



# Your Partner in Wellness

December 2009 | Choices Markets Nutrition & Health News

## A Locavore's Winter

By Desiree Nielsen, RD, the Choices Dietitian

As the feasting season approaches, what's a budding locavore to do? The shelves are stocked with imported delights just begging to be selected, and the bounty of summer is far behind us. Given our northern home, 100% local might not be possible for each and every one of us—but it doesn't mean we have to forgo local food throughout the dark and rainy winter. Read on for some tips on eating local all winter long.

### Plan Ahead

The key to really making a go of local winter eating is to stock up in advance. So next summer, while the fields are full of perfect produce, take a few days off from the beach and get busy! Buy berries and peaches by the flat and freeze to store for winter smoothies and baking. Freeze berries and cut peaches on a cookie sheet so they don't stick and then transfer to heavy duty freezing bags. If you have an extra shelf or two, try your hand at canning. Chutneys and other acidic foods are a safer bet for new canners as their natural acid levels helps discourage bacterial growth. Tomatoes and tomato sauce are a bit trickier but come in handy through the winter for soups, pastas and casseroles. There are plenty of "canning for beginners" courses out there—be sure to learn from the pros (that includes grandma!) to avoid mishaps.


### What to Eat

People cannot live on pickles and berries alone...so roll up your sleeves and get shopping! For ideas on what is in season right now and just where you can pick up these winter treasures explore websites like [www.ediblecommunities.com/Vancouver](http://www.ediblecommunities.com/Vancouver) or

[www.getlocalbc.org](http://www.getlocalbc.org). Hot chocolate in hand, spend the morning at the Winter Farmer's Market or look in store for made in BC produce and food products.

What is available through the winter in BC? More than you might think! Winter greens like kale, bell peppers, meats, cheeses, grapes, apples, potatoes, beets, turnips, pumpkin, squash, carrots, mushrooms, hazelnuts, garlic...enough to keep your kitchen humming. Make local winter produce the centerpiece of your meal and pull in a few supporting staples like whole grains, condiments and imported produce to round out the meal.

### A measured Approach to Local

It is important to remember that while completely local eating can be achieved with some effort, even a 50% local diet in the winter goes a long way to supporting local producers and reducing your carbon footprint with your sanity intact. A Local Table, Choices' own cookbook, helps you select seasonal recipes using the best of BC all year long. Now, what to do for the holiday feast? Local specialty turkey? Check! Locally harvested cranberries? Check! Candied local yams? Check! A bit of dark chocolate for dessert?...make it fair trade and enjoy. 

---

**Desiree Nielsen RD is the Choices Dietitian. Have a nutrition question for Desiree? Visit [www.choicesmarkets.com/nutrition](http://www.choicesmarkets.com/nutrition) or get nutrition tips on Twitter by following @ChoicesMarkets and @DesireeRD**

*Looking for more nutrition advice?*

Book a free healthy shopping tour with one of our nutrition consultants at [www.choicesmarkets.com/nutrition](http://www.choicesmarkets.com/nutrition)



# Health & Wellness Specials



## Bach Rescue Remedy Chewing Gum

**6.99** 17 pieces

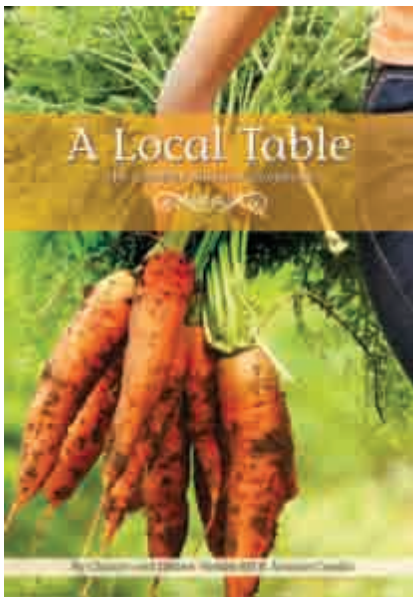
*Alleviates stress and anxiety naturally with no side effects. See instore for special retails on all Bach Rescue Remedies!*

## Bio-K+



**44.99** 15 pack

*Active probiotics for improved digestion and a strengthened immune system.*



## Choices' NEW Cookbook: *A Local Table*

This holiday season you'll find the ideal gift at Choices Markets: our new cookbook, *A Local Table* by Choices' Dietitian Desiree Nielsen, RD and Choices' Executive Chef Antonio Cerullo.

Featuring local farmers and food producers, *A Local Table* is brimming with original recipes that highlight the absolute best of BC's seasonal treasures.



*A Local Table* retails at \$19.95 with \$5 from every purchase going to FarmFolk/CityFolk. Choices customers may also redeem 1,995 Preferred Shopper Points to receive a cookbook.

*Have a question  
about nutrition and  
natural health?*

Ask our experts at  
[www.choicemarkets.com/nutrition](http://www.choicemarkets.com/nutrition)

## Superfoods for the holidays!

Think the holidays are all sugar and butter? Think again! Add antioxidant rich cranberries to your trail mix, snack on juicy mandarins and stuff wraps and sandwiches with lean, energizing turkey for a healthy holiday.



# Turning to Reiki for Stress Relief

By Cress Spicer


Stress is a normal part of life but when prolonged, it may have negative effects on our health. Working long hours, carrying out family obligations, stewing in traffic jams, coping with financial issues and running out of time to coordinate healthy meals all contribute to the high levels of stress in our lives. This build up of stress eventually creates imbalances in our physical, emotional and mental health.

Our stress can be handled in different ways. At times, we can choose to eliminate a stressful situation or instead remove ourselves from stressful surroundings. Unfortunately, it's not always that simple. Managing stress can also be achieved through regular exercise or even a stress-reduction technique such as reiki.

An ancient Japanese technique, reiki is a non-invasive, energy-based approach to relaxation and healing. Subtle, yet powerful, it is designed to stimulate the body's natural ability to heal itself on all levels—physical, emotional, mental and spiritual. Using a variety of hand positions on or just above the body, reiki practitioners work to increase energy levels in the body, restoring balance, health and well-being. In addition to its calming effects, reiki also helps in reducing the symptoms of anxiety, digestive disorders, insomnia and chronic stress.

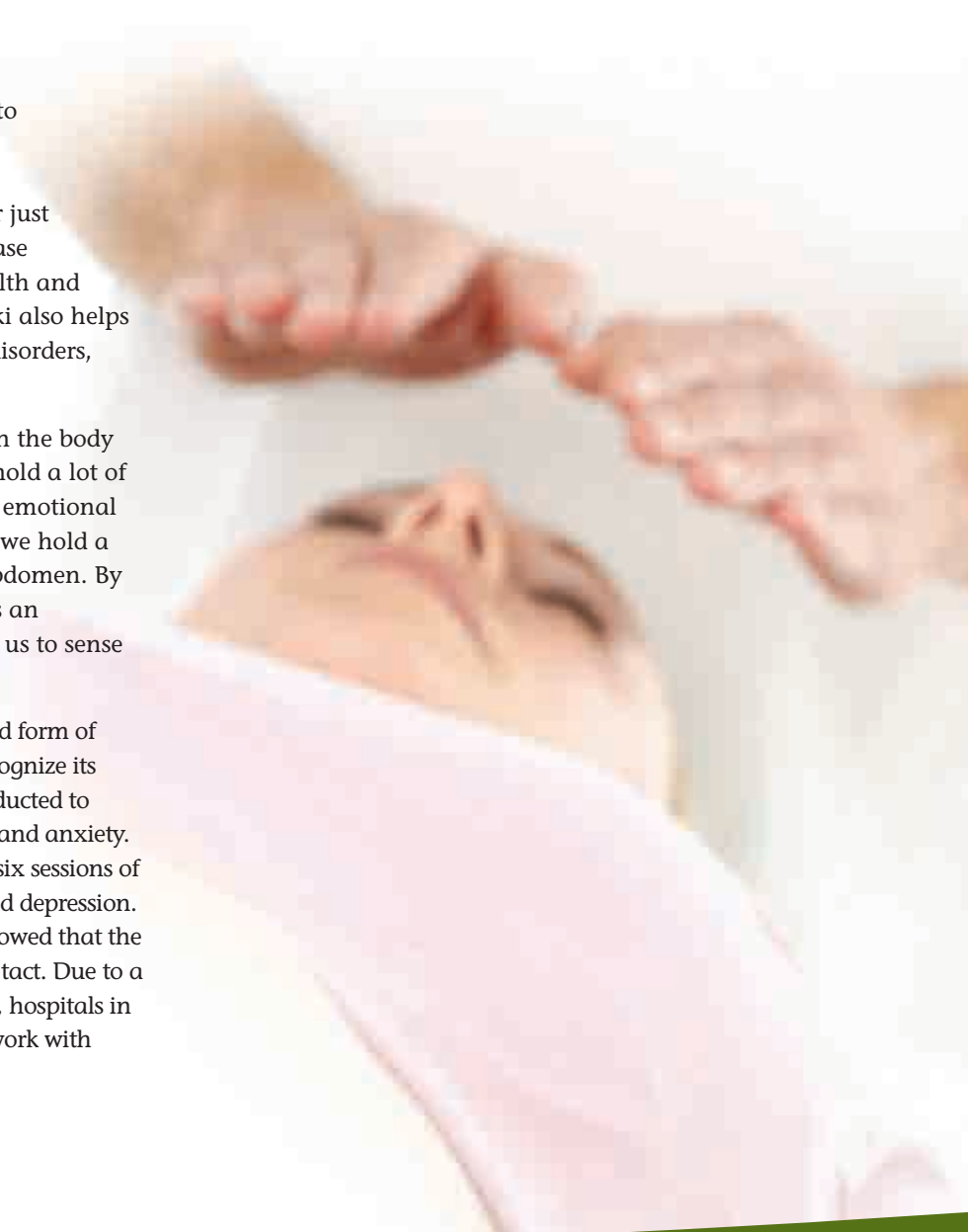
During a reiki session, there are certain points on the body that practitioners focus on: the head, where we hold a lot of tension and stress; the heart, where we store our emotional memories; the stomach and solar plexus, where we hold a lot of tension, stress and worry; and the lower abdomen. By encouraging energy flow to these areas it creates an awareness of our bodies and emotions, allowing us to sense when stress levels are high.

Over time, reiki has become a more widely accepted form of healing. The hospital community has begun to recognize its benefits and as a result more research is being conducted to determine the full extent of its effect on both stress and anxiety. Past research indicated that patients who received six sessions of reiki showed significantly reduced signs of stress and depression. Re-testing one year later on those same patients showed that the positive results of the six reiki sessions remained in tact. Due to a better understanding of the positive impact of reiki, hospitals in England are now employing reiki practitioners to work with patients pre and post operation.

Tried and true, reiki is a safe, effective method for easing the symptoms of stress, building up the positive energy in the body and restoring a sense of well-being and balance. Talk to a certified reiki practitioner and incite positive changes in your life. 

---

**Owner of Infinite Wellness Services, Cress Spicer is a Reiki Master/Teacher, Certified Bodytalk Practitioner and Bodytalk Access Instructor. Contact Cress at [cress@infinetwellness.ca](mailto:cress@infinetwellness.ca) or visit her website [www.infinetwellness.ca](http://www.infinetwellness.ca).**



# Spice Up Your Life!

We all love the smell of herbs roasting in the oven, but they have many health benefits too! Here is an overview of nature's finest spices:

## Ginger

Soothing for the tummy, ginger is also a potent anti-inflammatory and antioxidant that may help protect against heart disease and Alzheimer's. Get your ginger fix by adding it to a stir-fry or making it into tea. You can even chow down on pickled ginger with sushi.

## Cayenne (or red chilies)

A heart-warming spice that is excellent for the circulatory system, cayenne has been known to prevent stomach ulcers, relieve pain, kick-start the metabolism for weight loss and boost the immune system. Cook it up with homemade pasta sauce, sprinkle it on eggs, stir it in soup or go Mayan-style and add it to your hot cocoa!

## Oregano

We often associate oregano with Italian and Greek food, but it is now growing in popularity for its potent antibacterial and antiviral properties. It is also a powerful antioxidant that helps to protect cells against aging and cancer. Fresh or dried, sprinkle it over roasted vegetables, pasta sauces, casseroles, bean dishes and even your own personalized pizzas.

## Garlic


A superstar in maintaining heart health, garlic has been studied extensively for its cholesterol-lowering properties. Other benefits include protecting cells against cancer, promoting circulation

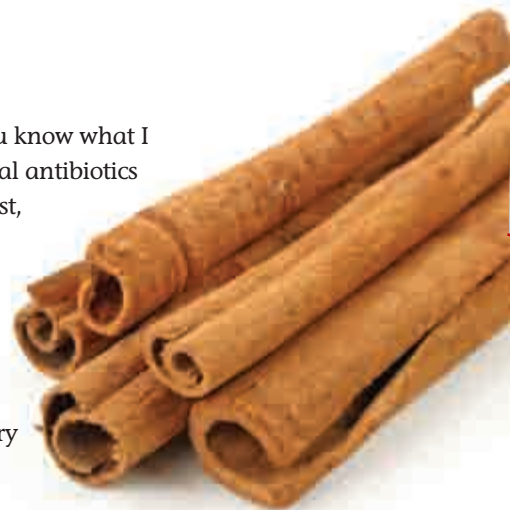
(especially for men... if you know what I mean) and boosting natural antibiotics and immunity to fight yeast, bacteria and viruses in the body. Have it fresh for the full benefits.

## Turmeric

This bright yellow spice is the main ingredient of curry powder. There is much research touting its anti-inflammatory and anti-cancer properties. It is also useful for strengthening the liver and promoting detoxification. Cook up your own curry or add turmeric to omelets, mashed potatoes or meat dishes.

## Cinnamon

This sweet spice is excellent for stabilizing blood sugar and preventing the dreaded sugar crash, making it an ideal spice for diabetics. Cinnamon is also anti-inflammatory, anti-microbial and may even help to lower cholesterol. Sprinkle it on oatmeal, toast, cooked apples, cereal or even ice cream! 



---

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

## Partner in Wellness Feature



### Mountainview Wellness Centre

Founded in 2001 by classmates Drs. Galina Bogatch, Caleb Ng, and Allison Patton, Mountainview Wellness Centre is located at 3566 King George Highway in South Surrey, just down the road from Choices Markets. Throughout the years, Mountainview has maintained its philosophy: "Focus on service. Empower the patient. Practice with integrity." Growing rapidly since 2001, the Centre is now home to five naturopathic associates, a registered massage therapist, a certified Heller worker and a holistic nutritionist.

**For more information about us please visit our website at [www.mountainviewwellnesscentre.ca](http://www.mountainviewwellnesscentre.ca). To book an appointment call 604.538.8837.**



**This month, visit [choicesmarket.com/cookbook](http://choicesmarket.com/cookbook) for an overview of Choices' new Cookbook: *A Local Table***

### 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