

## June newsletter from: "Trust in the Process"

<http://www.trustintheprocess.com/>

<http://www.colonicsoflondon.com>

Our precious summer is around the corner, so stay safe. Remember summer foods can be nutritious and delicious. My events slow down in the summer as it is a special time for us all. Look for lots of classes and talks starting in September.

Keep it light and fun this summer.

Monthly events and a health article enclosed. Also if you make to the bottom of the newsletter you will find a monthly special on my services.

### 1 **Cooking Class:** Sunday, June 20th @ 11 to 1 pm

**Location:** Practice Loft 366 Richmond Street Suite 2B 519-204-2608 [www.practiceloft.ca](http://www.practiceloft.ca)

**Cost:** 40.00 per person (full meal provided) – RSVP to Heather with a 20.00 deposit to reserve your spot (space is limited, so register early)

**A Power Breakfast will give you energy for the whole day.**

Learn how to start your day in the best way, using very easy and yummy recipes.

Fun recipes using quinoa, tasty eggs dishes, gluten free breads, Goji berries, Caco and great Superfood Shakes.

This class is designed to give you lots of ideas, so **breakfast will never be boring again!**

**Click here for future events schedule**

### 2 *Note:* Next "Veggie Pot Luck" date is July 29<sup>th</sup> Location: Inner Insights

## *June's Health Facts:* Helpful/Harmful For Some

1. No **cow's milk**. 80% of patients I see do not tolerate dairy products. For those who tolerate dairy well, I recommend organic goat's milk, organic goat's cheese, organic yoghurt and organic butter. I strongly recommend to people who have cancer, heart disease, asthma, chronic sinusitis and chronic ear infections to avoid dairy products completely. (By the way, ice cream initiates a triple threat: milk, sugar and chemicals. Why not make your own Frozen Fruit Ice Cream made from only fruit?)

2. **Legumes** (beans, lentils, chickpeas). 50% of people tolerate these well. 50% don't. If you don't tolerate them (i.e. gas, bloating, etc.) don't eat them. Do not take enzymes just to tolerate them well. Leave them alone as they will do you more harm than good. For

those that tolerate them well, they are good sources of protein and complex carbohydrates.

**3. Soy.** This is not the wonder food that it is touted out to be. Yes, some menopausal women find great relief with their hot flashes by eating soy products, and some people tolerate it well and use it as a protein source. I believe it is overused and for many people, creates problems. Avoid soy if you have thyroid problems or are copper toxic (determined via hair analysis). If you consume soy, ensure your diet is high in iodine (seaweeds, fish, collards).

**4. Nuts and seeds.** 20% of people I see do not tolerate these well. If you tolerate them well, buy raw nuts and seeds, as they are loaded with vitamins and minerals. Avoid peanuts since these nuts are on the top of the list for having the greatest susceptibility to molds. (Most patients I see do better eliminating peanuts). Do not eat roasted nuts and seeds unless you roast them yourself. You can do this by lightly browning raw nuts or seeds in the oven or on a non-stick frying pan, making sure to stir them up while they are browning. After removing them from the pan, drizzle a tsp. of cold pressed sunflower oil, olive oil or coconut oil on top then add Real Salt or sea salt and stir. Nuts and seeds can be eaten raw, used in a stir-fry, used to make creamy salad dressings, ground as a flour for cakes, or used for great toppings on casseroles.

**5. Salt.** I believe adding salt to your food (for the sodium) along with a diet high in vegetable greens (for the potassium) is very healthy. Our bodies require a balance of both minerals for optimal functioning. Use sea salt or Real Salt. Some people cannot tolerate adding salt to their diet due to water retention and high blood pressure. However, salt is not the problem. The problem starts well before that point and often these people do not drink enough water, do not exercise, and do not eat An Exceptionally Healthy Diet. When people become healthier, I often observe that they can tolerate salt easily.

**6. Gluten** (a protein component of grains found in wheat, spelt, kamut, barley, oats and rye). 30% of people I see do not tolerate gluten well. Gluten intolerance is determined via blood IgG and IgA antibody testing, blood IgA antibodies to tissue transglutaminase, salivary IgA antigliadin antibody test, or electrodermal food sensitivity testing. At times, even these types of testing do not definitively diagnose gluten sensitivity and regardless, the elimination of gluten has produced great improvement in some people. Non-gluten grains include rice, quinoa and millet. I strongly recommend that people with neurological illnesses, autoimmune diseases, people with intestinal disorders, those with mood disorders such as anxiety, depression and irritability, or those who have unresolved skin rashes, completely remove gluten from their diet and eat only non-gluten grains.

**7. Eggs.** A very common food allergen. An excellent source of protein for those who can tolerate them.

**May's Special: We are all out gardening and creating stiff bodies as a result. Book a 90 min. Thai Massage and only pay for 60 minutes.**

**Call the Lotus Centre today 519-642-2378**

*When Diet Changes, Everything Changes .....*

*Suzanne Frenette* Holistic Nutrition Consultant, Digestive and Colon Therapy and  
Thai Yoga Massage <http://www.trustintheprocess.com/about.html>