



Hydrate and Nourish Skin Daily by [Melanie Cornacchia, RHN](#)

Our skin protects and covers the outside of our body and our organs, bones and joints. Every cell of the body needs hydration and nourishment from the inside out. During the colder months, remember to drink warm beverages and moisturize your face, body, hands and feet.



ing and excretion of sweat and body eliminations.

It's important to continually **hydrate** our cells because all parts of our body need water to function well. **Water carries nutrients through-**

out the body's systems and flushes out toxins.

The amount of water consumed per day depends on various factors:

-Each body is unique and requires different amounts of water and fluids

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Is Junk Food More Expensive Than Healthy Food? by [Julie Daniluk, RHN](#)

Do you think it is "too expensive" to buy healthy food?

With the 2020 pandemic lockdown, everyone's budget has been slashed to the bone. It brings me back to when I was completely broke after college. At the time, my entire family was money pinched, so I did not have a safety net.

When I toured Canada that summer with my theatre group, my big treat was to order fried rice from a Chinese food restaurant because it was the cheapest thing on the menu. I did not connect the dots that it made me so sleepy after lunch that I once got in trouble from the director for falling asleep on stage

during rehearsals!

It was not until I had the epiphany that this cheap food was actually the most expensive thing I could possibly eat due to the energy toll it was taking.

Back then, I did not consider the nutrients I was getting per calorie. What I was eating might have been 'cheap' by taking out food standards, but it was the bottom of the barrel in nutrition from the poor quality of oil, the white refined rice and the sugary sauce.

When I started to look at my choices at the store, I got a shocking eye-opener: according to a recent [USDA study](#),

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Savory Turmeric Oats by [Rachel Murray, RHN](#)

Here's a spin on traditional sugar laden oatmeal. As oats and lentils are already a high carbohydrate option, consider transforming your breakfast with this savory option that includes anti-inflammatory spices and nutrient packed spinach. Serve with bacon, sausage or eggs to boost the protein and healthy fat content, and you're setting yourself up for a powerful day!

Ingredients

2 cups Broth
 1/2 cup Oats (rolled)
 1/4 cup Dry Red Lentils
 1/2 tsp Onion Powder
 1/2 tsp Turmeric
 1/4 tsp Garlic Powder
 1/8 tsp Sea Salt
 2 cups Spinach



Directions

Bring the broth to a gentle boil over medium-high heat.

Add the oats, lentils, onion powder, turmeric, garlic powder and salt. Stir to combine. Reduce the heat to medium-low and cook for 12 to 15 minutes, stirring often, until the lentils are tender.

Stir in the spinach. Season with additional salt if needed. Serve with bacon, sausage or eggs! Enjoy!

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vegetables, fruits, and other healthy foods can actually be more affordable than junk foods. The study concludes that when looked at in terms of their volume and weight, healthy foods do not seem to be more expensive than junk foods, even if they often contain fewer calories.



Here are a few amazing examples (drawn from store flyers in August 2020) to keep in mind the next time you reach for junk food thinking it is cheaper than healthy food:

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...Junk Food Continued from left column

4 tins of sustainable fish can cost \$5 vs 4 boxes of Mac and Cheese pasta dinner cost \$5

Grade AAA roast beef \$8 a pound vs Deli Meat \$9.35 a pound

Sweet potatoes .89 a pound vs potato chips 5.19 a pound

Whole grain brown rice \$2 a pound vs instant rice \$2 a pound

Lentils \$2 pound vs vegan ready-made burger \$6

12 eggs \$3.99 vs cold cereal \$4.64 a pound

Homemade lemonade 25 cents vs pop 75 cents

In summary, an analysis of 27 studies revealed that a healthy diet costs about \$1.50 more per day than an unhealthy diet. If we recalibrate the menu to eat what we need and avoid food waste, we would close that gap and perhaps spend even less.

During this tough time of isolation, many of us want to be consuming fewer calories anyway, and I think it is GREAT news that healthy food is a great way to get your needs met without it costing more!

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

[Study Link](#)

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Keep in mind the season/weather, your activity level and your body weight.

Fluid intake for the day can be based on *your* body weight:

-Half of your weight (in pounds) = the number of ounces per day to consume (8 ounces = 250mL = 1 cup)

The skin requires many nutrients for growth and repair and to name a few:

Vitamin C is an antioxidant and is required for tissue growth and repair. Vitamin C can only be obtained through foods. Lemons are considered a liver-supporting food and also can reduce inflammation in the body.

TIP: begin the day with supporting liver health; 1-2 tsp fresh lemon juice + 1 cup water (warm or room temperature)

Vitamin E has many similar properties as vitamin C. In addition, vitamin E reduces scarring in some wounds and promotes healthy skin and hair. Some vitamin E rich foods are olive oil, avocados, sunflower seeds, walnuts, salmon, turnip greens and mangos.

Enjoy warming beverages like teas. Dried or fresh herbal teas contain trace minerals and vitamins and are helpful for our circulation, thus warming our body. Try boiled fresh ginger + lemon + honey (vitamin C for our tissues). Look for simple tea recipes or purchase a blend of dried whole or ground powders, such as turmeric, Chai, cinnamon or cardamom.

The skin needs to breathe and also needs some **topical nourishment**. Depending on your skin type or if you experience a skin condition, your skin maintenance will be different. Here are some general suggestions you may try or research further for your skin situation.

Washing or rinsing the face or body often with hot water can remove the skin's moisture. Also, a face cleanser or gentle scrubs may or may not be good for your skin. See what works for you or only rinse your face with water and pat dry.

Skin issues may benefit from natural topical applications and help improve a rash, irritation, dry skin or itchy skin. Remember moisturizing our face, lips, body, hands

and feet may require different lotions, oils or scrubs. Read your product labels and be aware of fragrances, essential oils or toxic ingredients. Our face skin is a bit delicate compared to the rest of us, so test and be gentle. A resource to check a product database or create your own report with your ingredient list; ewg.org/skindeep

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Natural oils or lotions can be beneficial for some skin types. Jojoba is closest to the human sebum. Also, you can try pure avocado oil (in the body care area of the store, not the cooking oil), raw organic sesame seed oil or olive oil. These three have more of a smell than jojoba.

Every skin type and skin issue could need a light or heavy oil, moisturizer, powder, cleanser for the face, hands or body. An everyday liquid soap or soap bar with oils is nourishing to the skin.

In addition to the above oils, look for face and body care products with hemp seed, almond, apricot, rosehip or argan oil. These oils contain nourishment with vitamin C or E! If possible, use organic, unrefined and local.

Stay hydrated and warm on the inside and moisturize your skin daily.

Everybody is unique and the internal and external needs vary.

There are many aspects to think about. It's always up to you to do a test patch and see what works best.

Warming Homemade Chili by [Jessica Mitton, RHN](#)

Yields: 6 servings

Prep time: 15 minutes

Cook time: 1 hour

Ingredients:

2 tablespoons avocado oil

1 onion, finely chopped

1 pound organic pasture-raised ground beef

1 ¾ cups bone broth or broth of choice (vegetable, chicken, beef)

Dash pepper

½ teaspoon sea salt

1 teaspoon cumin

1 tablespoon chili powder

1 can (798 ml) diced tomatoes

1 can (398 ml) adzuki beans (my favourite brand is [Eden](#))

2 cloves garlic, minced

1 cup red bell peppers, chopped

1 cup cremini mushroom, sliced (or mushroom of choice)

Directions:

In a large saucepan, heat oil over medium heat. Add onion and cook until translucent.

Add ground beef and ¼ cup broth. Brown meat thoroughly. Season with salt, pepper, cumin and chili powder. Once meat is browned, add in remaining broth, diced tomatoes, beans, garlic, red peppers and mushrooms.

Simmer for 45 minutes half-covered. Serve with your favourite garnishes (our favourite is guacamole and organic corn chips). Enjoy!

Benefits: Adzuki Beans: These little red beans are often used in Asian cuisine and offer many great nutrients, including protein. Not only are adzuki beans a great source of protein, but they also provide other nourishing nutrients, including [potassium](#), [magnesium](#), and a healthy dose of [antioxidants](#).

Red Bell Pepper: Bell peppers - red peppers in particular - are a great source of carotenoids. They contain two that are beneficial for eye health, called [lutein](#) and [beta-carotene](#). Not only are red bell peppers good for eye health, they are also very high in vitamin C, and a source of a wide range of nutrients, including [vitamin A](#), [B6](#) and [folate](#), to name a few.

Cremini Mushrooms: These fabulous fungi offer 'mush-room' for [B vitamins](#)! (Sorry!) You'll find many B's in creminis, so be sure to add them to any dish for a boost in vitamin B complex. Looking for more [antioxidants](#) and a boost to the immune system? Creminis have you covered!



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