

# FOOD FOR THOUGHT

Nutrition | Health | Happiness

## Did You Know...

Thirst is a warning sign of dehydration. Drinking room temperature water is easier for your body to absorb over cold water so consume it often, especially during the warmer weather.

### Homemade Electrolyte Drink

- 2 cups water (pref. filtered)
- A pinch of Himalayan sea salt
- Juice of a 1/2 to full lemon
- A splash of maple syrup

## Seasonal Foods!

Eating seasonal foods is not only good for your body but also the environment! During the summer months, consider incorporating asparagus, peaches, celery, greens (kale, collard, spinach, Swiss chard and lettuce) along with a variety of berries into your diet.

## Nutrition Tip!

Check out the tip sheets "Dirty Dozen" and "Clean Fifteen" at [www.ewg.org](http://www.ewg.org) to help guide you around which foods to buy organic due to high rates of pesticide residue.



## Seasonal Eating

Finally, the warm summer weather is now upon us! After months of being at home and, for so many of us, isolated from family and friends, this change in season will be most certainly be welcomed by all!

My daughter Sarah often asks me, "Mama what is your favourite season?", and despite her hopes for a different answer, my response always remains the same, "Every season is my favourite season." I truly enjoy what each season has to offer especially when it comes to our food! I look forward to including in-season produce into our meals and trying new recipes that bring these foods to life. I love when peaches and blueberries become plentiful in late summer, when pomegranates are once again in season during the fall and of course delicious fiddleheads during the spring time. These are some of my favourite seasonal foods! Consider buying seasonal produce that is locally grown/organic to increase your nutritional intake as these foods are generally fresher and are often grown without the use of toxic pesticides.



## Holistic Nutrition

The practice of holistic nutrition takes into consideration the “whole” person when addressing concerns relating to health.

In my practice as a Certified Holistic Nutritionist, I am committed to helping people shift dietary habits that are preventing them from reaching their health goals.

Whether you struggle with food sensitivities, digestive difficulties, skin issues, an illness or simply want to improve the way in which you eat, seeing a nutritionist can help you achieve these goals through nutritional counselling and targeted meal planning. This can also be done in collaboration with your naturopathic doctor (if involved) to develop a dietary protocol specific to your needs.

Consider booking a *complimentary* 30 minute session to learn the ways in which holistic nutrition can be helpful in your own life. Please call Burkitt Naturopathic to book your appointment or connect with me directly via email at [nourishedawayoflife@gmail.com](mailto:nourishedawayoflife@gmail.com)

As a Holistic Nutritionist, I very much consider myself a “nutrition nerd” and I am fascinated by all things pertaining to food and health. Over the past few years, I have noticed a steady incline in peoples interest relating to nutrition and this interest has certainly reached new heights over the past several months. One of the most common reasons why people seek out the services of a nutritionist is that taking steps to change your dietary habits can often feel overwhelming and confusing, especially when immediate change is required in order to address escalating health issues. With a little guidance and support, clients are often amazed at how changing up ones diet, along with adjusting their lifestyle (even slightly), can improve their sleep, increase their energy and impact their overall feeling of wellness.

## Staying Healthy

Focusing on our health has never been so important. Making sure to consume a variety of whole foods will provide your body with a multitude of protective nutrients that help build and maintain your natural defence mechanism, or your immune system. Being mindful and thoughtful around what we choose to put into our bodies is an important step in keeping us healthy! Do your best to avoid processed foods as they are often high in sodium, sugar and unhealthy fats. Make sure to stay hydrated and active in order to keep your body moving. So many of us are terrific at focusing on others rather than ourselves, and I am certainly no exception. What I have learned though is that each of us deserves wellness and that without our health we are unable to be there for those we love the most.

Take good care and stay well!

Yours in Health,

*Amanda*