



Why Diets Don't Work by [Debbie Bowman, RHN](#)

Diets are made to fail. I say this with confidence because statistically it's true - ninety-five percent of the people who start a diet won't lose weight or keep it off.



So, what's wrong with this picture? Why do so many diets fail and what can we do to turn those statistics around?

Diets fail for three

main reasons:

1. Diets are too strict.

What happens the minute you tell yourself you won't ever have sugar again? You start to want it more and more. After several days **Continued on page 3...**

But we are ever hopeful. Like our waistlines, the list of diet books on display at the local bookstore or on the top ten list is ever expanding. Every day people start a new diet, firmly believing that this time, this diet will actually work.

Connection and Friendship by [Karen Toews, RHN](#)

Recently my husband and I enjoyed supper with friends at their charming reno-in-progress, 200-year-old summerhouse. The planked salmon served with veggies-extraordinaire – finished off with fresh fruit and whipped cream for dessert – was 'deliciously' satisfying!

However, the meaningful and heart-rich conversation we shared around their table was what truly invigorated our spirits; we went home satiated in friendship and connection.

Our experience – in this case, choosing to linger and talk around the table rather than moving to another place in the house – underlined how meeting and eating at the table can be so **deeply nourishing, even sacred: healthy for our hearts and our souls.**

Not everyone is skilled in cooking; having

people over for a meal is very stressful for some. Maybe this is you. And depending on your personality, not knowing your guests very well before they come to your house can cause some apprehension. So how can we make this work – for gathering others to meet and eat at our table?

Your guests may also feel a bit nervous-take small steps. Sometimes it helps to ask several people you think who would relate to each other, and you provide the setting for them to share and get to know each other. This can be for a group of women only, or for couples or any other group. True story: because my husband and I are more on the outgoing side, we've been asked to join in on a meal at my cousin's house to help keep the conversation rolling. Really.

That works. **Continued on page 4...**

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Do You Want More Tips for Healthy Connections? See a Holistic Nutritionist



Quinoa Black Bean Salad by Lorene Sauro, RHN

This salad makes a great lunch or can be served as a side dish for dinner. This keeps in the refrigerator for several days and can easily be made for more than one meal to save time.

Serves 2

- 1 cup dry traditional, red, or black quinoa
- 6 cups non-chlorinated water
- 1/8 tsp sea salt
- 1/4 cup Maple Spiced Pecans, chopped (see recipe in column)
- 1 red bell pepper, chopped into small pieces
- 2 green onions, chopped
- 2 large celery stalks, sliced
- 1/2 cup cooked, canned black beans, drained and rinsed
- 2 to 3 tbsp chopped fresh dill or parsley



Dressing:

- 3 tbsp olive oil
- 1 1/2 to 2 tbsp apple cider vinegar or aged balsamic vinegar
- 1/4 tsp raw honey
- 1/8 tsp mustard powder
- 1/2 tsp chopped garlic
- Sea salt and black pepper to taste

Rinse the quinoa in a sieve, and place in a medium pot with water and sea salt.

Bring to a boil, lower to simmer, cover, and cook until the quinoa reaches the desired texture. Normal instructions for cooking quinoa would say only use double the amount of water for the quinoa, but for quinoa, time and temperature are key to preventing the quinoa from being crunchy. Adding extra water allows you to cook it to the texture you like. This usually takes about 25–30 minutes.

Remove from the stove and rinse the quinoa by placing in a sieve and running it under water. Place in a large bowl.

Add the pecans, red peppers, green onions, celery, black beans, and dill or parsley to the quinoa.

Dressing: Mix the oil, vinegar, honey, mustard powder, garlic, sea salt and pepper together and pour over the quinoa and vegetables. Mix thoroughly. Taste and adjust the flavour to your liking. This includes adjusting the amount of vinegar to suit your taste.

Place in an airtight container in the refrigerator if not serving right away.

Maple Spiced Pecans

Ingredients

- 1/4 tsp cayenne pepper
- 1 tsp ground cumin
- 2 tbsp butter or coconut oil
- 2 cups raw pecan halves
- 1 tbsp maple syrup
- 1 tsp sea salt

Preheat oven to 300 degrees F.

Place a medium saucepan on medium heat and heat for one minute. Add the cayenne and cumin and stir in the dry pan for about one minute.

Add the coconut oil to melt; stir for about 15 seconds.

Add the pecans, maple syrup, and sea salt.

Transfer to a cookie sheet. Bake for 20 minutes until nuts are toasted, stirring occasionally. Serve warm or at room temperature.

Tip: Make a bigger batch to have these as a snack. Store in an airtight container in the refrigerator. They will keep for one week.



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it's all you can do to resist. This way of thinking isn't something that can withstand the ups and downs of life, and it doesn't lead to a joyful and healthy respect for food.

Instead, you can change the 'I can't' to an 'I can...but.' I can have that brownie, but I choose to not have it *right now*. This subtle shift in your perception of food puts you in control, not the other way around.

A good rule to follow is the 80/20 rule. You will eat a healthy diet eighty percent of the time, but you will allow yourself to indulge in your favourite treats twenty percent of the time. What does this mean in real life? Well, you may see that brownie and really want it. However, you know you are having a girl's night on Saturday, and your best friend is bringing a tray of her famous brownies - so you decide to save your indulgence for that evening. When the evening comes, you can have a brownie without guilt or remorse.

The interesting thing is that the more you adopt a healthy diet, the less you will crave those foods that seem so important in the beginning. With time you may decide that the way those foods make you feel isn't worth consuming them at all.

2. Diets are centred around an all-or-nothing philosophy.

Imagine this scenario....You are on day six of your diet and things are going well. Unfortunately, it's your co-worker's going-away party, and everyone expects you to have some cake and a glass of champagne. You succumb with guilt, and afterwards you feel like your diet has failed. In fact, you didn't even make it a week. You might as well have a second slice of cake.

Once again, the 80/20 comes into play, as it allows for the occasional slice of cake or glass of champagne. Setting aside days where you can indulge helps to keep you and your goals on track. Before you know it, your diet is no longer a diet, it's a lifestyle change. Which leads me to the last reason why many diets fail.

3. Diets are not meant to last a lifetime.

Diets are usually created around a span of time, or they are so restrictive that most people can't continue them for long.

Saying goodbye forever to the foods we love isn't something that makes us smile -

it's downright depressing and it sets us up for failure. Instead, we should crowd out the things we know we shouldn't have every day by adding in more healthy foods. Fill that shopping cart with fresh vegetables, fruits, nuts, seeds, whole grains, wild fish, and free-range eggs - you'll find you don't have as much room or inclination to add the

Continued on right hand column...



...Diets Continued

unhealthy foods.

At mealtimes, cover your plate with colourful and exciting salads or roasted vegetables. You won't have as much room - on your plate or in your stomach - for those other, less healthy foods.

Stock your pantry and your fridge with healthy snacks such as fresh fruits, artisan cheeses and delicious pre-sliced veggies - having the good stuff on hand means less likelihood of grabbing something you shouldn't.

Notice the difference? We aren't cutting things out. Instead, we are adding things to our menu - healthy foods that nourish, sustain and satisfy. By adding in more, we are not necessarily taking things out. We are just making better choices. Those other foods are still there, but they no longer have a hold on us.

This philosophy is different from the many restrictive diets that are popular these days. This is a positive lifestyle change that can be maintained and enjoyed for a lifetime, and it's one that sets you up for success.



White Cocoa by [Lorene Sauro, RHN](#)

1 cup organic full-fat milk or coconut milk
 1-2 tbsp cocoa butter pieces (this is hard to measure – 20 g or about 3/4 oz)
 2 tbsp maple syrup
 1/8 tsp pure vanilla extract
 1/8 tsp nutmeg

Put all the ingredients into a small saucepan and place on the stove. Bring to a boil over medium-high heat. Transfer to a mini-blender and blend (or a regular blender can be used). Pour into a mug and serve.



Connection and Friendship Continued from page 1...

My husband and I have been married a long time and in this area of inviting people to our house we have learned to trust each other's intuition, which has resulted in meeting some very interesting and wonderful people: as recently as two weeks ago when we offered hospitality to a motorcyclist my husband met at a car wash! It's impossible to measure but I'm sure these kinds of steps have added more blessing to our lives than for those we've been able to share with. Connection goes both ways. Ask people about their stories – they generally have at least one they're happy to share. Through my Mom's capable example, I watched and learned her ease with hospitality – which included my help peeling potatoes, setting the table – and washing dishes! So for me the kitchen, preparing food – is mostly a happy and comfortable zone. But in the past that 'ease' has often put me into an entertaining mode rather than one of hospitality. So, I'm paying attention and learning to integrate my passion for cooking good food, with my desire to invite connection and friendship by:

- not planning my menu and foods simply to impress the people I've invited, as that can often be intimidating or disconnecting.
 - providing an environment that is focused on comfortable rather than fancy or needing to be expensive or feeling excessive.
 - being less complicated doesn't mean less tasty. Clear and simple.
 - inviting guests to join in the food preparation to promote connection – you're in!
 - being aware that everyone can't eat everything. Asking ahead about allergies and food sensitivities (even foods people don't like) helps put everyone at ease.
 - discerning when it's appropriate to include Pinterest ideas for fun and pizzazz!
- It can be amazing: I encourage you to open your heart and home, share around your table to meet a hunger for connection and friendship through providing:
- food: God's greatest gift to us for physically nourishing us, his creation
 - our 'homely' expression of *breaking bread and drinking wine* – being sensitive, willing and caring to share your heart and compassion
 - opportunity for memories, relationships, conversations and intimacy that will become part of who we are and our history, to understand how-

"The world is far more delicious than it need be." Tom Chester

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