



# Your Partner in Wellness

June 2010 | Choices Markets Nutrition & Health News

## Healing Foods of Asia

By Desiree Nielsen RD, the Choices Dietitian

From Japan to Indonesia, Asian cultures and traditions inspire and captivate the rest of the world. Traditional healing modalities such as Ayurveda in India and traditional Malay herbal medicine are closely intertwined with local cuisines and cooking methods. What follows is an introduction to many of the healing foods common across the Asian continent; some you may know, others might be exotic. Healthy eating is at its best when infused with a sense of adventure...so why not have some fun and try out a few new foods?

### Bitter Melon

True to its name, this bitter green cucumber-shaped fruit is famed for helping Okinawans live long, healthy lives. Iron rich, bitter melon may help to lower blood sugar; diabetics should use bitter melon under the supervision of their doctor due to risk of hypoglycemia. Add sliced bitter melon to stir fry or small pieces to your favourite juicing blend.

### Coconut

Coconut is a culinary staple: from hydrating coconut water to coconut milk and flesh, the coconut is used throughout East Asian cuisines. Potassium rich, coconut water is a great natural hydration source and alternative to sports drinks. Coconut milk, while rich in saturated fat, contains a unique fatty acid called lauric acid which holds promise as an immune booster.

### Ginger

Pungent and spicy, ginger has a long history of use for easing nausea, stimulating digestion and improving

circulation. An important addition to any healthy diet, ginger is also anti-inflammatory. Add chopped ginger to curry, stir fry and fruit salad. Even try making a ginger lemon tonic: boil sliced lemon and ginger for 5 minutes and stir in a little honey before sipping.

### Lemongrass

Anti-bacterial, anti-fungal and rich in vitamin C, lemongrass is traditionally prized to relieve colds, improve circulation and cleanse the body. Slice lemongrass in curry and stir fry, use it to flavour soup or create a tea by boiling briefly and serving with honey.

### Star Anise

A classic component of Chinese Five Spice, star anise lends an exotic twist to marinades and stews. Used in Malay traditions to ease gas and stomach upset, Star Anise is considered a warming herb well suited for the cooler months.

### Tamarind

The fruit of the tamarind is found in pods, similar to large beans. Bittersweet, the fruit is used in candies, drinks and chutneys from India to the Philippines. Tamarind fruit is a natural laxative and may have positive effects on blood cholesterol. A staple in Pad Thai, look for tamarind chutneys or try tamarind concentrate for an exotic twist on iced tea.

### Tea

Tea in all its forms—green, white, oolong and black—has long been consumed as a health tonic and social beverage.

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

# Just Beet It

By Misuzu Noguchi




When most of us hear "beets," one of two things likely comes to mind: borscht or pink fingers. What many of us may not think about is the remarkable nutrient profile of these vegetables, all the way from the leaves, right down to the roots.

The beautiful, rich, purplish-red hue of beetroots is attributed to betacyanins—a pigment known to have possible cancer-fighting properties. Along with impressive levels of folic acid, potassium and fibre, these roots have been shown to be beneficial for both heart and liver function. Don't forget about the leaves; these edible greens are also packed with an array of vitamins and minerals such as calcium and vitamin A, just to name a few.

Prepared raw, beetroots can brighten up any salad or add an instant splash of colour to dull, green vegetable juice. If you choose to cook them, it is best to keep the skin and at least two inches of the stem intact to prevent nutrient loss from bleeding during the heating process. The leftover leaves can be prepared like any other greens such as spinach or Swiss chard.

So leave your worries of pink fingers behind (as that can be fixed with simple lemon juice) and go grab a bunch of beets. Luckily for us, beet season has just begun so visit your favorite farmers' market to be the first to get your hands on some local, freshly picked bunches - the health benefits are un-beet-able!

Important health note: as beets are high in oxalates, if you have a history of developing kidney stones, limit your consumption. 

Misuzu Noguchi is a Dietetic Intern and Nutrition Consultant for Choices Markets South Surrey.

## Health & Wellness Specials

Choices Markets' Healthcare Department carries a variety of items that are all ideal for maintaining a healthy body. Ask the staff for products that suit you and your life style.

### New Chapter Zyflamend



**34.99** 60 caps

A combination of holy basil, tumeric, ginger, green tea and other natural remedies that have been shown by research to fight against inflammation.

### Sequel Vega EFA Oil Blend




**25.99** 500ml

Naturally rich in omega 3 and 6 EFAs, antioxidants and phytonutrients. Use cold or warm in salad dressings, dips, soups or smoothies.

*Have a question about nutrition and natural health?*

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



**Beat the heat!**

Even a 2% decline in hydration levels means physical and mental fatigue. Drink plenty of unsweetened beverages, like water or iced herbal tea while you play in the sun.


# Staying Fit in the Workplace

By Curtis Christopherson

Balancing priorities is a daily challenge that most of us face, particularly while we are working long hours, raising a family and maintaining a social life. With this reality, the first thing that seems to take a back seat is our health and fitness. However, even if you have a sedentary job or a hectic home life, there are still ways to include fitness and nutrition into your daily routine.

- First, schedule time to exercise into your calendar and treat it as you would any other important appointment. You have to prioritize and understand that incorporating fitness into your daily routine will increase your productivity at work, reduce the amount of stress in your life, and positively impact your overall health and wellness.
- Wake up early and exercise before heading off to work. Afternoon exercise is often easily replaced with late work meetings, sports games for the kids or dinner with friends.
- If the workplace isn't too far, try walking or biking to work. If you take the bus, get off a few blocks early and walk the rest of the way to work or home.
- Use the stairs instead of elevators; stand while talking on the telephone; walk down the hall to speak with someone rather than using the telephone or email.
- Try using half of your lunch break to go for a walk or workout. This break in the day will provide you with energy to keep your productivity and focus on a high.
- Take the time during the day to stretch and move around. This will allow you to stretch out your back and leg muscles and joints that can become stiff from sitting.
- Use a stability ball instead of a regular desk chair. This engages your abdominal and lower back muscles, helping improve your posture.

- Make healthy eating choices. Bringing healthy snacks like fruit to work instead of eating from a vending machine or cafeteria will keep your energy levels stable throughout the day. In addition to that, drink water or sugar-free drinks instead of regular soft drinks to reduce the amount of empty calories that you consume in a day.
- Team up with co-workers to see if you can get a discount at a local fitness club; start a recreation league at your company; form a sports team to raise money for charity events; find people with similar goals, so that you can train together. These will all provide you with a little bit more accountability than you will have flying marco solo.
- Lastly, if you are travelling for work, stay at hotels with fitness centers or swimming pools. This will provide you with the convenience and accessibility to stay active while you are away from your regular routine.

At the end of the day we have two options: a) we can get caught up with the long hours and stress that our job can bring at times, b) we can be proactive and keep fitness in the back of our minds so that we live a healthier life in the workplace. 

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Since 2003, Curtis Christopherson has been a professional training coach. He is a graduate from Simon Fraser University, a former member of the Canadian national water polo team and is now the general manager of Innovative Fitness in White Rock, BC. You can reach Curtis at 604-536-1355 or [curtis@innovativefitness.com](mailto:curtis@innovativefitness.com) or visit [innovativefitness.com](http://innovativefitness.com).

## Partner in Wellness Feature



The Celiac Scene™ is a celiac owned and operated initiative, test driven by fellow celiacs! Working in collaboration with Chapters of the Canadian Celiac Association, [www.theceliacscene.com](http://www.theceliacscene.com) offers the only comprehensive listing of celiac-trusted restaurants in Canada. Whether you are new to the gluten-free diet or new to town, our drop down menus make restaurants easy to find no matter where you are. Now you can dine out with our free maps in hand and confidence in your hearts!



# Seminar & Cooking Class Listing | June 2010

## VANCOUVER EVENTS: LOCATION—SEE BELOW FOR DETAILS

Wednesday, June 16, 4:00–7:00pm Free drop-in sessions, no registration required.

### Free Chiropractic Assessments

with Dr. Alain Desaulniers, DC, at Choices Markets Yaletown, 1202 Richards St. (at Davie St.), Vancouver

Wednesday, June 23, 7:00–8:30pm Cost \$10—cash only—at the door. Call to register (604) 736-0009

### Natural Treatment for Fibromyalgia

with Dr. Danny Jui, ND, at the Canadian Memorial Centre for Peace, 1825 W. 16th Ave.

## SOUTH SURREY EVENTS: LOCATION – CHOICES MARKETS SOUTH SURREY, 3248 KING GEORGE BOULEVARD

Wednesday, June 9, 7:00–8:30pm Cost \$5 at the door. Call to register (604) 541-3902

### Clearing Up Electro-Pollution?

with Farren Lander MA, Healthy Homes Consulting and Una St.Clair, Director of Citizens For Safe Technology Society

Thursday, June 10, 7:00–8:30pm Cost \$5 at the door. Call to register (604) 541-3902

### Live Well, Eat Well, Look Well and Thrive on a Plant-Based Diet

with Brendan Brazier, triathlete, best-selling author and formulator of Vega

Monday, June 14, 7:00–9:00pm Cost \$15 at the door. Call to register (604) 541-3902

### Picnics with Pizzazz!

with Chef Antonio Cerullo, Choices' Executive Chef and Vasi Naidoo, BSc, RHN

Wednesday, June 16, 7:00–8:30pm Cost \$5 at the door. Call to register (604) 541-3902

### Wrinkles & Fine Lines be Gone

with Dr. Galina Bogatch, ND and Dr. Allison Patton, ND

Tuesday, June 22, 3:00–7:00pm Free drop-in sessions, no registration required

### Free Chiropractic Assessments

with Dr. Mark Prie, DC

Friday, June 25, 1:00–4:00pm Free. Call to book your appointment (604) 541-3902

### Free Naturopathic Medicine Consultations

with Dr. Sanjay Mohan Ram, ND

## KELOWNA EVENTS: LOCATION – CHOICES MARKETS KELOWNA, 1937 HARVEY AVENUE AT SPALL ROAD

Tuesday, June 1, 4:30–6:30pm Free drop-in sessions, no registration required

### Natural Health Q & A

with Dr. Brent Barlow, ND

Friday, June 18, 4:30pm–6:30pm Free Drop in sessions, no registration required

### Free Chiropractic Assessments

with Dr. Travis Pillipow, DC and Dr. Sarah Tremblay, DC

Tuesday, June 22, 6:00–8:00pm Cost \$15 at the door. Call to register (250) 862-4864

### Picnics with Pizzazz!

with Chef Antonio Cerullo, Choices' Executive Chef and Nadene Shirliff, MSc (nutrition)

Wednesday, June 23, 7:00–8:30pm Cost \$5 at the door. Call to register (250) 862-4864

### The Treatment of Pain with Acupuncture

with Travis McIndoe, TCMP

All net proceeds from these events benefit local charities.


For information on all events and speakers visit [choicesmarkets.com](http://choicesmarkets.com)

## Healing Foods of Asia, continued from page 1

Rich in antioxidants, tea is also a calming alternative to coffee, thanks to its l-theanine content (an amino acid). EGCG, a component of green tea, helps reduce the risk of cancer.

## Turmeric

Botanically related to ginger and the signature component of both Indian and Thai curry, turmeric is a potent anti-inflammatory and is traditionally used as a liver tonic. Add

dried turmeric to savoury dishes or chop fresh turmeric root and add as you would garlic or ginger. Great added to smoothies. 

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

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### 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 Blvd.  
South Surrey  
604.541.3902

### Choices at the Crest

8683 10th Ave.  
Burnaby  
604.522.0936

### Kelowna

1937 Harvey Ave.  
Kelowna  
250.862.4864