



## Are Summertime Health Goals Achievable? by [Janice Amirault, RHN](#)

Summer is my favourite time of year and it always goes by so fast!

It's a happy time of year and according to an article published in the Daily Mail, entitled "Ten Reasons Why Summer Is Good For You" "Sunny skies and rising temperatures do more than make our environment a pleasant place. They also provide some very significant benefits to our health and wellbeing."

We know that sunlight helps to regulate many of the body's systems and there's



no question that waking up to sunshine on a regular basis boosts our mood and energy level.

Some of the roles of the sunshine Vitamin (D) include helping the body to:

- Maintain the health of bones and teeth
- Support the health of the

immune system

- Promote the production of "happiness" chemicals in the brain
- Regulate insulin and support diabetes management
- Support lung **Continued on page 3...**

## Resilience in Every Age by [Karen Toews, RHN](#)

In my research for [Aging as a Positive Project](#) I discovered [author Mary Pipher](#): an encourager for navigating life and flourishing as we age. She referenced a short book: a legend of two old women's resilience after being abandoned by their tribe during a brutal winter famine. Early in [Two Old Women: An Alaska Legend of Betrayal, Courage and Survival](#) by [Velma Wallis](#), one says to the other:

*So I say if we are going to die, my friend, let us die trying, not sitting.*

You or I may not experience such 'do or die' circumstances to **test our resilience** – but for certain life is unpredictable and doesn't come with a memo of what we're going to be dealing with.

I'm suggesting three practices to help us **bounce back** from what life delivers. Reading inspirational stories like that of the elder women; seeking sound counsel from sacred texts (the Judeo-Christian tradition is my choice); and **especially – putting resilience into action** in the everyday-ness of living.

Present-day and up close, in the lives of people I love, resilience looks like this:

**Bolstering** an aging father in his struggle with depression, with forgiveness for oneself when compassion and patience runs low.

**Trying a new sport or creative endeavour** because of interest and curiosity. Not for expectations **Continued on page 2...**

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*Want More Help with Goals?*

*See a Holistic Nutrition Professional.*



## Curried Kale and Quinoa Stir Fry Recipe by [Nicole Camba, RHN](#)

I'm loving this kale recipe. I make a large batch and eat throughout the week to support my immune system. Vitamin C helps reduce common cold symptoms, shorten the duration and severity of those symptoms. It contributes to immune defense by supporting various cellular functions, which can help protect our bodies. Vitamin C can be found in many fresh fruits and vegetables. This Kale Stir Fry is full of Vitamin C with approximately 170g.

Serves: 3      Prep time: 15 minutes

### Ingredients

1/2 cup quinoa, uncooked  
 3/4 cup water  
 2 eggs whisked  
 2 tbs coconut oil  
 1 yellow bell pepper, thinly sliced  
 4 stalks green onion, chopped  
 2 garlic (cloves, minced)  
 8 cups kale leaves, chopped  
 1/4 tsp sea salt  
 2 tbs tamari  
 1 tsp red pepper flakes  
 1 tbs curry powder  
 1 lime, cut into wedges  
 1/4 cup raw peanuts, chopped



### Instructions

Combine quinoa and water in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover. Let simmer for 12 to 15 minutes or until all water is absorbed. Fluff with a fork and set aside.

Heat a skillet over medium heat. Add a splash of oil to make it non-stick and scramble your eggs. Transfer to a bowl and set aside.

Place the skillet back over medium heat and add the coconut oil. Add the yellow pepper and green onion. Sauté until vegetables are tender (about 4 - 5 minutes).

Add in the garlic. Sauté for another minute then add the kale, sea salt, tamari, chili flakes and curry powder. Stir for about 2 minutes or just until the kale is wilted. Turn off the heat.

Add in the eggs and cooked quinoa. Stir well to combine. Divide the stir fry onto plates and top with chopped peanuts. Squeeze a lime wedge over top. Enjoy!

### Recipe Notes

Extra Garnish - Serve with hot sauce and chopped cilantro for an added touch.

Leftovers - Store covered in the fridge for up to 3 days.

### *...Resilience continued from page 1*

*to be the best or maybe even very good at it.*

*Enduring not only the tough week of the cancer diagnosis but **surviving in the painful journey** that could continue with no end in sight.*

*Believing in the potential and possibility **for personally fulfilling work**; viewing course-corrections of the past as circumstantial growth.*

*Backpacking a long hike knowing allergies or chronic injuries might present themselves en route. **'I'll work it out'** over-riding **'I'll stay home'**.*

*Back to the legendary story. After several physically gruelling days, Sa'- the younger of the two women—acquiesced, "each step brings us closer to where we are going. Although I do not feel good today, **my mind has power over my body, and it wants us to move on instead of staying here to rest—**which is what I want to do." **Continued page 4***



### ...Summertime Health Goals Continued from page 1

function and cardiovascular health

- Influence the expression of genes involved in cancer development

Summer is also a very busy time of year; often jammed packed with plans based around food, and this is where I want to offer support. In a time where routines can be thrown off, staying on track with our health goals can be very challenging.



One thing we know for sure is that we don't want to lose the strides we have worked so hard to achieve. We don't want to jeopardize all our efforts thus far.

As we know, change doesn't happen overnight. In fact, many experts will agree that health goals are more likely to be achieved and maintained long-term, when we adopt a gradual, slower and steadier pace. Most of us need time to create new, healthy eating and exercise patterns, that we can maintain for life.

A short-term restricted diet plan can work for a while and we often see quick results, but it can set us up for failure in two ways. It restricts calories but doesn't always focus on health. As an example, a piece of chocolate cake and a sweetened latté could add up to half of our daily calorie allowance and leave us nutritionally deprived and hungry a few hours later. More importantly, it doesn't help us establish better eating habits, which is required for long-term success. When goals are achieved in this manner, the likelihood of long-term maintenance is low, and we gradually slip into our old eating patterns.

Enter summer.

Many people take a break from their health goals in the summertime, but I feel that this is where all our hard work can really pay off. This is where we can put into practice the new habits we have incorporated into our daily lives. By sticking with what's been working well for us so far, no matter where we are or what obstacles (temptations) we face, we will be successful.

In my experience, the feedback from those who have kept up with their routines and made slow and steady progress is very much the same.

Overall, clients say that they: have more energy, feel healthier, feel stronger, have less pain, are in a better mood, have better concentration, have improved digestion

Two key points to help stay on track over the summer include:

**Set quotas:** By giving ourselves limits for situations that can be challenging, success can be within our reach. For example, when the decision to have only one helping, one drink, or a salad instead of fries, is predetermined, **Continued on right column...**

### ... Continued from left column

*we're still partaking in the event but staying within our chosen parameters. Even if the choice isn't perfect (to our standards), it's smart thinking on our part. For a little extra support, follow this link to "The busy peoples Guide to Healthy Eating On The Go" ....<https://www.janiceinspiringchange.com/the-busy-peoples-guide-to-healthy-eating-on-the-go>).*

#### **Maintain an exercise routine:**

*While it might not be what we're used to, committing to a set number of times we exercise per week is a step in a positive direction. When away from home, consider a fitness class at the hotel gym or nearby health club to support your efforts. Aiming to reach a certain number of steps per day while on vacation is a great way to keep moving.*

*With the right tools in place, it is possible to maintain a healthy routine all year long...even in the summertime.*

*Summer is going by very quickly! Stay happy, healthy, and hydrated and enjoy every minute of it!*



## Raw Tomato Sauce by Melanie Cornacchia, RHN

Adapted from 'Enlightened Eating - Nourishment for Body and Soul'

### Ingredients

2 medium/large tomatoes, diced  
 1 large clove garlic, minced  
 2 tbsp fresh basil, chopped  
 1/8 tsp salt, to taste  
 1/2 - 1 tbsp olive oil  
 1 tbsp pine nuts, whole or chopped (optional)  
 1 - 2 raw zucchinis, cut with a spiralizer or do ribbons with a vegetable peeler  
 or 1 - 2 cups of cooked pasta  
 cheese (optional): bocconcini, feta, parmesan



### Instructions

Place the above ingredients in a bowl. Taste and adjust seasoning or wait until after marination. Let sit for 1 hour or more at room temperature. Enjoy with pasta of choice. Serves 2 - 3.

### ...Resilience continued from page 2

*If there is one thing at the core of whether we'll resist or respond to life's situations with resilience*, I would say it is CONTROL.

**We cannot** control our world. Circumstances are often *not* headed in what we believe is the right direction; we're tempted to assume we know how it's going to play out. *Things are not going to be as expected.* We quit, get upset.

**We can** control our choices. It's within our power to choose a mindset to think of what's worked for us before; to determine to *stay in the game* and refuse to write "The End" across our story.

Resilience helps us **dare to risk living large**, to navigate the unknown details 'between here and there'. I've just started following [Catie's blog](#), a 60-ish woman from Scotland to cheer her on in the dream to cycle the world by the time she's 65.

Resilience is greater than bearing down and forever gritting our teeth. It's the path to growth, to rewards (think motherhood), to repetition (think motherhood), to overcoming – as in the legend of the two women – to restoration.

What does resilience look like for you? If it's especially challenging in this stage of life you may find my [free downloadable handout](#) helpful in some area.

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