

# Bite Size Bits

Volume 2  
Issue 3

*a practical newsletter from Beth Gorbet of Bite by Bite*

New  
Clients  
Welcome

## War of Two Worlds

It is no wonder that the public is confused by the plethora of conflicting information made available about health issues. Not only do the "experts" not agree and retract former claims on a regular basis, but with the availability of alternative practitioner options, one does not know where to turn. And more to the point, it seems as though one has to sit squarely on either side of the fence — holistic or mainstream.

I recently faced this dilemma head on. My daughter was quite ill with a raging fever which I knew meant that her body was using its natural resources to fight hard for its health. When the heat subsided, she developed an extremely sore throat and huge glands. She was in trouble and her body was quickly running out of battling resources. Moreover, I had that overwhelming maternal need to simply make her feel better, and fast.

I was torn. On the one hand were my holistic colleagues ensuring me that this would pass. Give the body what it needs, including time, and it has a remarkable way of healing. On the

other hand, a quick fix of antibiotics might just do the trick.

Ultimately, I chose to go the traditional route and deal with the ensuing imbalance of colon bacteria and accompanying ramifications afterward if drugs were required. They were not as she was eventually diagnosed with mononucleosis. No medical treatment was required — just hard-core rest and TLC to the liver and spleen.

The moment I was confident in a

proper diagnosis was the moment that I went to work. I gave her a protocol of natural supplements specific to mono and immune boosting. Within just a few days she required a daily reminder that, though she felt perfectly fine, her liver was another story and until she got a positive result from a medical blood test, she was to take it easy.

Within 4 weeks she was totally recovered, even in the opinion of the

*continued on reverse*

## Eggplant Dip

While I recommend people experiencing arthritic symptoms avoid nightshades, including the eggplant, tomato and peppers in this dish, for others this is a healthy and surprising alternative for veggies or crackers. And it is so easy!

1 medium-large eggplant

1 tomato

1/2 small onion

2 tbsp oil

1/2 tsp pepper

1/2 green pepper (only green works)

2 tbsp lemon juice

1 tsp salt

1/8 tsp chili powder

1 tbsp stevia or xylitol

variety of veggies, spelt flatbread,  
rice crackers

Put several slits in the skin of the eggplant and roast it at 350° until soft, about 20-25 minutes. Cool so it can be handled and peel the eggplant. Add it and all the other ingredients to a food processor. Process until a relatively smooth consistency is achieved.

RECIPE

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## War of Two Worlds *continued*

mainstream doctors. In the end, she had suffered very little and experienced no classical extreme fatigue.

In my opinion, there is absolutely a time and place for pharmaceuticals and medical intervention. There are times though, when I wonder if we would get a more complete answer by exploring how and why we got the condition in the first place.

Once the acute ailment is healed, we should look for the underlying reason for it. Often, taking care of a food allergy, changing a few lifestyle habits or doing a simple cleanse can remove a root cause leading to improved overall health. In my daughter's case, I am confident that

her immunity was shot due to taxed adrenals related to exam stress. This left her totally vulnerable to all kinds of nasty germs. Boosting her immunity and nurturing her adrenals became a top priority.

It is my belief that the most beneficial care of each individual would be best achieved if the holistic world could work alongside mainstream medicine and vice versa, in cooperation. It is my sincere hope that we will all be working that way in the near future. We each have something unique to offer which, when we put the beliefs together, can produce a much more powerful whole. That lesson was recently delivered right to my front door!

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## Label Hounds

Regarding labels, my rule is twofold. First, read them and second, if you can't pronounce the ingredients, take a pass!

However, some of the things you can pronounce you need to also watch out for. While I encourage my clients to use common sense and not become crazed when purchasing grocery items, there are a few things you should try to avoid.

First on the list is sugar in all its forms: sucrose, high fructose corn syrup, fructose, dextrose, and others. It is difficult to eliminate these totally but you want to ensure that they are far down on the ingredient list.

The sugar substitute aspartame and it's counterparts, along with MSG are ingredients that I suggest you be diligent about avoiding. Nitrates and nitrites, often found in luncheon meats and hot dogs, are not considered healthy. Ask for nitrate-free products. Products that have the precursor "refined," "enriched," or "fortified" are too far removed from their original raw form to provide proper nutrients. And last, trans fats are so unhealthy, they are quickly disappearing from our labels though they are found in deep fried products.

If you only watch out for these few items, you'll be taking a wonderful positive step toward improved health.

## QUESTIONS

I've decided to make some changes. I'm sure that you could guide me but I am kind of nervous about what might be involved. What exactly can I expect when I come to see you?

You've taken the most important step — you've decided to take control of your health.

Prior to our first meeting, I will give you a number of forms and questions to complete, some quite extensive, but all helpful in pinpointing areas of imbalance. I will use this information to formulate a game plan for you.

Your first appointment will be a 1 1/2 hour one-on-one discussion about your health concerns. I am a big believer in my clients understanding not only what I am requesting but also the reasoning behind it. You will walk away with quite an education as well as a protocol of diet/lifestyle/supplement suggestions.

Subsequent meetings will vary but are usually 30-60 minutes, tailored to individual biochemical and situational needs.

A friend sent me this, "A wish changes nothing while a decision changes everything." Understanding the importance of changing some aspects of how you presently live is a wonderful initial step. Congratulations!

**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](mailto:info@bitebybite.com)**

## TESTIMONIAL

I really learned a lot from you today and I am inspired by your story and how far you have come in terms of controlling your health issues. It is truly amazing how much I learned in a 1-hour session and I am looking forward to future sessions. I intend to do everything you suggested .... I think you have truly found your calling — you are great at what you do.

*SB, Kleinburg*