

Bite Size Bits

Volume 4
Issue 3

New
Clients
Welcome

Walk 'Til You Drop

I was given a wonderful gift of a trip to Paris. It was a very special occasion and a once in a lifetime experience. I knew that my eating practices would have to be put aside for the week. I resolved to do my best to maintain my standards but to not let the inevitable lapses mar my adventure. It was a good thing that I adopted that mindset prior to arriving!

What I found was somewhat surprising to me. First, Parisians eat lots and lots of wheat and it was impossible to avoid. Lunch became a ritual of a hefty baguette on the run, overflowing with some delectable combination.

Second, they drink lots and lots of coffee. Interestingly, one rarely sees locals walking with coffee like we see here, but they always have a long baguette in hand. And lastly, a fresh salad, as we know it, was a hard thing to come by. Nowhere that we ate provided a mixed green with a variety of colourful vegetables. The salads seemed to consist of a single dreary green, perhaps with a little tomato but always with potato and green beans — a carbohydrate overload nightmare!

Cooked vegetables were a rarity too. Locals could frequently be seen eating a steak and fries, calling that a meal. (We may have frequented the wrong places, and I understand from others that French food can be wonderful, but this was my experience.)

On the other hand, small fruit stands with wonderful fresh produce were easy to find, as were divine chocolates and ice cream parlours!

So in my mind, the Parisians were not, generally speaking, partaking in a nutritious diet. Theirs was heavy on the carbohydrates and protein, comparatively light on balance and fresh produce. In addition, they smoke — everywhere, non-stop. The busy city itself is laden with exhaust fumes, trapped in the picturesque narrow streets.

continued on reverse

Updates

I've been revising a few of the features that I have included in previous issues. Also I've included other big improvements and ideas.

Breakfast Cookie *(check past newsletter issues on-line)*

I love these cookies as does my family. I was not that thrilled with the texture so I experimented a bit and found that by decreasing the flour to 1 1/8 cups I could greatly improve the texture while maintaining the great taste.

Veggie Ideas

I am always looking for tasty ways to increase our use of greens. Swiss Chard, sautéed in a little olive oil with garlic and chili peppers, to taste, makes a delicious, nutritious and speedy side dish.

Plastic Bottles

The warm weather brings with it an increased need for water, but leaving plastic bottles in the hot car concerns me. Plastic, once warmed, leaches chemicals — xenoestrogens — that are particularly harmful to women. To solve this problem, I purchased some glass bottled products (iced tea or pomegranate juice) which I now fill with water and take to go. They come with secure tops and can be washed repeatedly. The water still gets heated but the glass is not harmful. It is a great solution for the gym, too!

RECIPE

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Contact Information

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

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Walk 'Til You Drop *continued*

In general, the Parisians appeared to be a healthy looking, energetic bunch. And why did I see so few overweight people? This conundrum got me thinking.

The only answer that makes sense to me, I believe, is the fact that these people walk. The old and young alike walk everywhere, near and far. So then, can exercise negate the evils of poor nutrition and environmental pollutants?

I wish the answer were that simple but I doubt it. I do think, though, that we North Americans need to change our view of exercise. We see it as a necessary evil to achieve weight loss and, perhaps, to ward off ill health. In Paris, it is simply a way of life. Just like the good eating habits I try to instill in my clients, if they can become a way of life, they are more easily sustainable over the long haul. More and more we are seeing evidence of the overwhelming benefits of exercise and keeping the body in motion no matter what the shape, chronological age or physical ability.

Now I'm back home. I'm back on track with my diet and routine, eating more nutritious meals with loads of vegetables, which I missed terribly. I may go back to France one day and experience food in a whole different way but while in Paris, I will walk everywhere.

Oh, did I mention that the chocolates and ice cream were absolutely incredible? Yes, I'm back on track now. Honestly!

The Proof is in the Mud

I have tried many products over the years, as my skin has matured. None seemed to meet my needs for long. Then I was introduced to Blacktopp Moor Natural Products and I truly have never experienced such a wonderful result.

Blacktopp is backed by sound science, ten years of research and hundreds of experiments. The manufacturer has perfected a peat natural filtration process to create the humic substance liquid concentrate now used in the product. Humic substances are a complex mixture of organic, rich antioxidant compounds which help to detoxify impurities, stimulate circulation and nourish. In addition, the product is relatively pure with less than 1% preservatives.

The results that I have seen in just a short time are incredible. My skin is softer, smoother and healthier looking. The system has the bonus of being simple to use with few steps and it is also very reasonably priced.

If you want to try Blacktopp, contact me and I will be happy to introduce you to the product, and feel free to take a closer look when you see me next!

QUESTIONS

If I take your advice and do all the food changes and take the supplements that you suggest, do I have to do this for the rest of my life?

The answer to your question is complex and dependent on what issues you have that we have tried to balance. If making the changes and taking the maintenance supplements make you feel better, then perhaps the answer is yes — you may wish to continue.

Does that mean that you cannot waiver somewhat in your commitment? You absolutely can. Once you are feeling stronger and have cleaned up a bit, you will easily learn what the effects of going backward are on your system. You will quickly determine which items to strictly avoid.

The other point to note is that life is volatile, throwing curve balls and stresses, which changes our chemical and physiological balance. This itself may require that your supplement approach be updated and reevaluated from time to time.

**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**

TESTIMONIAL

After seeing a surplus of different specialists, and doing a ton of examinations I figured I was stuck with terrible stomach problems for the rest of my life ... That was just about the point when my mother recommended Beth. She had attended one of Beth's speeches, and suggested that I go visit with Beth because she had been through the same stomach torture that I had, and figured out how to beat it. So I called, followed the program and the rest is history. I have much better energy and I feel like a normal person with a solid stomach.

Bill G., Toronto