



healthE nut newsletter

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celebrate your heart this month!

Welcome everyone! It's hard to believe with such little snow around us and mild temperatures we are staring February in the face. I enjoy this month with all the colours of red (and hearts) in the store windows & shops... just looking at them kind of warms my heart up even if it is cold outside. Since this month is about the heart I wanted to share some healthE tips on how to keep your heart a-ticking loud and clear. Enjoy the read! Happy Valentine's Day!

Susan Wilson RNCP

CERTIFIED LIVING ON LIVE FOOD CHEF

TO HELP PREVENT HEART DISEASE, YOU CAN exercise for a happy, healthy heart!

Fortunately, it's a risk factor that you can do something about.

DID YOU KNOW? Regular aerobic exercise such as walking jogging running, bicycling, skipping rope, skating, downhill skating or aerobic swimming can help:

- Strengthen your heart and cardiovascular system.
- Improve your circulation & help your body use oxygen better.
- Improve your heart failure symptoms.
- Increase energy levels so you can do more activities without becoming tired or short of breath.
- Increase endurance.
- Lower blood pressure.
- Improve muscle tone and strength, improves balance and joint flexibility.
- Strengthen bones.
- Help reduce body fat and help you reach a healthy weight.
- Help reduce stress, tension, anxiety and depression
- Boost self-image and self-esteem.
- Improve sleep.
- Make you feel more relaxed and rested.
- Make you look fit and feel healthy.

ALWAYS TALK TO YOUR, DOCTOR BEFORE STARTING A EXERCISE PROGRAM



heart healthE recipe

SIMPLY RAW VALENTINE CHOCOLATES

INGREDIENTS:

- 100 g raw cacao butter
- 6 tbsp raw cacao powder
- 3-4 tbsp maple syrup or agave
- 1 tsp vanilla extract (optional)
- Pinch of high quality sea salt
- Melt the raw cacao butter in a bowl over a pan of water on a low heat .
- Once melted add the raw cacao powder, salt and sweetener and mix well with a metal balloon whisk.
- Taste the mix and add more sweetener if required and blend all the ingredients well (CHOC mix should be smooth and runny).
- Take off the heat and spoon half of the mix into silicone moulds/ice cube trays (heart shaped ones for Valentine Heart CHOCs) or mini baking cups.
- Leave to set in the freezer for 15-20 minutes or 2 hours in the fridge.



heart healthe herbs

CACAO



- Cacao natural source of theobromine, long considered a heart tonic and mild stimulant; cacao also contains epicatechin, a flavonol that improves the function of the blood vessels. Ensure you are eating raw cacao not sugary coated chocolate bars.

CAYENNE

- Taken daily, this Indian spice strengthens, stimulates, and tones the heart, balances circulation, and calms palpitations. Start with ½ tsp in your lemon water.



MOTHERWORT

Traditionally used to treat a racing heart caused by nervous tension, this herbal sedative may, with long-term use, reduce the formation of clotting factors, lower total cholesterol and triglycerides, and strengthen the heart muscle. Prepare a tea by soaking 1/4 to 1/2 teaspoon of dried motherwort in about 5 ounces of boiling water for five to 10 minutes.

HAWTHORN

- This heart and circulatory tonic can improve oxygen and blood supply. It is rich in flavonoids that protect small capillary vessels from free-radical damage, hawthorn normalizes blood pressure and lowers cholesterol and fat deposits in the liver and aorta. Recommended for angina, arrhythmia, arteriosclerosis, blood clots, and hypertension. You're not likely to see results for a few months, but hawthorn is safe for long-term use.

GARLIC

- Several studies have shown that a clove a day (approx. 600 to 900 mg a day of powder) inhibits bad cholesterol (LDL) production and raises the good kind (HDL). Smaller trials have also demonstrated garlic's promise in normalizing blood pressure, preventing blood platelet aggregation and improving circulation.



HELLO CASEY'S ARE BACK!

Everyone has been asking for Hello Casey's at the café. Well since my daughter Casey came up with the raw version of a Hello Dolly we decided to call them Hello Casey's and will be serving them at the café upon her return.

Most of you know Casey has been off work for the past few months lounging around in beautiful Costa Rica (Ha-Ha). Actually she was there studying Rebalancing, Massage and Energy Healing at the school of Kootney.

Well, Casey has graduated and is on her way home! We are all so proud of her and want to welcome her back!

We wish her the best of luck with her pregnancy as well as earning her Certification.

Around the second week of February, come into the café to say hi to Casey and enjoy a Hello Casey treat!

what's new at the café

MISS A DAY, MISS A LOT

KOMBUCHA TONICA

Known as the Elixir of Long Life it has been used around the world for centuries for its' detoxifying and energizing effects. It has been shown to naturally contain: Probiotics, Polyphenols, B Vitamins, Organic Enzymes, Vital Amino & Organic acids

BENEFITS:

- Promotion of liver cleansing, resulting in healthy skin, hair and improved eyesight, low in sugar, fat and calories great for a light drink.
- Increase of metabolism resulting decrease of body fat
- Balancing of blood sugar levels
- Increase of energy
- Improved Ph balance and resulting mental clarity

How to use:

Introduce 100 mL per serving for the first week of consumption, great with any meal, enjoy 20 min. prior to or after eating to aid in digestion, boost energy level by drinking on a empty stomach follow with equal amounts of water.

I like to pamper myself with a pint in place of a alcoholic beverage or mix ½ and ½ in your champagne or wine to increase the liver cleanse and restoration.



NUTRITIONAL YEAST

- high source of protein, vitamins, especially B-complex.
- naturally low in saturated fats, cholesterol, and sodium
- free of sugar, dairy, and gluten.

It has a strong flavor that is described as nutty, cheesy or creamy which makes it easier to avoid dairy. It can be used to make all kinds of cheesy toppings and spreads. Great for nacho sauces but my favorite is this healthE popcorn recipe below.



HEALTH E POPCORN

this is my comfort go to snack...

- 1 cup of non-GMO organic popcorn (available at the café)
- 2 tbs of organic raw virgin coconut oil melted
- ¼ cup of nutritional yeast flakes
- ¼ tsp Himalayan sea salt

Heat popcorn in air popper; pour melted oil, salt and flakes over popcorn, Enjoy!



BUBBIES PICKLES

Pickles are fat-free and low in calories. Cleopatra believed pickles contributed to health and beauty. If true, that's an extra bonus to these amazing, naturally crunchy made-with-no-vinegar or preservatives, delicious dill pickles. The cloudy brine is proof Bubbies are naturally fermented and cured.



what's new at the café cont'd

MISS A DAY, MISS A LOT



IRISH MOSS

- This amazing seaweed is made up of loads of healing properties. It coats and soothes mucous membranes and can aid loads of common digestive ailments.
- It has antibacterial and antiviral properties also. Much more amazing, this product is used as an emulsifier in skin creams, gels and shampoos. It's a potent skin softener that nourishes and protects your skin from environmental components. When mixed with body lotions, it transforms your dry, patchy skin into smooth, silky, hydrated, glowing skin.
- Irish moss can aid eczema, psoriasis, rashes and sunburns. It is routinely found as an ingredient in some truly pricey anti-aging skin care products.

WHAT DO I USE IT FOR? Basically, Irish moss is usually created into a paste, or gel form. This can be used like a healthy vegan solution to gelatin. About one quarter cup of paste will successfully thicken about two cups of liquid. Use it to make incredibly creamy pudding, mousse, cream pie, meringue, sauces, dressings, dips, custard, ice cream, etc. How do I prepare it? Get about a large full of Irish moss and rinse effectively, massaging with your fingers under running H2O. Clean it above a sieve so you don't lose any minor pieces. Transfer to a one quart glass jar and fill with filtered H2O. Cover and place in fridge for anywhere from six – 12 hrs. Be sure to rinse 2-3 instances in amongst, returning to a clear jar of H2O. Dry moss can last for up to a year in the cool dry place because the salt preserves it. If you ever have soaked more than you really need, keep it from the fridge and modify the H2O daily. This will keep new up to three weeks. While you are all set, rinse the moss. Chop it into minor pieces and add it to a substantial-speed blender. I use two cups of H2O, per one cup of chopped Irish moss. Be patient. This takes time. Often cease the blender and scrape the sides which has a spatula, and go on to blend... and blend... and blend... until it really is completely creamy. Use this like a face mask, moisturizer or shampoo. It is wonderful for hair and skin. When applying the paste/gel in recipes, remember that 1/4 cup of paste will thicken about two cups of liquid, so modify accordingly. Consider including 1-2 tablespoons of Irish moss paste into your morning smoothies.

BENEFITS: Irish Moss respiratory system, digestion and thyroid function, weight loss blood pressure. **SKIN CARE:** Irish moss is wonderful used externally. It softens and soothes the skin and other exposed tissue. **PREGNANCY:** Irish moss is great for pregnant women. It is highly beneficial in supporting the healthy production of amniotic fluid. After birth, the baby benefits from the nourishment it adds to breast milk.



**NEW ORGANIC PRODUCE
FOR SALE AT THE
HEALTHENUT CAFÉ
FROM PFENNING'S FARM**

new!



PFENNING'S FARM FRESH ORGANIC PRODUCE AVAILABLE AT HEALTHENUT CAFÉ

Many customers have expressed their frustration of not being able to find fresh, local Organic produce in town, so I started a search for local farms and companies with the same values as the café.... **FRESH, ORGANIC AND LOCAL.** After much research we found a supplier that meets the criteria – I brought in another large fridge to the café to accommodate goods from **PFENNING'S FARMS** just outside of Kitchener. They have been in the Organic farming business for over 20 years growing, producing and sourcing out the freshest, local, Ontario or Canadian fruits and vegetables (when possible).

We are so excited to provide fresh, organic produce to this community so our customers can take home fresh kale, lettuces, tomatoes, peppers, sprouts, apples, lemons, and herbs (plus a lot more) and we can use the organic produce in our juices, smoothies, sandwiches, entrées and desserts that we serve to you.

Over the years, myself and my staff get a lot of questions and comments about buying Organic food such as: is it a scam, is it really worth the money or how can you tell if it's truly Organic or is there certain foods we can get away without buying if we are on a limited budget, why do the fruits and vegetables have so many imperfections and are usually smaller.

I believe people need to pay now for their food choices or they will pay later. People really need to put their money into their health. I look around and see people with designer clothing, fancy cars and furniture; they are investing on their outside looks! I wear my designer clothes on the inside, investing in good, quality food and supplements which helps me look and feel great everyday, not wearing some expensive purse or shoes. We need to get back to basics with our food and eat food in it's original, natural state.



WHAT IS ORGANIC FARMING AND WHAT DOES ORGANIC MEAN?

Organic farming refers to the agricultural production systems that are used to produce food and fibre. Organic farmers don't use synthetic pesticides or fertilizers. Instead they rely on biological diversity in the field to naturally reduce habitat for pest organisms. They also purposefully maintain and replenish the fertility of the soil. Organic farmers are not allowed to use synthetic pesticides, bio-engineered genes (GMOs), petroleum-based fertilizers and sewage sludge-based fertilizers.

*Organic farmers must keep detailed record keeping systems that track all products from the field to point of sale, maintenance of buffer zones to prevent inadvertent contamination by synthetic farm chemicals from adjacent conventional fields.

*Organic produce has no pesticides and grown with natural fertilizers such as manure or compost, weeds are controlled naturally by crop rotation, hand weeding and tilling, insects are controlled using natural methods such as birds, good insects, and traps.

*Claims are being made all over the world that "NO food has higher amounts of beneficial minerals, essential amino acids and vitamins than organic food"

***100% ORGANIC** - To use this phrase, products must be either completely organic or made of all organic ingredients. Fruits and vegetables will have the SEAL approval on the sticker and the bar code will have 5 digits opposed to 4 conventional and organic produce will start with a 9 example 95645 conventional will start with a 4 and be 4 digits 4653.

PFENNING'S FARM FRESH ORGANIC PRODUCE AVAILABLE AT HEALTHENUT CAFÉ

TOP 12 FRUITS AND VEGETABLES THAT HAVE THE HIGHEST PESTICIDE LEVELS ON AVERAGE:

APPLES, BELL PEPPERS, CARROTS, CELERY, CHERRIES, KALE LETTUCES/SPINACH, NECTARINES, PEACHES, PEARS,
BERRIES (STRAWBERRIES, RASPBERRIES) IMPORTED GRAPES

(Buying these Organic matter the most)

FOODS WITH THICKER SKIN OR PEEL, WHICH NATURALLY PROTECTS THEM BETTER FROM PESTS, HAVE LESS NEED FOR PESTICIDES ARE:

ASPARAGUS, BROCCOLI, CABBAGE, CORN, EGGPLANT, KIWI, MANGO, ONION, PAPAYA, PINEAPPLE,
SWEET PEAS, WATERMELON, BANANAS.

Rinsing reduces but does not eliminate pesticides. Peeling sometimes helps but valuable nutrients often go down the drain with the skin. Best practice: wash all produce and buy organic when possible.

WHY DO PESTICIDES MATTER?

- *Children and fetuses are most vulnerable to pesticide exposure due to their less-developed immune systems and their bodies and brains are still developing. Exposure at an early age can cause developmental delays, behavioural disorders, and motor dysfunction.
- *Pregnant women are more vulnerable due to the added stress pesticides put on their already taxed organs. Plus pesticides can be passed from mother to child in the womb, as well as through breast milk. Some exposures can cause delayed effects on the nervous system, even years after the initial exposure.
- *Most of us have an accumulated build-up of pesticide exposure in our bodies due to numerous years of exposure. This chemical "body-burden it is medically known, could lead to health issues such as headaches, birth defects, skin problems, organ weakness, and weakened immune systems.
- *Organic food is often fresher, fresh food tastes better and organic food is usually fresher when eaten because it doesn't contain preservatives that make it last longer.
- *Organic farming is better for the environment. Organic farming practices reduce pollution (air, water, soil) conserve water, reduce soil erosion, increase soil fertility, and use less energy. In addition, organic farming is better for birds and small animals, as pesticides make it hard for small animals hard to reproduce.

WHY BUY LOCAL?

FINANCIAL BENEFITS: Money stays within the community and strengthens the local economy. More money goes directly to the farmer instead of to things like marketing and distribution.

TRANSPORTATION ISSUES: The average distance a meal travels from farm to your plate is 1500 miles, this uses a ton of fossil fuels and emits carbon dioxide into the air, as well produce must be picked while still unripe and then gassed to ripen after its transported (oh yummy). Or the food has to be processed using preservatives, irradiation to keep it stable to transport.

FRESH PRODUCE: Local food is the freshest food you can purchase, fruits and vegetables are harvested when they are ripe and full of the most flavour and nutrients.

In conclusion, I support local and Organic farming and am prepared to pay a little more for the health benefits.

My health and my family's health is worth it... **AREN'T YOU AND YOUR FAMILY WORTH IT?**