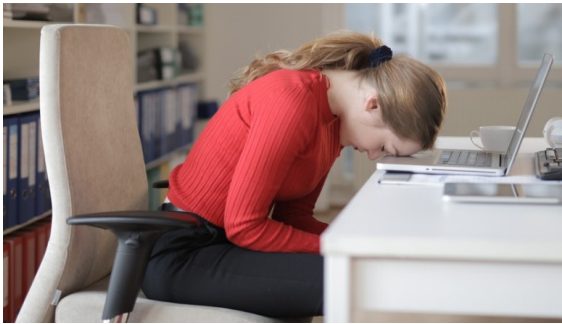




Better Quality Sleep by [Heather Weddell, RHN](#)

There are plenty of great reasons to ensure you are getting a good night's rest every night. But many of us find it difficult to get good quality sleep every night.



Let's look at some factors that influence the quality of your sleep as well as some strategies to help you get the rest you need.

Factors Impacting Your Sleep

For some, good sleep can seem like a complex puzzle. Many factors can influence the quality and duration of your

sleep. If you have trouble sleeping through the night, take note of the list below. Be mindful of which of these factors you incorporate into your day then try elimi-

nating for a few weeks to see how it improves your sleep:

- **Caffeine:** This stimulant usually wakes up the body and can keep you from feeling tired. In fact, caffeine blocks adenosine, a chemical that your body secretes to make you sleepy. While this might be a benefit in the morning or during a long day, **Continued on page 3...**

Sauerkraut: Real and Raw by [Megan Barefoot, CHNC](#)

What is your sauerkraut doing for your gut?

There are very few of us that **NEVER deal with gut issues**. Gas, bloating, constipation, diarrhea and more. I am dedicated to helping those that are dealing with these embarrassing issues and feel they have nowhere to turn. I once dealt with these issues daily and have done the research to figure out **some simple solutions**. I learned the power of adding fermented foods to help and with so many choices there is likely an option that will fit even the most discerning palate.

Today, let's explore sauerkraut! It's been around for centuries and was once a

staple in several cultures around the globe but especially in eastern Europe. Sauerkraut is sour cabbage. By taking cabbage, shredding it and mixing it with salt, microbes flourish and begin releasing vitamin A, C, vitamin K, several B vitamins and more than ten percent of your daily iron needs. Be aware that some of the sauerkraut on the shelves of the grocery store are not truly fermented. Make sure you look for brands that are true raw ferments, brands that have not been cooked or pasteurized and brands that do not use vinegar or sugar to get the most benefits!

Sauerkraut is **high in fiber** which in and of itself is beneficial **Continued on page 2...**

Issue 113
August, 2020

Inside This Issue

Better Quality Sleep 1, 3, 4

Sauerkraut: Real and Raw 1, 2

Sauerkraut 2

Raspberry Lemon Energy Bites 4

Want More Help With Sleep?

See a Holistic Nutrition Professional.



Easy and Simple Sauerkraut by [Megan Barefoot, CHNC](#)

Ingredients

1 medium green cabbage

1 Tbsp Himalayan salt

Have a large one-liter mason jar ready to keep the sauerkraut in, and a smaller jar to press it down.

Directions

Peel and throw out the outer leaves of your cabbage, setting one or two nicer leaves aside. Shred the cabbage into a large bowl.

Add the salt and massage it into cabbage mixture for a few minutes until brine (saltwater) starts accumulating at the bottom of the bowl.

Pack cabbage mixture into the mason jar, press down to get rid of air pockets. Pour remaining brine (saltwater) into the jar making sure that all the cabbage is covered. Air in the jar enables bad bacteria to grow, so make sure the mixture is completely covered.

Use the cabbage leaves you set aside earlier and cut it to the size of your jar opening. Place it in the jar on top of the mixture to prevent any cabbage from floating to the surface.

Place a smaller jar or a small glass weight inside the larger jar, on top of the mixture. This will hold your cabbage below the liquid for fermentation to take place.

At this point I use a piece of cheese cloth to cover the top of my jar which allows air bubbles to escape but make sure the liquid covering your cabbage doesn't evaporate to expose the cabbage to air. Keep your jar at room temperature but out of direct sunlight for 1-4 weeks.

And, that's as **simple** as it is. It takes a bit of time on day one but in a couple of weeks when you reach the degree of sour you like, take the weight off the top, pull out the extra cabbage leaves you placed on the top of the shredded cabbage, put your lid on your jar and store it in your fridge while you enjoy a little daily! If you want to get fancy in the future, try adding some shredded carrot and a little garlic or dill to add some variety! There are lots of ways to experiment with fermentation.

...Sauerkraut continued from page 1

for your gut. Even more benefits are related to the **lacto-bacteria** produced in the process of fermentation. The fiber and the probiotic bacteria help eliminate those pesky gut issues that I mentioned earlier. They regulate the digestive and intestinal systems to help lower LDL cholesterol, manage your weight as well as help support your mood and brain health. With all the nutrients and



Continued on right column...

...Continued from left column

probiotics, sauerkraut also helps support a strong and healthy immune system.

If you are one of many who deal with chronic inflammation, sauerkraut may be your new favorite new food. Sauerkraut is full of antioxidant phytonutrients that have anti-inflammatory effects to reduce daily aches and pains in muscles and joints. In fact, the vitamin K in sauerkraut can also contribute to healthy bones and joints so if this is a health concern raw fermented sauerkraut can help.

If you are interested in adding sauerkraut to your daily routine, I recommend you start slow. True raw fermented foods are known to be more powerful than your average probiotic supplement. Too much, too quickly, can clean you right out! Start with just a small amount and work your way up to a little at each meal. This can stimulate your stomach and help digestion so you can get more from your food at each meal!

If you find it difficult to find a good raw sauerkraut in your neck of the woods, don't fret. Making your own is SUPER easy!

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

...Better Quality Sleep Continued from page 1

ingesting too much caffeine in the late afternoon or early evening can affect your sleep. Opt for herbal teas over coffee later in the day. Learn more about the effects of caffeine in [8 Negative Caffeine Effects](#)

- **Alcohol:** Drinking too much alcohol too late in the evening can disrupt your sleep patterns. More specifically, it can disrupt your REM sleep, leaving your cycles incomplete.

On a simpler level, alcohol is a diuretic, meaning it increases the urge to urinate more frequently. So, having too much alcohol can also disrupt your rest because you might have to make more frequent trips to the bathroom.

- **Diet:** The timing and content of your last meal can affect your readiness for bed. Think of the blood sugar surge that comes from a meal or snack. The boost in energy late in the day can keep you from winding down easily. Also, when your body is working at digesting it can prevent you from entering Stage 2 of the sleep cycle.

- **Physical activity:** Regular exercise can help you maintain a regular sleep schedule. Just don't exercise too late in the evening before bed, or your body won't have time to settle back down before turning in.

- **Stress level and emotional state:** Consider how stressful your day was or your emotional state throughout the day. If you're feeling especially worn down, worried, or otherwise stressed, it can be very difficult to quiet your mind for bed. Meditation and yoga can be helpful practices to help bring down cortisol levels and relax in the evening.

- **Bright lights:** You're constantly being bombarded by light, which can impact production of your sleep hormones. Make sure your room is dark, and take a break from bright screens from phones, television and tablets before you tuck in.

7 Strategies for Quality Sleep

In addition to eliminating those factors that can mess with your sleep patterns, here are some other tips to consider to help you get the most from your sleep:

1. Consider **cutting back on the amount of caffeine you drink**, or impose a "caffeine deadline"—a point at which you won't ingest any more for the day. Some herbal teas, like lavender or chamomile, are naturally very soothing and relaxing, making them a great choice later in the evening.
2. Drink **alcohol in moderation** or impose an "alcohol deadline" so that your body has time to readjust before bed. Remember that alcohol is an inflammatory substance and hard on your liver which has the job of detoxing it from your system. Your body already has plenty of toxins to eliminate while you sleep, rest and restore. When it comes to alcohol, less is definitely more!
3. **Avoid eating a meal or snack too late** in the evening. Digestion takes a good amount of energy and can actually prevent you from ...**Continued on right column**



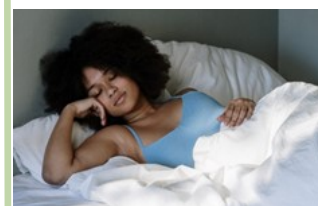
... Continued from left

entering Stage 2 of the sleep cycle. Throughout the day, stick to low-glycemic foods to avoid too much fluctuation in your blood sugar levels.

4. **Exercise regularly**, preferably early in the day. A good starting point is 20 minutes per day—and work up from there. One of my favourite exercise routines first thing in the morning is the 20-minute pilates workout by Mari Windsor. A great stress-busting exercise for me is a brisk 3km walk in the afternoon with my dog - especially when the sun is shining.

5. **Plan for at least seven hours of sleep.** You may need more than seven - I know I do! But this is a good target to work up to if you're currently and routinely getting less than this benchmark. While you may not be able to reach seven hours immediately, start incrementally heading for bed sooner so the change is gradual and more doable - remember, it takes time to change your body's internal clock.

Continued on page 4...



Raspberry Lemonade Energy Bites by [Kim D'Eon, RHN](#)

Serves: approx. 32 balls

- 1 c raspberries (fresh or frozen)
- Juice of 1 lemon (about ¼ c)
- 1 tbsp lemon zest
- 10 medjool dates, pitted and soaked at least 30 minutes to soften
- 1 c shredded, unsweetened coconut
- 1 c raw sunflower seeds
- ½ c rolled oats
- 2 tbsp coconut oil
- 1 tbsp vanilla extract
- 2 scoops Genuine Health fermented organic gut superfoods+
- ¼ tsp of Himalayan or sea salt



Instructions

Add sunflower seeds to food processor first and pulse just enough to turn seeds into a fine crumble/flour.

Place all remaining ingredients into food processor and blend until smooth and well combined (scraping sides with spatula when necessary). This mixture will be wet and sticky.

Place mixture in fridge to “set” or roll immediately into 1-inch balls with wet hands and place on a parchment lined baking tray. Let balls firm up in fridge (about 30 minutes) if too soft to roll. Once balls have set enough, roll in coating of choice (extra shredded coconut, freeze-dried fruit dust, cacao powder, etc.). Keep in an air-tight container in fridge or freezer.

...Better Quality Sleep from page 3

6. **Set a regular bedtime and waking time**—and stick to it, even on weekends. This kind of routine is helpful for keeping your body's internal clock in rhythm – this is key to maintaining the natural sleep cycle.

7. Incorporate relaxation or meditation into your **wind-down routine**. Stop working and turn off screens at least an hour before bedtime. Dim your lights, play light instrumental music, try reading something for fun. A warm bath and/or light stretching can also help your body release tension before laying down. A warm bath or shower plus a cup of lavender or chamomile tea has me out and sleeping like a baby in no time at all!

Developing new habits can take time. Be patient with yourself and keep working at it.

References: <https://askthescientists.com/healthy-sleep/>

28-141 Castle Rock
Drive,
Richmond Hill
Ontario
L4C 5N2
info@cahnpro.org
www.cahnpro.org
416.499.2660

Editor:
Helen Blanchard, RHN

Copy Editor:
Jennifer Sexton, RHN

Writers:
Heather Weddell, RHN
Megan Barefoot, CHNC
Kim D'Eon, 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

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

All information contained in this document is for informational purposes only. It is not intended to diagnose, treat, cure, or prevent health problems.