



Canadian Association of Holistic Nutrition Professionals

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Are You Confused About Soy

by Debby Raabel, RHN

Is soy a "deadly toxin", or is it the ultimate health food?

Respected holistic health authors Hulda Clark (*The Cure for All Diseases*) and Sally Fallon (*Nourishing Traditions and President of the Weston A. Price Foundation*) would have us believe that soy is dangerous and should be avoided. Others claim that the legume is the ultimate health food due to its potent cancer-fighting phytoestrogens. Who should we believe?

After analyzing and compiling numerous research studies, it has become clear that hundreds, if not thousands, of studies exist both in favor of and against soy, adding to the controversy. While sifting through the research, some of the important questions asked include: Did the study use organic soy or genetically modified (GM) soy? Was the soy raw, cooked or fermented? Did the researchers use soy foods, or did they isolate the protein and/or its isoflavones, genistein and diadzein? Interestingly, not one of the studies reviewed specifically mentioned whether non-GM or organic soy was used. This is an extremely relevant point since GM soy is not natural, traditional soy. Herbicidal-resistant (GM) soy is

engineered with bacterial genes that allow them to survive an otherwise deadly dose of herbicide. A protein produced by this bacteria gene has never been part of the human food supply. As critical as this information is, the impact of GM soy on the human body has not been thoroughly evaluated.

There are many potential dangers of eating GM foods. In his book, *Seeds of Deception*, Jeffrey Smith lists sixty-five documented health risks associated with GM foods. Soon after GM soy was introduced into the British diet, researchers at the York Laboratory reported that allergies to soy had skyrocketed by 50 percent in a single year (1-57). It is interesting to note that in the five years immediately following the introduction of GM soy, reported cases of peanut allergies in the United States doubled. It is known that a protein in natural soybeans cross-reacts with peanut allergies—in other words, soy may trigger reactions in some people who are allergic to peanuts. Given the startling increase in peanut allergies, scientists should investigate whether this cross-reactivity is amplified in GM soy (1-64).

CONTINUED ON PG 3 ...

Issue 8

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Inside this issue:

Are You Confused About Soy 1, 3, 4

For The Love Of Purple 2

Purple Kale Salad 2

Electrolyte Drink 2

Stayed Hydrated 2, 3, 4

Potato Tahini Salad 3

Tahini Dressing 3

Feast of Flavour VANCOUVER 22/10/11

Feast of Flavour CALGARY 22/10/11

Feast of Flavour TORONTO 23/10/11

Feast of Flavour OTTAWA 05/11/11 (TBD)

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



For The Love Of Purple

by Lorene Sauro, RHN

Kale is one of the best leafy green vegetables, considered a star amongst healthy eaters. It is loaded with nutrients including potent phytonutrients from the Cruciferous vegetable family which includes broccoli, cabbage and bok choy. Studies have shown that two phytonutrients in these foods, the Indole-3-carbinols and the sulforaphanes help prevent heart disease and cancer, can act as anti-inflammatories and helps our bodies slow down the aging process. A recent study of several cruciferous vegetables found that the phytonutrients and fibre in these



foods play a role in increasing the function of the healthy gut bacteria. This is yet another study supporting the complex relationship between our good bacteria, phytonutrients and fibre. Purple Kale is an even bigger star, as the purple colouring represents the anthocyanin family of phytonutrients, the same family that gives foods such as blueberries, raspberries and grapes their health power. Enjoy this amazing vegetable while it's in season. Steam and season it to your taste, add it to soups or stews or eat it in a salad, softened by vinegar or lemon juice and oil.

Purple Kale Salad

by Lorene Sauro, RHN

This salad is wonderful for those seeking expansive, cooling foods and will keep you cool in the hot summer weather. Thanks to the tahini dressing *(recipe on pg 3), it has balancing properties. The dressing must be mixed with the kale ahead of time in order to soften the kale. This is good news as this is a salad that does not wilt shortly after being dressed as most lettuce salads do. Kale is one of the most nutritious vegetables and is packed with nutrients, but it has a slightly bitter taste. If this isn't to your liking, spinach can also work in this recipe.

1 head purple kale, washed
 2 celery stalks, chopped
 1 small red onion, cut into half circles
 2 tbsp parsley
 Tahini dressing – enough to cover the kale
 Trim the kale and tear into pieces suitable for a salad. Add the celery, red onion, and parsley. Mix well. Add the tahini dressing and mix. Allow the salad to sit for an hour before eating. Chopped cashews can be added to make it more substantial and for extra grounding. Season to taste.

Staying Hydrated: Water Just Isn't Enough

by Eleanor Healy, RHN

The majority of a person's body weight—approximately 75% of it—consists of water. Every body system depends on water, especially the lungs, digestive tract and the heart, not to mention each and every one of our cells (1). Severe dehydration can lead to cardiac and neurological complications, resulting in a medical emergency; adequate hydration of the body, therefore, is critical (2). Exactly how much water does the body need to be (and to stay) hydrated, however? Maintaining proper hydration encompasses more than drinking the standard eight glasses of

water per day. Of note here: An article written by the Mayo clinic stated that eight glasses is too much and that individuals need to drink water when they are thirsty, however studies show that our ability to recognize our own dehydration state declines with age; therefore this may not be an accurate way to gauge our body's need for water (3). In other words, take a balanced approach—drink water regularly throughout the day, but not to the point where you are bloated and full and avoid waiting until you are thirsty.

What are electrolytes?

Electrolytes are minerals containing ions that can cause electrical conductivity, carrying electrical impulses from cell to cell. The body's primary ions are sodium (Na⁺), potassium (K⁺), calcium (Ca²⁺), magnesium (Mg²⁺), chloride (Cl⁻), hydrogen phosphate (HPO₄²⁻), and hydrogen carbonate (HCO₃⁻). Muscle contractions and neurons firing in the body are both dependent on electrolyte activity (2). Having an exact ratio of electrolytes within a cell (intracellular) and outside of a cell (extracellular) maintains the body's balance

(1). When this balance is thrown off, serious health complications occur.

The complications of electrolyte imbalance

When you lose fluids, you lose electrolytes (particularly sodium in extracellular fluids), leading to a metabolic condition known as hyponatremia (3). In other words, the body experiences an imbalance of water to salt. This is why drinking water is not the only consideration in staying hydrated—electrolyte balance is another very important factor.

CONTINUED ON PG 3 ...

Make your own electrolyte drink:

This recipe is from the Dr Oz website, www.droz.com

Ingredients:

1 liter of water
 1/2 tsp of baking soda
 2 tbsp of agave nectar
 1/2 tbsp of sea salt

Combine all ingredients in water bottle and sip during workout as needed

This recipe is from Hilde Bschorr, the Owner of Himalayan Living Salt

Ingredients:

1 quart good quality water
 1/3 cup maple syrup or fresh sugar cane juice
 1/4 teaspoon "The Original" Himalayan Crystal Salt
 juice of one lemon, or more to taste

Mix all the ingredients together. Refrigerate until you are ready to drink it.

What is dehydration?

When the amount of fluid leaving the body is greater than the amount being taken in, the body is dehydrated. Humans lose water by breathing, sweating, through our bowel movements and urination, and as a result of certain diseases, such as Diabetes (1). Excessive amounts of fluid leaves the body from vomiting, diarrhea, and sweating (especially from high fever or extreme exercise). In extreme cases, dehydration can lead to death.



Eating For The Summer Season

Have you noticed that you have a reduced appetite in the summer? This is normal. When it's hot, we're naturally inclined to consume

cooling expansive foods such as fresh fruits and green salads. Foods with a high water content keep us cool, while heavier cooked foods with a higher fat content are more appropriate for winter as they have warming contractive properties. If you don't feel satisfied with a diet predominantly consisting of cooling foods, include ingredients such as cooked potatoes or brown rice, combined with some water-rich vegetables. Such meals

can help us remain cool and still get the grounding power and energy we need from our food.

Warming foods that are suitable for winter are grounding. They generally have a higher calorie count and will sustain a person's energy for a longer period of time. This is especially helpful for stabilizing blood sugar and providing energy for handling stressful work or working physically. Combining both cooling and warming foods is the best way to balance the diet. Let your body be your guide for the right balance for you.

Are You Confused About Soy

CONTINUED FROM PG 1 ...

Also interesting is that many of the studies supporting soy used modified soy foods rather than the whole bean, such as soy milk, tofu, soybean sprouts, edamame, and fermented soy foods, including tempeh, miso and natto. The research suggesting the possible dangers of soy consumption were based on raw soy flour or trypsin inhibitor (TI) fractionated from defatted raw soy flour.

Part of the confusion surrounding soy is that it can affect hormones in either direction—sometimes for better, sometimes for worse.

Soy foods are rich in phytoestrogens, plant-derived estrogen-like compounds. Its isoflavones (a type of phytoestrogen) are natural estrogen receptor modulators that possess both estrogen-like and anti-estrogenic properties (2). In other words, phytoestrogens can act as a weak estrogen when the body's estrogen levels are low, or it can inhibit estrogen's effects when body estrogen levels are high (3).

Because of this, soy has been an intensely contentious topic for those suffering from hormone-related cancers, such as breast or prostate cancer. But research using soy foods has

suggested that the legume and the combination of nutrients it possesses can increase the chance of survival in breast cancer patients (2), decrease the risk of breast cancer recurrence (4), decrease the risk of developing breast and prostate cancer in both men and women (5), decrease the risk of hip fractures, (6) and protect against lung cancer (7). One study using soy protein isolate (SPI) showed a significant reduction in LDL cholesterol in patients with Type 2 Diabetes. This study has important significance as heart disease affects people with diabetes more than twice as much as those without diabetes. This same result of decreased total cholesterol was repeated in another study using soy foods (both fermented and non-fermented) on patients without Type 2 Diabetes (9). A meta-analysis soon to be published in the journal, *Fertility and Sterility* showed that neither soy foods nor isoflavone supplements from soy affect testosterone levels in men (10).

Some of the cautionary studies showed pancreatic lesions in rats and mice when fed soy in the form of trypsin inhibitor concentrates from de-fatted raw soy flour (11).

CONTINUED ON PG 4 ...

Staying Hydrated: Water Just Isn't Enough

CONTINUED FROM PG 2 ...

Hyponatremia symptoms occur mostly due to swelling in the brain when the body tries to provide the cells with more water. Common symptoms can include confusion, hallucinations, convulsions, muscle spasms, nausea, and restlessness. Acute hyponatremia can lead to brain herniation (bleeding in the brain), coma and death. Aside from severe dehydration, other causes of this condition include congestive heart failure, diarrhea, kidney diseases and liver cirrhosis (3, 4).

What is the best way to stay hydrated?

Drink water throughout the day—that means a *minimum* of eight glasses throughout the day. In your diet, include fresh fruit and vegetables, especially those with high water content such as celery, lettuce, cucumbers and watermelon. Dark leafy green vegetables also contain minerals to help restore electrolytes. Good examples include kale, Brussels sprouts and the blue-green algae supplement, spirulina. Apple cider vinegar contains potassium and aids in digestion, so add it to salads or dilute it in water and drink it as is.

CONTINUED ON PG 4 ...

Potato Tahini Salad by Lorene Sauro, RHN

This salad is appropriate for those wanting to enjoy a summer salad but are looking for something more substantial and grounding than a leafy-green salad.

4 large Yukon gold or new red potatoes
2 celery stalks, chopped
2 carrots, peeled and chopped
2 tbsp fresh dill
2 green onions, chopped
Tahini Dressing *(recipe below)

Wash the potatoes and trim off any imperfections. Leave the skin on as much as possible. Cut into small pieces and place them into a double boiler or steamer. Steam the potatoes until soft. Remove from the stove and soak in cold water to cool the potatoes quickly. Drain and transfer to a bowl. Add the carrots, celery, green onions, and dill. Mix well. Add the amount of tahini dressing desired and mix well. Season to taste.



Tahini Dressing by Flora Zorn, RHN

2 tsp raw honey
1/2 cup tahini*
1-2 tbsp olive oil or rice bran oil*
3-4 tbsp lemon juice
1 clove garlic
2 tsp fresh dill
Sea salt and black pepper to taste

Mix the olive oil or rice bran oil and tahini together. Add the honey and lemon juice and whisk thoroughly. Add the garlic and dill and season to taste with sea salt and black pepper.

**Tahini texture can vary depending on which brand you purchase or if you make your own. Adjust the amount of oil and lemon juice to the desired consistency and taste. For more 'zing', increase the amount of lemon juice or try this recipe with apple cider vinegar.*



Staying Hydrated: Water Just Isn't Enough by Eleanor Healy, RHN

CONTINUED FROM PG 3 ...

One of the best ways to rehydrate your electrolytes is with pure coconut water. In studies, coconut water successfully rehydrates the whole body and with better fluid tolerance than commercial sports drinks. Coconut water is also easier to digest than most sports drinks. (5, 6)

In terms of the popular caffeinated drinks, coffee and tea, be mindful of their diuretic effect, promoting the removal of fluids through urination. They may cause the body to lose fluids and electrolytes. To be safe and remain hydrated it's best to rely more on water, coco-

nut water and high-water content fruits and vegetables mentioned above. Make sure that if you drink filtered water from the process of Reverse Osmosis or Distilled water, to add minerals back into the water, for example sea salt; otherwise this will throw off the electrolyte balance in your body. As stated earlier, water is important for maintaining optimal health and vitality, but the body is a complex organism and needs salts and bases from electrolytes to operate effectively. Water is the foundation, but other ingredients are just as important to help us stay healthy.

Are You Confused About Soy by Debby Raabel, RHN

CONTINUED FROM PG 3 ...

In another study, pancreatic hypertrophy (an increase in the size of the acinar cells of the pancreas that secrete digestive enzymes) and hyperplasia (an increase in the number of acinar cells) occurred from the prolonged feeding of raw soy flour or an enriched trypsin inhibitor fraction from soybeans. Associated with pancreatic enlargement was the loss of amino acids in the form of enzymes being secreted by a hyperactive pancreas (12). Ingestion of raw soy flour alone resulted in the appearance of nodules on the pancreas of rats (12). It is possible that the continuous intake of low levels of trypsin inhibitors in the diet could lead to recurrent periods of hyperstimulation of the pancreas, resulting in an increased rate of cellular proliferation, possibly followed by the development of neoplastic changes (12). Most of the negative effects of protease inhibitors in the soybean are produced by feeding large amounts to animals (often rats) (12). Both dietary unsaturated fat and raw soybean products are known to enhance pancreatic carcinogenesis (13).

John Robbins, well-known author of *Diet for a New America*, who advocates a plant-based diet points out that the pancreas of a few species of animals, notably rats and chicks are extraordinarily sensitive to dietary protease inhibitors such as those found in soy. While rats fed nothing but soy run a higher risk of developing pancreatic cancer, this doesn't necessarily occur in humans. Foods that are highly nutritious for one species are often inedible or even poisonous to other species. Baby rats fail to thrive on soy, but they also fail to thrive on human breast milk (14).

Another cautionary point about soy beans is they also contain haemagglutinin, a clot-promoting substance that causes red blood cells to clump together (15).

It's tempting to say, "let's just avoid raw soy"; however, soy is increasingly being added to a wide variety of foods, including beverages, nutrition bars, yogurt, baked goods, meal replacements and confections, and exposure to soy is becoming ubiquitous (2).

"The tradition with soy is that it was fermented for a long time from six months to three years and then eaten as a condiment, not as a replacement for animal foods. Traditionally, the first soy foods were fermented products like tempeh, natto, miso and soy sauce and later bean curd. The Chinese did not eat unfermented soybeans. Fermenting, soaking and cooking soy breaks down the enzyme inhibitors that block the action of trypsin and other enzymes needed for protein digestion." The Chinese must have known that processing soy this way produced less gastric distress.

To recap: To answer the question of "soy – yes or no," it's important to distinguish between natural organic soy foods, fermented soy, GM soy, soy additives and soy protein. The fermentation process removes most of the potentially harmful compounds that are found in more modern forms of soy (17). Raw soy foods, raw soy flour and GMO soy should be avoided. Be sure to eat a diet with varied sources of protein. If you choose to be vegetarian, don't rely on soy as your main source of protein. Moderate soy food intake appears to be safe and potentially beneficial. However, if you have a blood clotting disorder or low thyroid function you may want to use soy products sparingly.

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