

Bite Size Bits

Volume 4
Issue 2

New
Clients
Welcome

Tread Carefully for Long Term Effect

When I have a dedicated client who really wants to feel better and is committed to making changes in his/her life, one of the immediate responses is for them to want to share their success with friends and family. Natural right? After all they are feeling and looking better.

Sometimes people you share with look at you like you are a magician performing some fabulous trick. More frequently, people will respond with the attitude that "what you are doing is fine for you, but not for me." In one respect they are absolutely right. Everyone is biochemically unique and a tune-up appropriate for one may not work for another.

Most often, if my client is the chief cook and bottle washer, sharing her newfound ways with her family seems to become a priority. My experience is that you cannot make anyone change their ways unless they want to or they find a path which is personally meaningful. Lifestyle changes cannot easily be imposed on anyone.

In my own family, every individual has followed my footsteps to varying degrees, but in their own time and

own way. When I first began my personal protocol, my husband was astonished in the change to my health. He would frequently say, "Had I not seen it with my own eyes, I would never have believed it." Yet he was not terribly willing to change his routine until it became personal. Now, a day does not pass without a green drink breakfast and a supplement protocol. With time he approached me about specific issues he was experiencing and soon he was a believer — not for me, but for him.

Slowly, I made subtle changes to the family dinner table. I exchanged our refined white products for a healthier spelt or rice version. My kids will now eagerly eat broccoli and cauliflower. No meal is considered completed without vegetables, and a salad is pretty much a staple at dinner.

Despite these minor alterations, my children were not big believers until their issues became very personal. It was quite interesting to see this unfold. One day several years ago,

continued on reverse

RECIPE

Curried Chickpeas

I am not a curry fan but I love this recipe. It is quick and really tasty and healthy too. Use it as a side dish with a nice protein and large salad.

3 scallions minced
3 sliced garlic
1 tb curry powder
black pepper to taste

small can of chickpeas
10 oz can of tomato puree or
3 tb tomato paste and water*
almonds or nut of your choice
cilantro

Drain and rinse the chickpeas. Saute scallion and garlic in a little oil. Add the curry powder and black pepper. Add the chickpeas and the tomato mixture.

*Use judgement when adding the tomato. It should be enough to make a small amount of sauce but not drown the peas. Cover and cook over low for 10-15 minutes. Add the nuts and cilantro to warm just before serving.

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Tread Carefully *continued*

when all of this was still quite new, my son came to me with a concern. Instead of imposing all the should's and should not's on him, I shared information and asked questions. "Have you eaten anything unusual?" "How much dairy have you had?" His responses lead him directly to the answer that was right for him. "Well, I had 3 pieces of pizza at school the day before yesterday and two at my friends house and..." So he concluded, with all but a little guidance from his crazy mother, that his system just cannot clear an excess amount of dairy without some repercussions.

I've noticed that this pattern works most effectively in both my personal and professional life. When you notice a change in your system, think about what else has altered in your life. There is always a reason. Guiding anyone to their own conclusion, will solidify the answer for them much better than imposing an undesired conclusion, on an unwilling victim. As with all good lessons, it is difficult to sit back, watch and be patient. And for some, even when they make the connection, it won't matter in the moment, but it may one day.

Getting to the Root of Pain

I was recently introduced to a fabulous concept in pain management. *The Headache and Pain Relief Centre* uniquely combines a variety of techniques and disciplines to treat even the most problematic issues.

The Medical Director Dr. Zitney, brings with him a medical degree and conventional wisdom but has surrounded himself and embraced several modalities of alternative medicine. Using a concise 3 step approach, the team of doctors and therapists expertly determine pain triggers, with the knowledge that most people have at least 3 separate underlying causes and some have as many as five. Then using a multiple treatment plan made up of a combination of 28 different choices, they target the root cause of the pain finding just the right combination for your unique biochemistry. Finally, you are taught how to manage on an on-going basis. The whole process takes about 4-6 weeks.

I am most impressed with this overall approach. It is so satisfying when conventional and alternative approaches dovetail in the best interest of the patient. We would all benefit if this were to become the model for the treatment of all types of ailments.

The Headache and Pain Relief Centre is located on Consumers Road. To contact them call 416-493-9762 and tell them that you heard about them from me.

QUESTIONS

What is *Beyond the Food Story*? How can my company get with the program?

You must have explored my website! I am so excited about this 6 part lunch and learn series.

It is a tremendous value because first, participants learn a lot of important news about nutrition and as well as other relevant and influencing health issues.

Second, as an attendee you receive a take home binder full of charts and diagrams and lists and articles, all enhancing the topics covered in the series.

Third, you can make *Beyond the Food Story* very personal and meaningful by completing food diaries. The facilitator will return them with comments meant to help attendees move toward optimum health.

If your organization is looking for ways to improve performance and the overall health and energy of employees, direct them to my site — Corporate Services. We have received very positive reviews!

**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**

QUOTE

The average North American consumes approximately 11 pounds of food additives per year as preservatives, colours, bleaches, emulsifiers and stabilizers.

*Joey Shulman, Author of **Winning the Food Fight***

Week 5 of *Beyond the Food Series* we discuss food additives, medications and supplements.