

November newsletter from: "Trust in the Process"

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Well it's November and now that Halloween has given us our last fun festival before the big winter Holiday of Christmas. This can be a busy time of year full of have to do's and obligations. I challenge you in this fall season to make an effort to eat your meals with family or friends, food is a social event and also an offering of love.

November's Health Artical: Sushi - The Good and the Bad:

In a recent radio interview, I was asked my opinion of eating Sushi so I thought I would share my findings:

Benefits to eating Sushi

- **Low in saturated fat** and high in **protein**
- **Omega 3 oils** - Salmon, mackerel and sardine highest EPA and DHA fats and enzymes
- **Nori (sea weed)** contains a great source of minerals & Iodine found in the ocean. You'll also get the benefit of magnesium, calcium, iron, and antioxidant phytonutrients and folic acid from eating rolls wrapped in nori.
- **Veg out** Balance out your sushi feast and fill up on rolls made with yummy, nutritious vegetables - shiitake mushrooms, avocado, and cucumber are standard menu items at most sushi restaurants
- **Wasabi** Good to counteract parasites in the digestive track
- **Make it a treat.** Think of sushi as an occasional indulgence, rather than a staple meal in your diet. Keep it to a minimum.

Risks to eating Sushi

- Unfortunately, people with **type I or II diabetes** should stay away from sushi, and stick to sashimi. Individuals with high blood pressure must limit their use of soy sauce.
- The horseradish called "**wasabi**" can be full of MSG and food colouring
- **Pickled ginger** has MSG and food colouring
- White glutinous rice can be considered a processed carbohydrate that can be hard on your digestive system.
- **Calories:** Since sushi ingredients get rolled up into such tiny packages, it's easy to think you're eating a tiny amount of calories and fat. One plain tuna roll can have less than **200 calories**, but add in embellishments like **mayonnaise, fried tempura bits, or cream cheese** and you've got yourself one concentrated bundle of fat and calories. Eat one crunchy shrimp tempura roll, for instance, and you're gobbling over **500 calories** and **20 g of fat!**
- Both soy sauce and wasabi are low-calorie condiments, but soy sauce can send sodium levels soaring and can have added sugar
- **Food borne illnesses:** Eating uncooked fish can expose you to bacteria, viruses, and parasites. **Roundworm**, for example, is a **threadlike parasite** that can burrow into the stomach and cause painful symptoms that mimic appendicitis. Some kinds of sushi rolls include uncooked fish, but safe and reputable chefs use **only fish that has been frozen**. The deep freeze will kill off parasites, rendering the fish safer to consume. However, **deep freezing will not kill bacteria** – it will only stop or slow down its growth until the temperature warms up again. Eating raw fish inherently comes with an increased risk of food borne illness compared to eating cooked fish or Vegetarian options. (*Sushi lovers should do colonics and parasite cleanse at least once per year*)
- **Mercury levels:** The open waters of rivers, lakes, and the sea expose fish to **mercury, a known neurotoxin**. When we, in turn, eat those fish, some of the mercury transfers to our bodies. **Large, predatory fish tend to have the highest mercury levels.**
- Young children, pregnant women, and women planning to get pregnant are advised to minimize their consumption of these fish.

When Diet Changes, Everything Changes

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