



# Ottawa Integrative Health Centre Inc.

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New satellite office inside The Ottawa Birth and Wellness Centre - 2260 Walkley Rd. Ottawa

## Helping You Achieve Health . . . Naturally!

April 2015

### **10 Steps to Clean Up your Diet**

By Dr. Sarah Vadeboncoeur,  
Naturopathic Doctor

#### **1. Ditch Plastics**

Plastics (from water bottles and food containers) can contain chemicals that have estrogen-like properties and have been linked to weight gain, diabetes, and infertility. Replace plastics bottles and containers with glass, stainless steel or ceramic.

#### **2. Drink Pure, Filtered Water**

Unfiltered tap water can contain chlorine, fluoride and other chemical contaminants. Carbon filters (such as Brita) only remove small amounts of chlorine. The gold standard in water filtration is reverse osmosis. Check out EWG's Water Filter Buying Guide.

#### **3. Go Organic**

Organic food contains less pesticides and chemicals and isn't raised using hormones or antibiotics. The most

important foods to choose organic are dairy, meat, and the Dirty Dozen fruits and vegetables which include: apples, celery, cherry tomatoes, cucumbers, grapes, nectarines, peaches, potatoes, snap peas, spinach, strawberries, and bell peppers.

#### **4. Choose Your Meat Wisely**

The healthiness of meat is in large part determined by how your meat is raised. Conventionally raised animal meats are often a rich source of inflammatory omega-6 fats, and may have antibiotic, hormone, and pesticide residues. Choose organic meat whenever possible. Chicken should be free-range or pastured; beef should be "grass-fed" NOT grain-fed.

#### **5. Choose Free-Run Eggs**

Free-run eggs contain higher levels of vitamins A, E, B12, and folate and more omega-3 fats than conventional eggs.

#### **6. Avoid Artificial Sweeteners**

Completely eliminate all artificial sweeteners from your diet such as aspartame, acesulfame potassium (Equal, NutraSweet), and sucralose (Splenda).

Watch out for hidden sources of artificial sweeteners such as chewing gum, fat-free yogurt, and low-calorie and calorie-free drinks.

#### **7. Limit your Sugar Intake**

Your intake of added sugars (excluding fruit) should not exceed 25 grams per day, the equivalent of 6 teaspoons. Start reading labels for sugar content and avoid concentrated sources of sugar such as specialty coffees/beverages, fruit flavoured yogurt, breakfast cereals, fruit juice, energy drinks, sports drinks, and soda.

#### **8. Eliminate Refined Vegetable Oils**

Most vegetable oils are refined, processed, and contain large amounts of omega-6 fats which in excess can contribute to inflammation and diseases such as arthritis, diabetes, heart disease, and cancer. Eliminate all refined vegetable oils: canola, vegetable, soy, peanut, safflower, and sunflower and choose healthy oils such as: olive oil, coconut oil, avocado oil, and flaxseed oil.

#### **9. Go Wild for Salmon**

Most salmon you'll find at the grocery store is farmed Atlantic salmon. Farmed fish contain more mercury and contaminants and less healthy omega-3 fats. Choose wild Pacific salmon such as Coho, Chinook, and Sockeye.



## 10. Remove Common Food Allergens

The most common food allergens are: Milk/dairy products, Eggs, Wheat/gluten, Peanuts, Tree nuts (almonds, cashews, walnuts, etc), Fish, Soy, and Shellfish.

*Ask your Naturopathic Doctor to help you identify food allergies (and sensitivities) through an Elimination Diet or Food Sensitivity Testing.*

## UpComing

### *Spring into Yoga...*

*Starting week of April 6*

Adaptive Yoga Monday 2:00 - 3:00 pm  
Unwind Yoga Monday 6:30 - 7:30 pm  
Hatha Yoga Thursday 10:30 - 11:30 am  
\$150 per series

### *The Mind is like a Frisky Monkey*

*5 week meditation series*

April 9 - May 7  
6:00 - 7:30 pm  
\$90

### *Honouring the body -*

*Understanding that the body is the vehicle that carries our mind and spirit and that we need to bring attention to all parts of ourselves*

*3 week detox*

April 25, May 2, 9  
11:00 - 12:30  
\$59

## Recipe Corner

### PESTO SPAGHETTI WITH SUNDRIED TOMATOES

½ cup sundried tomatoes  
spaghetti, enough for 3~4 servings  
¼ cup unrefined olive oil  
½ Spanish onion, sliced  
1 garlic clove, minced  
3 Tbsp. basil  
3 Tbsp. oregano  
1 cup ricotta cheese  
¼ cup parmesan cheese or substitute  
½ cup pine nuts or other nuts such as chopped almonds

- Soak tomatoes in a bowl of boiling water.
- Meanwhile, cook spaghetti until tender, drain.
- Heat olive oil in frying pan over medium heat and sauté onions and garlic until transparent and soft.
- Remove tomatoes from water, slice, and add to the frying pan.
- Add spices and continue to sauté for a few more minutes.
- Add spaghetti and mix thoroughly.
- Serve and garnish with ricotta and parmesan cheese and top with pine nuts.

### SPINACH AND STRAWBERRY SALAD

1 large bunch of fresh spinach  
1 cup strawberries, sliced  
½ cup slivered almonds  
  
Dressing:  
3 Tbsp. honey  
1 Tbsp. poppy seeds  
¼ tsp. worcestershire sauce  
¼ tsp. paprika

½ cup unrefined olive oil  
¼ cup apple cider vinegar

- In salad bowl, combine spinach, strawberries and almonds.
- Combine dressing in a blender or whisk together.
- Pour dressing over salad, toss and serve.

### CARROT & APPLE SPELT MUFFINS

2 cups spelt flour  
1 Tbsp. baking powder  
½ tsp. salt  
¼ cup sugar  
½ tsp. cinnamon  
1/8 tsp. allspice or nutmeg  
1 cup carrots, grated  
1 orange rind, grated  
1 egg  
1 cup water or juice or ½ cup of each  
¼ cup molasses  
2 tsp. unrefined oil or ¼ cup apple sauce  
½ cup apples, peeled and grated  
½ cup zucchini, grated (optional)  
½ cup raisins (optional)

- Preheat oven to 400°F.
- Measure dry ingredients into a large mixing bowl.
- Stir in carrots and orange rind and if using, the zucchini and apples.
- In small bowl, beat egg, water, juice, molasses, oil/apple sauce.
- Add to dry mixture all at once, stirring to moisten.
- Fold in raisin.
- Fill greased muffin tins ¼ full.
- Bake for 25 minutes or until golden brown.

*For more information or to make an appointment please call:*

*(613) 798-1000 or email: [info@oihc.ca](mailto:info@oihc.ca) or visit our website at: [www.oihc.ca](http://www.oihc.ca)*