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June 2009 | Choices Markets Nutrition & Health News

Power Nutrition for Men

By Desiree Nielsen, RD, the Choices Dietitian

This Father's Day, there is no better gift for yourself and those you love, than that of good health. Often, men wait to take control of their health until they develop an illness, but an ounce of prevention (having regular check ups, following a proper nutrition plan and getting plenty of exercise) really is worth a pound of cure. Still not convinced? Read on, and move towards better health today.

Stopping the Go-Go-Go World

Deadlines…family time…commuting…it's not easy to stay clear headed. When pressure builds, levels of the stress hormone cortisol start to rise. An increase in cortisol levels generally leads to an upswing in your blood pressure, blood sugar and even your waist size. How do you combat stress? Take the time to do something you love: hit the gym, golf, bike, or just take a bit of quiet time. Eating plenty of fruits and vegetables will provide your body with antioxidant support and will be a healthy replacement for high-calorie foods such as chips and baked goodies. Also consider adaptogens, plant-based supplements like ginseng, rhodiola and maca that help your body adapt to stress. Talk to your naturopath about which adaptogen is right for you.

Protecting your Ticker

Every seven minutes, someone dies of heart disease or stroke in Canada. The good news is that number is declining. Heart disease is preventable, and a little healthy eating goes a long way in minimizing your risk. What can you do? Limit your intake of saturated and trans fats. Eat poultry, fish and vegetarian proteins more often. Swap butter and margarine for extra virgin olive oil. Take fish oils daily for a dose of heart healthy omega 3 fatty acids. Once you have the healthy fats covered, move on to fibre. Adult men need about 38 grams of fibre a day. Easy ways to reach your goal are to add 1/3 cup of a high-fibre bran cereal to your breakfast, have a sandwich on sprouted grain bread at lunch and make up the balance with plenty of fruits, vegetables and beans. Protecting your heart will also help prevent erectile dysfunction by keeping arteries clear and blood flow strong.

Guarding Against the Big C

Set your sights on preventing colon and prostate cancer. The combination of eating well and exercising more to maintain a healthy weight helps to reduce the risk of all forms of cancer. For a healthy colon, be sure to concentrate on your fibre intake by eating plenty of fruits and vegetables and less red meat. One in seven men will develop prostate cancer in his lifetime. To fight against prostate cancer, add more superfoods to your diet. Tomato products are a great source of lycopene. To reap the benefits of lycopene, eat tomatoes or tomato sauce at least twice per week. Squeeze pomegranate juice into your diet, and you will have a daily dose of antioxidants to fight against prostate cancer. Consider swapping a meaty meal with soy. A recent review in the *American Journal of Clinical Nutrition* showed that men eating whole soy foods (not isolates or supplements) had a lower risk of developing prostate cancer.

Desiree Nielsen RD is the Choices Dietitian.
Have a nutrition question for Desiree? Email her at nutrition@choicesmarkets.com or visit www.choicesmarkets.com/nutrition.

Looking for more nutrition advice?

Book a healthy shopping tour with one of our nutrition consultants at www.choicesmarkets.com/nutrition

Eating with the Seasons: Growing into Summer!

By Emily McPhee, RHN

As the weather gets warmer and the days are longer we naturally gravitate to lighter, fresher foods. Our taste buds change with the rhythms of the seasons and as we spring into summer our bodies ask for more salads and fruits. As fresh new growth livens up our landscape in varying shades of green, we too should follow suit with our diet. No more being a couch potato; it's time to get fresh with food and eating locally is the key. Foods that are currently in season are young lettuces, spinach, asparagus, broccoli, new potatoes, zucchini, rhubarb and strawberries to name a few. Nothing tastes better than fresh herbs, so spice up your palate with fresh parsley, chives, basil, cilantro, dill or mint. By eating seasonally you will not only be getting more nutritious and affordable foods, but also supporting our local farmers and reducing your carbon footprint.

Emily is available on Fridays at our Kerrisdale location (W 57th Ave), and can be contacted at: emcphee@choicesmarket.com or by phone at (604) 263-4600.

Health and Wellness Specials

This Father's Day, take the time think about yourself, Dad! Including a source of omega oils in your daily diet will help to keep your body running at its best. Omega oils, also known as essential fatty acids help keep your heart strong and promote healthy brain function.

Udo's 3•6•9 Ultimate Oil Blend

21.99 500 mL

A certified organic, unrefined blend of omega 3·6·9 oils made from flax, sesame, sunflower and evening primrose seeds and oils from rice and oat germ.

Sequel Vega EFA Oil Blend

17.99 250 mL **26.99** 500 mL

A rich source of omega 3 and 6 essential fatty acids, antioxidants and phytonutrients. Easily added to salad dressings, dips, soups and smoothies.

Have a question about nutrition and natural health?

Ask our experts at
www.choicemarkets.com/nutrition

Did you know?

You have helped Choices Markets grow even greener. Over the last year, our use of plastic bags has been reduced by 30%! We also make it easy for you to follow the other two "R"s. Purchase one of Choices Markets' reusable shopping bags, and if you choose to take a paper bag, be sure to recycle it.

Prices in this flyer are in effect May 1 to May 31, 2009. Not all items available at all stores.

Weight Loss Tips

By Dr. Caleb Ng, BSc, ND

From helping yourself to helping the planet, there are many reasons to maintain a healthy weight. The trick to shedding extra pounds is finding the right combination of lifestyle changes, attitude shifts, and even medical advice that will help you achieve the results you are aiming for. Here are a few tips I share with my patients to help them achieve their weight loss goals.

Exercise Smarter, Not Harder

In an effort to be slimmer, a balanced workout routine is vital. Excessive cardiovascular exercise can actually breakdown muscle to fuel a lengthy cardio session. Since muscle is up to five times more metabolically active than fat, concentrating on cardio alone can lower your metabolism and make it easier to gain weight. Spending an equal amount of time on cardiovascular and resistance training is advised to maintain a higher calorie burn throughout the day—not just when you're at the gym.

Follow the 95% Rule

What types of foods are you putting into your body 95% of the time? It can be daunting to put absolute restrictions on some of your favourite foods, so allow yourself some leeway. If you eat three meals and two snacks per day try to "stay within your points," "maintain a low-glycemic index," or "minimize your simple carbs." That way one meal and one snack per week off the regular routine can be the reward, but remember that you have to earn it.

Overcome Stress

Cortisol, often referred to as the "stress hormone," has been known to raise blood sugar levels leading to an increase in insulin in the body. Insulin, produced in response to elevated blood sugars, has the role of putting glucose into cells of the body including fat cells. Together these hormones can wreak havoc on waistlines, which is why combining a restriction on baked goods and starchy foods with stress-relieving activities can make you leaner, faster.

Get a Handle on Appetite

The feeling of fullness in your stomach may not reach the brain until 20 minutes after you have eaten. Try eating mindfully during dinner time to ensure you are not overeating when your metabolism is slowing down and preparing for bedtime. If you do need to eat fast, keep the portions small and wait 20 minutes to see if your body really does need another serving.

Balance Your Hormones

When it comes to difficult weight loss, other factors may need to be examined. A sluggish thyroid, lower than normal testosterone and estrogen levels, excessive cortisol production or any combination of the three may be sabotaging a weight loss program. Consider consulting a professional to evaluate if you do need further investigative work into your health.

Dr. Ng is a Naturopathic Physician and co-founder of the Mountainview Wellness Centre. He specializes in Weight Loss, Anti-aging Medicine, Thyroid Conditions, and Hormone Balancing. For more information on Dr. Ng or weight loss programs please visit www.mountainviewwellnesscentre.ca.

Vancouver Seminar

Thursday, June 18th, 7:00-8:30pm

An Osteopathic Approach to Better Health *with Sarah Strannan, DO, Osteopathic Practitioner*

Channel your body's ability to heal itself with osteopathic medicine, a whole-body, holistic form of complementary medicine. Dr. Strannan's comprehensive seminar will address how osteopathy facilitates healing in the body and how it helps in preventing injuries and illness.

The Fireside Room, Canadian Memorial Centre for Peace (604) 736-0009

Seminar & Cooking Class Listing | *June 2009*

CHOICES VANCOUVER SEMINARS

Thursday, June 18th, 7:00-8:30pm
An Osteopathic Approach to Better Health, *with Sarah Strannan, DO, Osteopathic Practitioner*
The Fireside Room, Canadian Memorial Centre for Peace **(604) 736-0009**

CHOICES SOUTH SURREY SEMINARS

Monday, June 1st, 7:00-8:30pm
Thrive Fitness: Mental and Physical Fitness for Life, *with Brendan Brazier*
Choices South Surrey **(604)541-3902**

Wednesday, June 3, 7:00-8:30pm
Understanding Homeopathy, *with Dr. Neil Tessler, ND, DHANP*
Choices South Surrey **(604)541-3902**

Thursday, June 11th, 7:00-8:30pm
Natural Ways to Improve and Enhance Libido, *with Dr. Allison Patton, ND, Mountainview Wellness Centre*
Choices South Surrey **(604)541-3902**

Saturday, June 13th, 10:00-11:30am
Herbs for Dogs (and a Little on Cats!), *with Cheryl Kilback*
Choices South Surrey **(604)541-3902**

Thursday, June 18th, 7:00-8:30pm
Laughter Yoga: Laugh for the Health of It!, *with Nicole Worden*
Choices South Surrey **(604)541-3902**

CHOICES KELOWNA SEMINARS

Tuesday, June 2nd, 7:00–8:30pm
Your Child is Stronger than an Ear Infection; Find Out How and Why, *with Dr. Aaron Rossi, DC*
Choices Kelowna **(250)862-4864**

Wednesday, June 17th, 7:00-8:30pm
Beyond Canada's Food Guide: The Low GI Approach, *with Laura Kalina, RD & Cheryl Christian*
Choices Kelowna **(250)862-4864**

Sunday, June 21st, 3:00-5:00pm
Yoga for the Planet, *with Bernie Clark (Cost $10)*
Choices Kelowna **(250)862-4864**

Monday, June 22nd, 3:00-5:00pm
Eating to Prevent Cancer, *with Desiree Nielsen, RD*
Choices Kelowna **(250)862-4864**

COOKING CLASSES

Monday, June 15th, 7:00-9:00pm
"Cooking" with Raw Foods: Part II, *with Choices' Executive Chef Antonio Cerullo & Vasi Naidoo, BSc, RHN*
Choices South Surrey **(604)541-3902**

To register for Choices' seminars and cooking classes, call the number listed with the event between 8:00am–4:30pm, Monday–Friday. All net proceeds are donated to local charity.

Seminar Locations and Costs

Vancouver: Canadian Memorial Centre for Peace, 1825 W16th Ave, Vancouver. Cost $10.
South Surrey: Choices South Surrey, 3248 King George Hwy, South Surrey. Cost $5.
Kelowna: Choices Kelowna, 1937 Harvey Ave, Kelowna. Cost $5.

Cooking Class Locations and Costs

South Surrey: Choices South Surrey, 3248 King George Hwy, South Surrey. Cost $15.
Kelowna: Choices Kelowna, 1937 Harvey Ave. Kelowna. Cost $15.

For more information on all events and speakers visit our website: www.choicesmarkets.com

Visit choicesmarkets.com/nutrition to see our new Candida Diet Overview

Kitsilano
2627 W. 16th Ave.
Vancouver
604.736.0009

Cambie
3493 Cambie St.
Vancouver
604.875.0099

Kerrisdale
1888 W. 57th Ave.
Vancouver
604.263.4600

Yaletown
1202 Richards St.
Vancouver
604.633.2392

Choices in the Park
6855 Station Hill Dr.
Burnaby
604.522.6441

Rice Bakery
2595 W. 16th Ave.
Vancouver
604.736.0301

South Surrey
3248 King George Hwy.
South Surrey
604.541.3902

Choices at the Crest
8683 10th Ave.,
Burnaby
604.522.0936

Kelowna
1937 Harvey Ave.
Kelowna
250.862.4864