need to go to the gym three times this week and work out for an hour, you may be totally overwhelmed, and that wouldn’t be the best thing for your body anyways. But what if you ask yourself “Can I just do five minutes of exercise at home?” Take it from there.

Sometimes I use the “can I” question when I’m working on a project. If I’m overwhelmed, I take a break. After that I ask myself if I can just do five more minutes or if I can just finish one more paragraph. Sometimes that helps me to get past the overwhelm.

Do you see how making small changes is so much better than making no changes at all? Picture yourself a year from now. You asked yourself the questions: What am I saying yes to? What does that mean I am saying no to? Can I just...? And you took some action steps. One baby step led to another and then another.

Do you like what you see? And if you didn’t make any changes, do you like what you see? You don’t **have** to make changes, but you **can choose** to make changes.

Start small. Enlist the help of someone you’re comfortable with so that you’ll have some accountability. You don’t need to do this alone. Contact a holistic nutrition professional for a plan of action and some support and encouragement.

I’m excited for you.

P.S. I just said yes to spending some quality time with a friend. What did I say no to—feeling lonely, cleaning up the house and my desk, and doing some work? That was the right yes for me today.

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:  
*Helen Blanchard, RHN*  
*Pamela Groh, RHN*  
*Nonie de Long, CNP*  
*Coreen Heary, 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](mailto:info@cahnpro.org)*