



Nutritional Supplements Support Brain Function by Lorene Sauro RHN

A recent question posed on one of the nutrition forums on LinkedIn stirred up some lively discussion. The thread asked, "What types of supplements do you take and why?" Not surprisingly, the responses were vastly different, and as one would expect those who sold supplements didn't hesitate to promote their brands. One gentleman however, made the bold statement that supplements - with or without a good diet - simply don't work. While he offered no specific proof to back up his stance, there are numerous well-constructed studies that suggest otherwise.

Two recent studies will be of interest to those who live highly stressful lifestyles and may not have time to eat as well as they might like.

A 2011 French study published in the Ameri-

can Journal of Clinical Nutrition found that vitamin and mineral supplementation helped participants maintain verbal memory and prevented memory decline in non-smokers over a 6 year period. The participants received 120 mg of Vitamin C, 100 mcg selenium, 6 mg of Vitamin B6, 20 mg of zinc and 30 mg of Vitamin E - all easily found in a good multiple vitamin-mineral supplement and more importantly, these amounts are also readily found in food. A cup of pineapple provides 78 mg of vitamin C, an orange has 69 mg and a cup of raw kale has 53 mg. The aforementioned foods also contain many other nutrients and more importantly, phytonutrients (significant antioxidant sources).

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Perfect Poutine by Orsha Magyar RHN

Poutine is on our minds again as autumn approaches and root vegetables are in peak season. So much so, in fact, that a survey conducted last year by The Globe and Mail found that over half -

53% to be exact - of Canadians consider poutine to be our national dish. Although most people agree that poutine tastes, however, these same individuals also agree that this dish is not good for you.

Poutine, with its perfect blend of carbs, fat, and salt that our taste-buds and brains have evolved to naturally crave, may in all reality not be the best for our health when prepared traditionally. What if a slight twist were to be made on this classic dish? What about using seasonal and local (thus more affordable) whole food ingredients that made poutine better for you?

This recipe (on page 3) offers a health-conscious twist on a favourite classic that emphasizes fresh ingredients having the highest nutritional value because they can be sourced locally and are seasonal-taking into consideration our inevitable transition from summer into fall. The ingredients are also low in saturated fat, trans fat-free, low in salt, sugar-free and high in protein, vitamins and minerals. Research suggests that these ingredients, which include yams, mushrooms, bison, goat-cheese and fresh herbs, have significant mood-elevating properties and immune-boosting benefits. This dish is also designed to be blood-sugar balancing, anti-inflammatory, and supportive of weight-loss or maintenance efforts. So indulge yourself and enjoy this Perfect Poutine, knowing that it is deliciously decadent but also a much healthier version!

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Feast of Flavour
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TORONTO

23/10/11

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OTTAWA

05/11/11



Maqui Berries by Kelly Barron RHN

Maqui is a berry native to south America. It has been cultivated for thousands of years. The Mapuche Indians used Maqui berries, as a staple in their diet; they regarded it as a symbol of strength and health. They believed that it made them warmer in winters and gave them strength and stamina in the hunting season. Maqui berry is also



credited for the longer than usual life spans that Mapuche Indians typically have.

Maqui is high in antioxidants and was used as a treatment for sore throats, ulcers and fever. Maqui berry is dried and ground into powder. It can be used in drinks, smoothies, and desserts.

Maca Powder by Kelly Barron RHN

Maca is a herb native to Peru. Maca is part of the radish family. It is known for giving energy and endurance. Maca was first used by the Inca more than 2000 years ago for energy and endurance and is still commonly traded as a medicine and energy tonic throughout the



towns and villages of Peru today.

Some of maca root's reported benefits include increased energy and stamina, increased libido, improved mental function and reduction of peri-menopausal and menopausal hormone imbalance symptoms.

Chlorella by Kelly Barron RHN

Chlorella is a single-celled green algae and is considered one of the oldest forms of plant life on earth. It is a bright green colour. Chlorella was discovered in 1890 by a Dutch microbiologist named M. W. Beijerinck. It has



been found to be high in protein 45 - 60% as well as other essential vitamins and minerals. The taste of it is considered a fishy taste but can be added to strong tasting spices to help with the flavour.

Nutritional Supplements Support Brain Function by Lorene Sauro RHN

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CTV News recently described a study about vitamin B12 that indicated that the lower the B12 levels in seniors, the greater the cognitive decline. More brain shrinkage was also observed in those with the lowest levels. The main dietary sources of B12 are fish, meat, eggs and dairy. The news program also suggested that the serum blood tests may not accurately determine a deficiency in the vitamin. Vegetarians can take spirulina or chlorella and we can all make B12 in our intestinal tract if we have sufficient good bacteria. Vitamin B12 supplementation can be taken as a separate supplement in the form of a tablet or capsule, as well as in a B-Complex supplement. If absorption is an issue, which is often the case with the elderly, injections are available from MDs and NDs. A tiny sublingual B12 tablet placed under the tongue is another

option for enhanced absorption.

Another 2001 study from Australia's Swinburne University of Technology found that supplementation for 60 participants with a B-Complex over a 90 day period helped lower mental confusion and depression linked to occupational stress when compared to the placebo group. Occupational stress does not last forever, so knowing that a supplement can help in the short term – at least until lifestyle modifications can be made – is reassuring.

These studies strongly suggest that supplementation works, despite the naysayers, but consuming a whole foods diet in addition to taking specific supplements-whether it's to support a healthy nervous system or to improve health in general - ensures that the diet is well-rounded and meets even more nutritional needs for an individual.



What is an Antioxidant?

The burning of oxygen produces particles called "free radicals." Free radicals 'grab' electrons from healthy cells, leaving them damaged. Damage caused by free radicals has been linked to many degenerative diseases. Antioxidants counter free radical damage by providing an electron to repair a damaged cell or take one

for the team by 'donating' an electron to a free radical so that it leaves our cells alone. The human body makes various antioxidants, but many can also be obtained from the vitamins, minerals and phytonutrients in our foods. Fruits, vegetables, grains, legumes, nuts and seeds, wine, beer,

teas, chocolate and even coffee provide powerful phytonutrients that can act as antioxidants. Many fats, including the much maligned saturated fats such as butter, animal fat and coconut oil also contain protective antioxidants. The Oxygen Radical Absorbance Capacity (ORAC) scale

measures the antioxidants in 326 foods. To view the list, visit www.ars.usda.gov/



Perfect Poutine by Orsha Magyar RHN

CONTINUED FROM PG 1 ...

Perfect Poutine

By: Jessica Willott in association with NeuroTri-tion

Serves 4-6

Ingredients

For the bison:

- 1 lb bison stew meat
- ½ white onion, medium-diced
- 1 stick celery, medium-diced
- 1 carrot, medium-diced
- 4 cloves garlic, chopped
- 1 sprig fresh thyme
- ½ can tomatoes, drained
- 2 cups low-sodium beef broth

For the mushrooms:

- 1 lb mixed mushrooms, diced
- ½ white onion, small-diced
- 4 garlic cloves, chopped
- 2 tbsp fresh thyme, chopped
- 2 tbsp fresh parsley, chopped
- 2 tbsp olive oil

Squeeze fresh lemon

For the yams:

- 3-4 yams, sliced lengthwise into 6 slices each
- 2 tbsp olive oil
- Fresh cracked pepper and sea salt to taste
- Goat cheese and fresh parsley to garnish

Instructions

For the bison:

1. Pat meat dry. Sauté over medium-high heat in batches until browned, season with salt and pepper. Remove from heat.
2. In same pot, sauté carrot, celery, and onion for 5 minutes, add garlic and thyme sprig, and then add tomatoes (drained).
3. Deglaze pot with beef stock, add meat

back into pot, and cover with stock. Bring up to a simmer, reduce heat and cover.

4. Cook for 2-3 hours, until the bison is tender and falls apart easily.

5. Strain meat and vegetables from sauce and remove vegetables.

6. Reduce sauce by half.

For the mushrooms:

1. Cut mushrooms to desired sizes.

2. Saute onions over low heat in olive oil until translucent.

3. Add mushrooms and sauté until they begin to brown. Add garlic, salt and pepper.

4. Deglaze with beef sauce.

5. Add beef pieces, fresh thyme and parsley, and a squeeze of fresh lemon juice.

For the yams:

1. Preheat oven to 400°F.

2. Wash yams, slice in half lengthwise, and then in thirds.

3. Toss with olive oil, salt and pepper.

4. Place on roasting pan, and roast for 30 minutes or until lightly browned and tender.

To assemble your Perfect Poutine:

1. Place yams on a plate.

2. Top with mushroom-beef gravy.

3. Crumble goat cheese and freshly chopped parsley on top. Enjoy!



GABA Sprouted Rice by Kelly Barron RHN

Rice has been cultivated since 2000 BC, originating in areas of china, southern and eastern Asia. GABA sprouted rice or germinated brown rice (GBR) has been used for centuries for both food and ancient Chinese medicine. The method that is used for sprouting rice was developed during the United Nations International Year of Rice (2004). The process involves soaking washed brown rice for 20 hours in warm water (34C) prior to cooking it. This stimulates germination, which activates enzymes in the rice and produces more of the amino acid s the amino acid GABA, or



gamma-aminobutyric acid. GBR apparently has twice the GABA of regular brown rice, and ten times the GABA of white rice. GABA is an inhibitory neurotransmitter that may have the following benefits: promotes fat loss by the stimulation of the production of Human Growth Hormone; increases

the sleep cycle giving deeper rest; boosts the immune system; lowers blood pressure and assists in the treatment of anxiety disorders. Sprouted rice has a mellow flavour and a softer feel in the mouth than regular brown rice.

Bison Meat from the National Bison Association

Bison are handled as little as possible.

They spend their lives on grass, much as they always have, with very little time in the feedlot.

They are not subjected to questionable drugs, chemicals or hormones.

Research by Dr. M. Marchello at North Dakota State University has shown that the meat from Bison is a highly nutrient dense food because of the proportion of protein, fat, mineral, and fatty acids to its caloric value. Comparisons to other meat sources have also shown that Bison has a greater concentration of iron as well as some of the essential fatty acids necessary for human well being.



The easiest way to enjoy the benefits of macqui berries is to look for a freeze-dried organic powder. This maintains the enzymes and nutrients.



Garlic and Wine: A Formula for Cancer Prevention?

By Lorene Sauro RHN

The French and the Italians were not wrong: red wine and garlic do go together. A recent study in China in 2008, suggests that red wine

contains a component that helps initiate cancer cell death.(3, 6) Garlic has long been linked to having an immune supportive role with its antibacterial (allicin) antifungal (phytoncide) chemicals. It also contains the sulfur-containing compounds alliin, ajoene, diallylsulfide, dithiin, S-allylcysteine, as well as enzymes, B vitamins, proteins, minerals, saponins and flavonoids—all beneficial chemicals. Garlic also contains a phytoalexin compound, allixin, a non-sulfur compound that has antioxidant effects, antimicrobial effects, antitumor promoting effects, and promotes the inhibition of aflatoxins.(4, 5)

Cooking with wine and garlic is safe because they both contain heat-stable phytoalexins. That is a lot of power for a small bulb and demonstrate why the whole food is better



than the sum of its parts.(2)

Resveratrol in red wine is a stilbenoid, a type of natural polyphenol (also responsible for the purple colour). It is also a phytoalexin—a compound produced naturally by several plants when under attack by pathogens such as bacteria or fungi. In mouse and rat experiments, it has been shown to have anticancer and anti-inflammatory properties, and help stabilize blood sugar. It has also been shown to be beneficial to the cardiovascular system.(4)

These results have not been replicated in humans but that would be difficult to do as cancer research treatments in humans are generally only approved when no other option is available. However we can take a preventative approach. Enjoying a glass of wine with a meal, especially one where garlic was used is one way.



Vancouver: Oct 22, Toronto: Oct 23, Ottawa: Nov 5

Keynotes: Chef Corbin Tomaszeki, Chef Mark McEwan, Chef Lynn Crawford

On the Menu-Vancouver: Quinoa-Fava flour dumpling stuffed with black quinoa and kale with a sweet & hot pepper emulsion, Salmon-Vancouver Island sea salt & Birch syrup cured wild Sockeye with rosemary gelee, Lentils- Mumbai Lentil salad with spiced tomato gelee and cardamom raita, Jerusalem Artichoke-Pave, pressed with organic carrot and Pemberton potato with rosemary cream

On the Menu-Toronto: Roasted Oyster Mushrooms with Kombucha, Red Wine Chocolate Brownies, Hubbard Squash Bean Stew, Black Bean and Corn Salad with Maca Mole, Chocolate Cupcakes with Maqui Berry Icing, Turkey Chili

On the Menu-Ottawa: Creekside Chicken, Chocolate Cupcakes with Maqui Berry Icing, Chocolate Dessert Hearts and more to be announced soon

For more details:

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