

Pursue, persevere, perform

Got a headache, take an aspirin. Have indigestion, take an antacid. Have an ear infection, load up on antibiotics. We live in a fast paced society, looking for a quick fix and an easy way out.

Don't get me wrong, pharmaceutical medicines certainly have their place and acute ailments call for immediate intervention. However, once the acute problem is remedied I say ask "Why?" Why did you experience this malady? Why do you have this recurring situation? Perhaps there is an underlying reason you are experiencing on-going distress.

Every day, hundreds of processes go on in your miraculous body to make you breathe, to make your heart beat, to make your blood flow. Your liver and your kidneys detoxify and your pancreas, gall bladder, stomach and intestines all work in synergy to digest. Nutrients go in and excrement comes out — complex processes that happen with breakneck speed and precision. One of the unbelievable abilities of the body is the tremendous capacity to heal itself. All your body needs is proper maintenance

and the correct raw materials.

Our bodies are such well-tuned machines that if one element is not working to full capacity then another is often able to take up the slack. The problem arises when, for example, the kidney is overworked and the liver decides to help out. Then the liver is less focused on its primary function. In the bigger, longer range picture, if the machine is not well maintained with all parts in working order, each doing its specific task,

then something along the line will break. But before that happens, there will be many hints that change is needed.

If you are experiencing a chronic or recurring symptom, it is happening for a reason. Everything happens because of something, an indicator that somehow change is required. It is the cause and effect rule!

continued on reverse

RECIPE

Oven roasted vegetables

An array of vegetables can be used in this dish. It makes a nice change from salad and my kids are actually willing to experiment when veggies are cooked this way. They prefer some more than others — but then, who doesn't?

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| 4 cups peeled and diced sweet potato or any vegetable combination | 1 sweet onion, chopped |
| 2 garlic cloves, chopped | 1 tbsp balsamic vinegar |
| 3 tbsp olive oil | spice of your choice (eg. basil) |
| 1/2 cup chopped almonds or pecans | salt and pepper to taste |

Preheat oven to 400F. In a large bowl combine vegetables, onion, garlic, oil and spices. Pour onto a shallow pan, covered in parchment and sprayed with oil. Bake 30-35 minutes, turning occasionally. Add nuts and roast 10 more minutes — don't let the nuts burn. Toss with vinegar, salt and pepper.

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Pursue, persevere, perform *continued*

Something your body is experiencing is throwing the machine's precision out of whack. Given the current state of our physical environment, our air, water and food supply, the call for frequent 'tune-ins' is mandatory.

It is important to understand that the solution — finding the underlying cause and clearing it up — will take time. It will take perseverance and a realistic understanding about timing in relation to results. After all, some of these problems having been calling for your attention for a long time, perhaps years.

After years, I personally sought the underlying cause for my issues and believing that I would feel much better, became totally motivated. I

persevered over a four month period and frankly, I have never felt healthier. Now when I stray a little, a.k.a. cheat, I do so without any ill effects. If I stray too much though, I may experience a 'recurrence' but at least I can identify what I did and how to remedy the situation. In the scheme of a lifetime, four months is not really a long period of time. Patience to pursue this level of health gave me a bonus — control over a situation which before I felt was totally unpredictable.

So, a headache does not indicate an aspirin deficiency and a skin rash does not mean a need for cream. They are signals that something needs to change. Ask questions. Dig deep. Pursue, persevere, perform.

Pesky stickers on fruit

I have a new appreciation for those pesky stickers that adorn my fresh produce. It seems that they hold some valuable information. According to an article in the October 2003 issue of *Gourmet* magazine the stickers tell a story beyond product identification and price information for the cashiers.

A four-digit label indicates a conventionally grown food while a label with five digits beginning with a nine is organically grown. A five-digit sticker beginning with an eight indicates a genetically modified product. Apparently not all genetically modified products get proper labeling, though I have noted that the above sticker info does indeed hold true for organic produce. Check it out at your next visit to the produce section.

QUESTIONS

I am a bridesmaid in a wedding next month. Lately my chin has been breaking out and I was wondering if you have any suggestions to help me improve it quickly?

It is said that the skin is the window to what might be going on inside the body. A breakout around the chin area is potentially related to a colon issue which you can perhaps look into after the wedding. In the meantime, I suggest a wholesome diet full of antioxidants which combat free radicals, our skin's number one enemy. Exposure to pollution and poor diet means we are bombarded by free radicals daily. Foods rich in vitamins A, C and E along with zinc and selenium would be helpful to your skin. Drink lots of good quality water. Finally, ensure you include essential fatty acids daily in the form of flax seed oil. Have fun at the wedding and consider developing a long term plan with a practitioner to improve your skin from the inside out.

Please e-mail your questions related to nutrition and general health to me and I will choose one to answer in each issue.
Send to info@bitebybite.com

DEFINITION

ho•me•o•sta•sis (ho-me-o-'sta-ses)

Homeostasis is the ability of the body to maintain a stable, efficient internal environment despite constantly changing external conditions. Your entire system works day and night to maintain homeostasis. It is a dynamic process but within an extremely narrow range. For example, since your blood comes into contact with almost every cell in the body it is critical to maintain a pH balance within a very, very narrow margin. Should the raw materials provided be very acidic and cause your system's pH to fall slightly, the body will work overtime to maintain the pH of your blood. Efficient communication between body systems is essential for homeostasis.