

Bite Size Bits

*a practical approach
to optimal health from
Beth Gorbet of Bite by Bite*
Volume 1, Issue 1

You don't know what you don't know

Have you ever heard the comment, "I didn't realize how badly I was feeling until I was feeling a whole lot better?" With such a revelation comes an immense feeling of relief and an accompanying newfound joy.

I know from where I speak because this is exactly what happened to me. I am frequently asked how I chose a career in Holistic Nutrition, a huge leap from my 20 some years as a graphic artist, and this "eureka" is a significant aspect of my explanation.

For most of my life I was plagued with digestive upset — unpredictable cramping, pain and bowel functions. As I got older I also developed skin rashes and headaches and, at the time considered myself simply more susceptible than others. I rationalized that I was perhaps bothered by stress or just of a weaker constitution.

Over the years I was given lots of "band-aid" solutions which sometimes took care of my symptoms. Sometimes the symptoms disappeared only temporarily but at other times I was led to believe that my maladies were gone for good, only to have them recur under a new disguise.

Then a friend suggested that I meet with her holistic practitioner. She worked with me in a non-invasive manner to find out the underlying cause of the various conditions I was experiencing.

As I started to heal from the inside out, through a series of food choices, supplement support and lifestyle alterations, I no longer experienced stomach discomfort. Today my headaches have disappeared and my rashes are all but gone. My allergies

are much improved and I have the freedom to enjoy any spring day.

Was I surprised by the extent of these changes? You bet. Guess what my reaction was? I didn't realize how badly I was feeling until I was feeling a whole lot better. Now I look back in disbelief, trying hard to remember just how uncomfortable I had been for most of my life.

continued on reverse

RECIPE

Hummus

Hummus is a wonderfully tasty combination of ingredients which provide a vast array of nutrients. The chickpeas or garbanzo beans are an excellent source of fibre, magnesium and calcium. Tahini, made from sesame seeds, is also a source of calcium, as well as iron, B vitamins and potassium.

1 large can of chickpeas, drained
(reserve liquid)
2 garlic cloves
1 lemon, juiced
dry thyme

5 tbsp tahini
salt to taste
toasted sesame seeds
1tbsp olive oil

Combine chickpeas, garlic, lemon, tahini and salt in food processor. Add liquid from the chickpeas until the desired texture is reached. Arrange in a serving dish and drizzle with olive oil. Top with sesame seeds and thyme.

Contact Information

Beth Gorbet
905-889-2622
beth@bitebybite.com

Information in this newsletter is for the purpose of sharing information only. It is not intended for diagnosis or treatment, nor is it a substitute for consulting a medical doctor or health care professional. Readers are encouraged to investigate all ideas, products and/or services before committing to them. Authors will not be held responsible for any adverse consequences resulting from the use of any information in this newsletter.

You don't know what you don't know continued

Perhaps I had never before really appreciated what a wonderfully complex and intricate piece of machinery the body is. It is astonishing how one small body part's function directly affects one or more other parts and so on. And how without proper functionality the body can spiral into a slow assembly line breakdown.

The process to health is relatively easy in the scheme of things and the

results can be remarkable. My own experience resulted in my pursuit of an education in Natural Nutrition. Now I too can be that impactful to my clients. They send me notes telling me what I difference I have made in their lives, and that feels just great.

Getting to the root cause of a physical symptom is the key to optimal health. You don't know what you don't know, but you'll know when you feel it!

Chiropractic care with a new twist

There's a new approach to chiropractic care these days. It involves no twisting, or moving of bones. It's called Network Spinal Care and it's a revolutionary holistic approach that uses soft, gentle contacts along the spine. Traditional Chiropractic techniques are replaced by the light touch of Network Care.

Dr. Valerie Fitzpatrick is the founder of the Fitzpatrick Network Wellness Centre. She uses this leading edge technique and has seen patients experience benefits not only in their physical health, but also in their emotional health and overall quality of life. Network Care empowers the body. The light contacts over the spine change the vibrational tone of the nervous system and allow it to release stored tension. It is such a diversion from traditional Chiropractic that people often wonder how it is going to work. The exciting part is that the body learns to heal itself at its own pace.

Valerie and I feel that, though we each address a distinct aspect of health, we are complementary to one another in that we both consider the client as a whole. We are glad to work together as we focus on healing and wellness.

TESTIMONIAL

I am extremely grateful to Ms. Gorbet for her services. She assessed my needs accurately and swiftly and was at all times very concerned with my well-being. As I have digestion issues, she first recommended a thorough 30-day colon cleanse and provided good guidance and support throughout. Adhering to the routine was a challenge but really paid off as the toxins in my body were released. Thereafter, she performed a very detailed analysis of all my health needs and made specific and practical recommendations, the sum of which have resulted in a much quieter (and happier) stomach. Thank you Beth!

B.D.S., Toronto

QUESTIONS

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

DEFINITION

ho•lis•tic (ho-'lis-tik) **nu•tri•tion•ist** (noo-'tri-shen-ist)

A practitioner who observes the client as a whole, not merely as a set of physical symptoms. One who takes into account psychological, social and environmental aspects with an understanding of the mind and body connection. Working with the body's natural capacity to self regulate and self heal, cleansing, balancing and energizing are facilitated. Each client is encouraged to take responsibility for his or her own well-being and exercise judgement as to what is right for him or her. For optimal health, all parts of the whole are attended to by providing a balanced diet, exercise, fresh air and water, sleep, relaxation, a clean environment and a positive mind-set.