

## Life is Not Always as it Seems

My husband is one of those guys who rarely gets ill and who handles stress very well. At least he thinks he does. At least he thought he did.

We were going through a particularly aggravating period with some people with whom we had a contract. They were young and invincible and we, being more worldly, were concerned with following the rules and doing everything the right way. We were treated badly. My husband, a fine upstanding citizen, was genuinely hurt by what went on. It was not the economic ramifications so much as the fact that he had bent over backwards to meet every requirement and request put forth by these individuals and they ultimately responded with threats and accusations.

As this saga was unfolding, we decided to keep our long awaited plans for a quick weekend getaway. During the entire time away, we were consumed with how we would work out the details of the agreement and played scenarios of how the confrontation might unfold.

By Monday morning my tough guy

was stricken with stomach pain and a headache. He claimed it was caused by his indulgence in pancakes the Friday before. Everything I knew told me that he was reacting to a guttural stress level he had rarely experienced.

What I found most interesting was that he was in total denial of this theory because such a thing could never

happen to him. He handled stuff!

Life in and of itself presents daily stressors, most of which we become accustomed to and ultimately, let roll off our backs but sometimes we just have to recognize that, yup, there it is and I'm not coping with it too well! Extended stress is terrible for us but even short term stress takes its toll. *continued on reverse*

## Veggie Ideas

I am always looking for interesting ways to add vegetables to my meals. The following are two of my favourite easy recipes.

### Maple Turnip

Turnip is an unusual vegetable to serve to company and this version seems to surprise and impress everyone.

1 small turnip    2 tbsp butter    2 tbsp agave or maple syrup

Cook the turnip until it is tender. Place it along with the butter and agave, in a food processor and process until it is a well mixed, chunky texture.

Flavour with sea salt and pepper to taste and serve.

### Spicy Broccoli

Dress up broccoli. A nice change from steaming.

1 tbsp olive oil    1 large garlic clove, sliced thin

2 anchovy fillets, cut up finely    a dash of red pepper flakes (to taste)

1 head of broccoli cut into florets of almost equal size

Heat oil in a pan along with garlic, anchovies and red pepper flakes. Once the mixture becomes fragrant, add the broccoli with a couple of tablespoons of water. Keep the mixture moving until the water is gone and broccoli is bright green and still crunchy.

## RECIPE



## Contact Information

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## Not Always What it Seems *continued*

Among other effects, we tend to produce fewer digestive juices and enzymes, making the breakdown of nutrients difficult. It tends to allow unbroken down particles into places they do not belong and can increase the overall acidity of the body. The ramifications of these two actions alone ultimately lead to the perfect breeding terrain for unwanted bacteria, not to mention the added bonus of excessive free radicals. When this happens, stomach upset, headaches, rashes ... some combination of unwanted symptoms appear for no, seemingly, apparent reason.

Managing stress is a necessary cop-

ing mechanism in our fast-paced society. You know, deep breathing, yoga, changing your paradigm, putting a positive spin on situations.

Funny enough though, before any of that can possibly be of help, one has to recognize that they are in a stressful situation and that a new approach may be in order. Floating through life works well for some but even those individuals need to stay in touch with a side that may require the occasional nurturing touch.

Some stress, especially if related to a positive situation, is not bad but untamed stress can be physically detrimental. Deep breath everyone!

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## Nutrition as a Basis for Fitness

I recently shared the spotlight with a very successful fitness trainer who told his personal story to the group. It went something like this ...

When he began as a trainer he believed that he could have health and look fit simply by partaking in the very program he was touting to his clients. That was before he went to his physician who told him he had high cholesterol. It was then that he made a major shift in his approach to health.

He realized that to look healthy on the outside was only half of the story. He changed his diet, paid attention to the quality of his nutrition and discovered that, besides feeling better, his training efforts improved dramatically.

Since then he has seen substantiating evidence of this theory over and over in his practice. Now he recommends all his clients see a nutritionist and get on a quality program which includes supplementation.

He no longer judges a book by its cover and he has a definitive understanding that improving health is an integrated combination of good lifestyle and eating habits. Daryl says, "Quality of life is not an accident." Quite a revelation!

*Daryl and I will be teaming up very soon. Watch for our exciting new program designed specifically for busy people who want monitored progress.*

## QUESTIONS

I've heard you speak on how to have a body you love. I found the presentation to be both informative and entertaining. I was wondering what other topics you will be speaking about.

I feel that I have done my job well if everyone walks out of a Wellness Presentation with at least one nugget of new knowledge. Soon my updated engagements will be listed under Corporate Presentations on my website. In addition to "Lean into It — Having a Body You Love", I offer "Food Therapy — Improved Health, Well-being and Energy" and "Beauty from the Inside Out". Very shortly I will be introducing "Building a Better House", a wellness presentation specifically geared to young teenagers as well as "Truth or Consequences — Busting Common Beliefs". "Man Give It a Rest — Navigating Menopause" will debut very soon.

If you are interested in booking or attending a presentation, just drop me an email and thanks for your interest.

**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)**

## PRODUCTS

As many of you know, I am forever trying to get my family and clients to include more fruits and vegetables in their diets. For most people this is very difficult and for those with picky children, it's almost an impossibility. I have found a wonderful new product which I like to think of as a "veggie insurance policy." **JuicePlus** provides a combination of 17 vine-ripened fruits and vegetables, sans sugar and nasty insecticides, in a convenient supplement form. Available in gel caps, chewables and gummies for the most reluctant eater. I am most impressed by the quality of the research backing this product. For more information about **JuicePlus**, just drop me an email.