



What's Nourishing You Now? by [Karen Toews, RHN](#)

If you ask yourself or a friend *what's nourishing you now*, the response could be a recap of a day's food consumption. As a foodie and holistic health advocate, I'm all in for paying attention to what we eat.



Yet we crave more than physical food.

What we pay attention to, think about and act upon, turn our hearts towards – feeds all those complex corners of our

The Power of Gratitude by [Alexandria Muirhead, R.H.N.](#)

I'm sure you've all heard of gratitude, but have you heard of a daily gratitude practice?

As a holistic nutritionist, I consider all aspects of a person when helping them achieve their health and wellness goals, including mindset! A daily gratitude practice has such a positive impact on your emotional health and physical health!

Our minds are so powerful, and science has proven this with the "placebo" effect and the "nocebo" effect. The placebo effect is when someone gets the same positive benefits from taking a sugar pill as the people who are taking the medication. This is just one example. The nocebo effect is the same premise

body, mind, emotions and spirit. Especially now in this confusing, crazy, confining Covid season without an end date. I need to believe I can survive as a whole person; even

hope for some moments of real vibrancy. It's a slow start but I'm proceeding by filtering life through this question posed by author [Christine Valters Paintner](#):

*"Does **this** [what I'm doing right now to satisfy my need] **Continued on page 3***

but the opposite. It is when you believe something is causing harm or making you sick, it will actually make you sick and harm you! Our minds are so fascinating, and these two effects show us that our mind is extremely powerful! The good news... we are in complete control of our minds and thoughts! With some easy lifestyle changes you can begin to change the way you feel!

[A study conducted in June 2020](#)

looked at research data on gratitude and the resulting effect on a person's physical health markers. The results showed that in the majority of the studies a person experienced sleep quality improvement when incorporating gratitude. Also, there were **Continued on page 2...**

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Chunky Whole Food Cranberry Sauce with Pork Tenderloin by [Sarah Maughan, RHN](#)

Yields 1.5L of sauce

Ingredients

Cranberry Sauce

4 cups fresh or frozen whole cranberries (not dried)

1 cup maple syrup

$\frac{3}{4}$ – 1 cup fresh orange juice

1 cup raisins

1 apple – peeled and diced small

1 orange, zest from $\frac{1}{2}$ and then peel and cut up the whole orange in small pieces
zest from $\frac{1}{2}$ lemon

1 tsp freshly grated (preferably zested) ginger

Pork

2 – 3 tbsp extra virgin olive oil

1 – 2 pork tenderloins (there is enough cranberry sauce to cover 4-5 loins)

cracked pepper

Directions:

Preheat oven to 425F. Add cranberries and maple syrup to a pot and bring to a boil. Lower heat to medium and simmer with a lid until skin pops on the cranberries and they begin to mush together – approximately 15-20 minutes.

While cranberries are simmering – preheat a skillet with 1 tbsp extra virgin olive oil and add the pork tenderloin(s) to the pan. Brown each side of the loin(s) – approx. 30 seconds each side.

Place seared pork tenderloin(s) on a tinfoil lined baking sheet – cover generously with cracked pepper and drizzle 1 tbsp extra virgin olive oil on each pork tenderloin you use. Bake for 20 minutes – more time may be needed for more than 2 loins. Remove from heat when it's cooked through and cover with the tin foil for 10 minutes to allow juices to settle.

Check the sauce – when cranberries have popped open – stir in raisins to soften them in the heat along with orange zest, lemon zest and grated ginger for about 3 minutes. Remove from heat.

Then add remaining ingredients to the sauce – adding the orange juice slowly so the sauce isn't too runny. Mix together and serve immediately or refrigerate. The sauce can be warm or cold when served. Freeze remaining sauce if necessary. Slice the pork loin into rounds and place cranberry sauce laying otop. Optional – add some more orange zest for garnish.



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improvements in blood pressure, blood sugar, asthma and eating habits.

What is a Daily Gratitude Practice? This is something super simple that you can do at any point of the day, but the morning or evening are the two best times! The best way for a daily gratitude practice to have an impact and become part of your life is to make it into a routine and a habit. There are two main methods of a gratitude practice. The first is writing down 3 things you are grateful for and the second **Continued on right column...**

..Gratitude continued from left column

is telling someone 3 things you are grateful for. This is an easy practice that takes no more than 2 minutes.

My husband and I have a daily gratitude practice, and it has been such an awesome addition to our health routine. Every morning on our walk with our dog, we share 3 things we are grateful for with each other. This usually leads to us sharing stories or talking about these things which further reinforce our gratitude for them. I love to start my day with our gratitude practice. I feel like it sets us up for a really wonderful day of work, errands, family time, friend time or whatever else we have on the go for that day!

How to Begin a Daily Gratitude Practice

Step 1: Choose the morning or evening

Step 2: Choose whether you want to share it out loud or write it down

Step 3: Set a reminder in your phone to help remind you for the first few days until it becomes second nature!

Give it a try!

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nourish me or deplete me?

I appreciate how Halifax journalist Gail Lethbridge expresses this present world experience isn't the same for everyone: "we are in the same storm, but not in the same boats". We have individual personalities and circumstances that are *all over the map*. We respond in ways that surprise and puzzle us. How often I question myself: 'where did that come from?!'



I do not have this all figured out. I'm navigating new territory also and as we take this journey, I invite you to consider some possibilities. Here they are in random order.

Connect. If we're online, have a phone, or close enough to wave and smile at a neighbour we can connect. Let's put some of our angst-energy into **making surprise connections**; like the card and mandala (symbol for wholeness) I received by post from someone I never expected to contact me. Each dot in this mandala – inspired by the Nova Scotia flag – symbolizes how everyone living in this province is connected to the province, to each other. This small gift nourished my soul on a day I was feeling *removed and disconnected* from my Alberta family.

Fun, letting loose a little. Productivity and 'getting stuff done' was the initial theme song for this Covid season. For a while that was *kind of fun* because friends were doing it and we were inspired by what we were accomplishing. But feeling exhausted, weary with just keeping up, could be a message to change that gear of *getting -it-done*. If *efficiency is your thing*, I dare you (me too) to dial down and crank up on the fun. Experiment with a craft you've wanted to try. Walk a new route. Make some crazy cards expressing *Victory can be Viral* (or whatever...) Collect some rocks, paint some rocks. *Coffee with a friend* instead of mowing the lawn. Some of you are really good at fun; help fill our well with some ideas.

Hospitality. Oh I do love the buzz of conversation and sharing food with others around my table. Whatever we were used to, it's not like that now. Expanding the hospitality narrative is possible. Share the garden's bounty with a neighbour. (Anyone want some of my kale?) Deliver a basket of berries, exchange cookies or muffins with a friend. It's not so much what's in the package as what's shared from the heart.

Social media, news networks, chat forums. A toughie, as this pipeline keeps us in touch with friends, for our work, meetings of all kinds, AND a **yawning vault of everything else**. If viewing or participating in the 'media mountain' overwhelms you with grief and other emotions, makes your heart race, or your *blood boil*, listen to **that wisdom of your body**. I am not a therapist, yet the first step to making a change is to start with one thing we are able to do. Unplug, unfriend, *un-comment*: in a clear and courteous way establish boundaries. You and I are not obliged to be a sounding board or blotter soaking up viewpoints

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or opinions of others. To help overcome an addiction to stuff that isn't nourishing, I urge us to ask ourselves "is this (post, comment, article, conversation, etc.) going to make me stronger or weaker?"

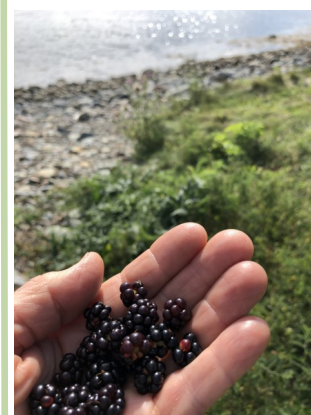
What am I thinking? *As we do with food labels, pay attention to the ingredients on the input what we read, listen to, and watch: the pool from which our thoughts burble with anxiety or nourish us with comfort.*

What's in our hand?
We can choose.

In our 'real food' consumption we have days we're distracted or don't feel as motivated or it's time to go grocery shopping. But we don't quit because our life depends on it.

Whatever you do my friend, don't give up. Nourish all of your beautiful self.

[*Read the entire article.*](#)





Stuffed Acorn Squash with a Maple Cinnamon Vinaigrette by [Sarah Maughan, RHN](#)

Serves 4 – 8 (depending if it's a main meal or what it's being served with)

Ingredients:

Acorn squash

2 acorn squash
1-2 tsp butter, melted
1 tsp maple syrup

Filling*

1 cup quinoa, cooked according to directions (or 2 cups leftover cooked quinoa)
1 tsp extra virgin olive oil
½ red onion, chopped small
2 cups chopped kale, stems removed
1/4 cup dried cranberries
2 tbsp goats cheese, crumbled

Dressing

3 tbsp extra virgin olive oil
2 tbsp balsamic vinegar
1-2 tsp maple syrup
½ tsp cinnamon
pinch sea salt

Directions

Preheat oven to 400F. Cut acorn squash in half lengthwise, remove seeds and place flesh side down on a baking dish with 1 cm water. Bake for 30 minutes.

Cook quinoa in water according to the directions on the package – approx. 8 minutes (if not using leftover quinoa)

After 30 minutes – remove the water from the acorn squash dish in the oven and turn it so it's flesh side up (carefully using oven mitts as it will be hot). Melt the butter and mix with 1 tsp maple syrup. Brush each squash half with the mixture. Return to oven and bake face up for another 20 minutes – until it's soft enough for a fork to poke through.

Heat a medium size skillet with 1 tsp extra virgin olive oil and sauté the chopped red onion and kale until soft.

Once quinoa is cooked – add kale and onion mixture along with dried cranberries.

Mix the dressing in a bowl and add slowly to the quinoa mix to ensure not too wet.

Divide quinoa filling evenly into each half of the acorn squash once the squash is cooked. Crumble goats cheese on top and add some extra cinnamon sprinkle of desired. Serve warm or cold.

*Quinoa mix can be made the day before; the dish can be served warm or cold.



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