



It's Not the Load That Breaks You Down, It's the Way You Carry It

by [Leora Barak, RHN](#)

Stress itself is not the problem; it's the way we handle it.

Our mind is very powerful. When we go through a stressful situation, we immediately begin to show physical signs of stress, such as sweating, a faster heart-beat and increased breathing. However big or small a situation, when we perceive it as negative and



out-of-control, not only do we cope in ineffective ways, but we may also be led to major health problems if our behavior is continuous.

Stanford health psychologist, [Kelly McGonigal](#) says "if we can change the way we *think* about stress, it can even become our friend". She believes that if we actually *embrace* the concept of stress, it can make us stronger, smarter and happier. She asserts that if we begin to view the stress response as positive and helpful, thinking about

what's going right instead of what's going wrong, we may become less anxious, and in turn, more confident. We will also be encouraged **Continued on page 2...**

What Can I Do? by Helen Blanchard, RHN

"What can I do to improve my health? Is there anything more I can do?" Have you been thinking about this lately? Are you feeling afraid and powerless?

You've heard about the strategies to deal with the virus from the outside in—like washing your hands, physical distancing, etc. But what about strategies to deal with this or any other virus from the inside out so that if you do contract a virus, you can hopefully minimize the symptoms and shorten its duration?

Look at the following suggestions to determine what changes you can make in your diet and daily routine to support your immune system ("IS"). There is no magic bullet or one specific thing to do—the IS needs many things to fight. Start

slow and build on these strategies that are meant to last a lifetime.

Diet—Eat a well-balanced diet to support the health of the IS and the gut. The gut, along with the good bacteria that reside there, is a major player for a healthy IS.

Consume fruits and veggies; variety is the key. Eat healthy proteins as they provide amino acids, the building blocks of the IS. Add some complex carbs like grains and legumes to provide energy the body needs to function properly. Vitamins and minerals help all body functions, especially the IS.

Essential Fatty Acids: Found in chia, flax, hemp, **Continued on page 3...**

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Want More Tips for Stress? See a Holistic Nutrition Professional.



Rhubarb Kimchi by [Kathrin Brunner, CNP](#)

I adore the bright sour flavour of rhubarb. It's such a classic part of Spring. In this recipe, I've turned rhubarb into a 'kimchi' with a delicious paste of ginger, garlic, hot pepper and orange. This rhubarb kimchi has become a huge hit! It's delicious on its own but also works incredibly well in burgers, meatballs, falafels and other patties as an incredible pop of flavour.

Fermentation time: 3-7 days

Equipment: Large glass jar/Large bowl/Weight (glass fermenting pebble, smaller jar filled with water, sterilized rock or similar)

Ingredients:

3 cups chopped rhubarb stalks
 zest and juice of 1 orange
 3 garlic cloves, peeled and crushed
 3 Tbsp grated ginger root
 1 red chili pepper, seeds removed and minced (I used serrano)
 3 green onions, chopped
 1 tsp black mustard seeds
 2 Tbsp sea salt

Directions:

Add garlic, ginger, chili pepper, orange juice and zest to a blender or food processor and pulse to create a paste. Alternatively, you can use a mortar and pestle. Combine rhubarb, green onion and mustard seeds in a large bowl and sprinkle with sea salt. Use hands to gently mix salt into rhubarb, then allow to rest for 15 minutes. The salt will begin to pull water out of the rhubarb, creating a brine.

Add paste to rhubarb and mix well.

Transfer to a clean glass jar (wide-mouthed mason jars work well). Use your hands or a tamper to press down, removing any air pockets and submerging rhubarb under the brine. Top with a weight, such as a smaller sealed jar filled with water or a fermenting pebble.

Set aside to ferment for 3-7 days, away from direct light. Check daily to make sure kimchi is still submerged under the brine. If not, press down on your weight to push up more brine. As it ferments a tangy flavour will develop and you'll see carbon dioxide bubbles form as probiotic microorganisms convert the sugars into acids. When you like the level of tanginess that's developed, remove your weight, seal tightly and transfer to the fridge where it will keep for up to 6 months.



Rhubarb is a good source of fibre and antioxidants. What makes this recipe even better is that kimchi is a fermented food that is great for feeding good bacteria in the gut.



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to cope in more effective ways, whether it's tackling the source of stress, finding meaning in it, or seeking help.

One particular study went as far as to show that those who viewed the effects of stress as positive, helpful and as an opportunity to learn and grow, didn't present any physical signs, such as blood vessel tension. Compared to the effects of viewing stress as a negative thing, embracing its presence proved to be a much healthier way to live, confirming the old adage 'the body achieves what the mind believes'.

So, next time something weighs you down and your heart begins to pound from the stress of the weight, try to perceive it as a force or energy that will help you meet the challenge, rather than focus on the actual "load" that weighs you down. If you learn to carry the "load" just right, moving forward with a big smile, with your head up, and with your back straight, the load may actually feel a bit lighter. And then, well, you may just rise to the occasion.

...What Can I Do? Continued from page 1

cold-water fish such as salmon and tuna, butter, eggs, raw nuts and seeds. **Vitamin A-Rich Foods:** Eggs, butter, cod liver oil, sweet potatoes, carrots, tuna, squash, spinach and other green leafy vegetables. **Vitamin C-Rich Foods:** Citrus fruits, carrots, kiwi, bell peppers, tomatoes, strawberries and other berries, broccoli, cabbage. **Vitamin E-Rich Foods:** Olive oil, avocados, sunflower seeds, walnuts, salmon, turnip greens, mangos. **Vitamin**

D-Rich Foods: Cod liver oil, salmon, mushrooms, milk or fortified milk substitutes, eggs. **Zinc-Rich Foods:** Meats, lentils and legumes, dairy products, vegetables, oysters, sesame seeds, cashews and other nuts, legumes, chocolate and cocoa, baker's and brewer's yeast.



Gut health—The gut, and the good bacteria that reside there, is a major player for a healthy immune system. You can't be healthy without a healthy gut. Simply start by feeding the gut the food good bacteria loves and remove the food it doesn't. Fortunately, the good bacteria, just like the IS, love foods that are full of nutrients. That's not a coincidence. Adding foods that contain good bacteria helps.

Probiotic and/or Fermented Foods: Contain good gut bacteria that affect the adrenals, the thyroid, the liver and how our hormones function—Cultured vegetables, miso, tempeh, sourdough, sauerkraut, kimchi, kefir, yogurt, kombucha, wine (red or white), unpasteurized beer, raw honey. **Prebiotic Foods:** Feed our resident good bacteria and aid good gut bacteria—*FOS and inulin* foods: Jerusalem artichokes, chicory, garlic, onions, dandelion greens, asparagus, bananas, blueberries, almonds, broccoli, cabbage, kale, cauliflower, radish, chia, flax, tomatoes. *Pectin* foods: Apples, pears, lemons, limes, oranges, grapefruit, kiwi. *GOS* foods: Dairy products, legumes. *Resistant starch* foods: Wheat, rye, spelt, kamut, barley, oats, corn, brown rice (and cooled white rice), potatoes, sourdough, quinoa, sweet potatoes.

Reduce stress and anxiety—Some stress can be helpful for the IS and inflammation. Too much stress can use up valuable nutrients that are needed by the IS in other areas of your body. It's important to find ways to relax and calm the adrenals down and lower the stress hormone cortisol. Try some of these suggestions:

Take regular breaks from the news or your work. If you're sitting a lot, get up frequently and walk around for a couple of minutes.



Exercise. Do something you enjoy. And doing this regularly can help lower stress and anxiety by releasing endorphins. Check out YouTube videos for exercises that you can do at home. Listen to your favorite music. Why not even dance or sing along!

Connect with family and friends. If you can't be physically together, consider socializing using online platforms. Next week I'm looking **Continued on right column...**

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forward to a cyber birthday party for a friend of mine.

Make time for your favourite hobbies. Knit. Crochet. Do a puzzle. I remember when I went back to school that one of my classmates gave me a colouring book. I think she thought I was always a little stressed around test time.

Do a brain dump. Write down what's bothering you. Keep a gratitude journal. Laugh. Find a comedy to watch. Have a good belly laugh.

Make sleep a priority.

Since the IS repairs and regenerates itself while you sleep, it's important to have good quality consistent sleep. That's a problem for a lot of us. Here's some tips:

Try to lower stress — it can keep you awake at night. Don't keep all your worries bottled up inside. Talk to someone.

Aim to get 7-8 hours of sleep every night. Go to bed and get up at the same time in a quiet and dark bedroom. A sleep mask and ear plugs can be beneficial.

Avoid caffeine or eating a large meal close to bedtime; if you can't sleep, have a snack.

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Peanut Butter Freezer Cubes by [Leora Barak, RHN](#)

INGREDIENTS

For the Peanut Butter Cubes:

1 ½ cups pure, organic peanut butter, creamy
 4 tbsp coconut oil, aroma-free, melted
 1/3 cup pure maple syrup or unsweetened date syrup
 1/4 cup coconut flour

For the chocolate icing:

3 tbsp coconut oil, aroma-free, melted
 4 tbsp raw cacao powder
 3 tbsp pure maple syrup or unsweetened date syrup



INSTRUCTIONS

Line a 9X7 Pyrex dish with parchment paper. Set aside.

Mix all ingredients for the Peanut Butter Cubes together. Spoon the mixture evenly onto the lined dish. Place dish in freezer for 30 minutes or until it hardens.

In the meantime, using the *Bain Marie** method, combine ingredients for the chocolate icing until smooth.

Remove dish from freezer and spoon chocolate icing evenly on frozen peanut butter slab. Return to freezer for additional 30 minutes.

Lift paper gently from dish and place chocolate-covered slab on wooden board.

Using a large sharp knife, cut into cubes.

Place peanut butter cubes in sealed glass container and enjoy straight from the freezer – they will melt very quickly at room temperature.

Editor's Note: You could replace the coconut oil with butter. Use whatever nut butter you have on hand. I actually made these with a combination of nut butters (because that's what I had on hand). And they earned a "these are good" comment from my husband.

*Bain Marie Method: Place the cacao + coconut oil in a heatproof bowl over a pan of simmering water. The base of the bowl should sit above the water, without touching it. Once the water begins to boil, turn heat off, add maple syrup and keep stirring while allowing the mixture to melt until it is smooth, shiny and glossy.

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Create a nighttime routine so that your body knows it's getting ready for sleep. This includes turning off all electronics at least 30 minutes or more before bedtime. Read a book, take a warm bath, or practice some deep breathing or relaxation exercises.

Download the software [f.lux](#) if you have to use a computer late at night. This will decrease your screen's colour temperature.

I heard this statement the other day: "Decide that you want to become the world's worst viral host possible." Hopefully by implementing some of the above strategies, you can start to make that happen. And remember, this too shall pass.

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