





My mother is the best at Christmas. She used to decorate every single room of the house, and she started baking and prepping days and even weeks in advance. She makes the best Christmas Stolen in the whole world and anyone who says she doesn't, lies.

I'm not going to pretend that I'm as good at all that as she is, but I try to, and I do it with utmost devotion and expectation. So needless to say, this year... when I suddenly found myself unable to walk, sleep, sit etc... without being in debilitating pain, I was extremely disappointed.

I'm fine, I have a slipped disk in my back. It might be a bit of a long recovery, and I have some self-care to get on top of, but I will recover, and for that, I am truly grateful. Truly.

But I'll be honest, I was very very disappointed. I was more than disappointed, I took a deep dark dive into self-pity.

The magazine that I had planned for the holidays was scrapped, the podcast season I had planned to launch over my Christmas vacation was flushed, and for the first time, hosting the family Christmas dinner just wasn't going to happen.

The Christmas tree sat bare for weeks, the mantle was decorated in nothing but dust, and my morale continued to dive. My partner draped some lights around the house in an attempt to lift my spirits, which I appreciated when I wasn't busy resenting her for *not* being too disabled to walk up and down the basement stairs to get the Christmas bins.

One of my daughters offered to host the dinner, and at first, instead of being grateful, I felt frustrated and possessive. I reluctantly submitted, with every intention of still being the one to prepare all our traditional family recipes and haul them over to her house.

Keep it simple Cont...

By Christmas day, my very long list of dishes and tasks had been whittled down to one.

The girls made our traditional recipes, even better than I do, and a few others, including dessert, and it was all delicious.

There was more than enough food for everyone, including leftovers for everyone to take home.

We ate, drank, laughed and loved, and played my new favourite game, Telestrations.

Sometimes (read all of the time if you're like me) we feel like it's not good enough if it's not complicated, and we're not doing enough if we're not giving it our all... and then some.

And I'm not just talking about the holidays here. I think many of us tend to complicate our day-to-day lives in an attempt to "do it right", without realizing that the expectations and lack of flexibility work against us more often than they work for us.

In fact, sometimes instead of helping ourselves by setting the bar so high, we're just setting ourselves up for failure and disappointment.

You don't have to grow, harvest and hand hull the ingredients yourself, or shop only at the allorganic-seasonal-farmer's-market for your food to be healthy. **WHAT?** I know! You can buy plenty of delicious ingredients pre-chopped, frozen, canned and even pickled in a jar.

We don't have to do an hour and a half at the gym every day to be fit, and we don't have to fit every vegetable there is onto our plate, in order for your meals to be nutritious and balanced.

Of course, a harvest salad with roasted squash, olive oil-rubbed baby kale, pomegranate seeds, toasted pecans and homemade cashew caesar dressing is delicious, but let's be real, how many people have the time or energy to do that when they get home from a long day of work?

Steaming green beans will suffice, I promise. Also, they're delicious with a squeeze of lemon and a pinch of Gomasio.

I am not saying that you should never go all out because I WOULD NEVER, but I am saying that you're not winning any medals or earning retroactive brownie points by making your life more difficult or stressful than you need to.

It's not a downgrade, it's just a different choice. A choice to set yourself up for success, to practice real self-care, and to keep it simple.

Tenniter Tune xox

BODY

Winter Holiday Care and Immune Support Protocol

The holidays can be especially taxing on our physical and mental health, and some of the health issues that come up most during the winter months include Heart health issues, depression, dry irritated skin, and of course viral infections - Welcome to cold and flu season!

I get a lot of people asking what vitamins and supplements help support health during the winter months, so I put together a list for you. I hope you find it helpful.

Keep cozy and warm, be sweet with each other, and take good care of yourselves.

Immune Matrix For immune support, and use for acute infections or as a preventive measure during cold and flu season. Especially for those who are susceptible.

Helps to relieve the symptoms and shorten the duration of upper respiratory tract infections.

Helps to maintain immune function.

Contains: Andrographis extract, Reishi mushroom extract, Vitamin C (ascorbic acid), Echinacea extract, Astragalus extract (root, astragalus membranaceus), American ginseng extract (root, panax quinquefolius) and Zinc (zinc citrate).

Omega 3's

For heart health, inflammation (especially helpful when cold winter months aggravate arthritis pain), and prevention of "winter blues", especially for people who reside in the north, where the amount of daylight during winter days is limited. And since we eat more foods high in omega-6 in the winter, it's that much more important to be mindful to balance it out by getting adequate omega-3 fatty acids.

BODY



B Vitamins

B vitamins are very important for your mental health, which is always important during the darker months of winter, as well as during the holidays. Stress hormones use up B vitamins quickly, so a high-quality supplement helps promote your cognitive abilities and reduce stress. B-Complex vitamins also promote immune system stimulation, mood enhancement, and even healthier skin and nails.

Sidenote: B vitamins help your liver process and metabolize alcohol. A lack of B vitamins can contribute to that sometimes debilitating headache the morning after overindulging.

Vitamin D

Direct exposure to sunlight is the primary way to obtain vitamin D. During the summer months, it's easier to get our recommended twenty minutes of sun exposure daily to the face and lower arms and hands but for many of us, that becomes much more challenging in the winter. Vitamin D helps the body absorb and retain calcium and phosphorus; both are critical for building bone. Also, laboratory studies show that vitamin D can reduce cancer cell growth, help control infections and reduce inflammation.

Feeling under the weather already?

Boost your immune system with Organic Greens and Reds: It's a busy and often time of year and if you're eating on the go or getting more Christmas cookies than fresh fruits and leafy greens in your diet, boost your intake of greens and reds up with this powder that you can add to a smoothie, applesauce or yoghurt, or even just in water



Interested in trying some or all of these products but not sure where to find the right brands or dosage? Register at <u>fullscript.com</u> and then <u>Follow this link to have your customized prescription delivered right to your door!</u>

BODY



Nutrition

- It might be tricky to be consistent with meal prep but batch-cooking soup or chilli, packed with vitamin-rich veg, beans and tasty herbs and spices, means you have at least one go-to healthy meal ready every day.
- Add 1-2 Tablespoons of Flax seed to your daily diet to up your intake of Omega 3 fatty acids.
- Stay hydrated! make sure you're getting 1.5-2 litres of water a day.

Herbal remedies

- **Rosehip** is rich in (2 TBS= 76% of the DV) Vitamin C and other nutrients and disease-fighting properties.
- **Tulsi** is a powerful germicide. Thanks to the help of its phytochemicals and antioxidants, Tulsi can help locate germs, viruses and bacteria the moment they enter your body and destroy them.
- **Echinacea** has antiviral and antioxidant effects and is a great herb for supporting your immune system and boosting its function.
- Ginseng strengthens the HPA axis the hypothalamic, pituitary, and adrenal axis — which is responsible for regulating the immune system's response to stress. Chronic or severe stress can weaken the immune system. Ginseng can also keep the immune system balanced by regulating various types of immune cells — including T cells, B cells, natural killer cells, and macrophages
- **Bonus Tip**: If you find yourself overindulging and experiencing indigestion and other digestive upset, try a tummy-calming tea like Camomile, Marshmallow, Licorice, Holy Basil, or Fennel.



Our cravings for sugary high-calorie (and often low-nutrient) meals and snacks often increase over the colder darker months.

Our bodies like to trick us into thinking that we *need* cheesy pasta, creamy desserts, and other snacks that are high in refined flour, sugars and saturated fats, in order to scratch that "comfort food" itch.

"It's normal, I'm in hibernation mode", we tell ourselves, but in reality, we don't hibernate. And unlike the bears who do, we do not fast all winter long. Also... those hibernating bears prepare by stocking up on berries, salmon, dead animals, grasses, or roots, *not* nachos, pizza and chocolate lava cake.

Did you know?

The high-glycemic foods we often crave spike our energy, like the ones mentioned above, and also make our energy levels quickly crash afterwards, leading us to continue to eat them and get stuck in a cycle of eating more and moving less.

They also contribute to our mood dysregulation · feeling hungrier · irritability · fatigue · discomfort · anxiety · headaches · difficulty concentrating · dizziness; shaking · confusion · sweating · weakness · fainting · AND chronic inflammation, weight gain and insulin resistance, which are factors associated with type 2 diabetes and higher cardiovascular risk.

MIND

What can we do?

- Eat protein-rich foods with your carbs, to help keep your blood sugar levels balanced.
- Eat whole grains instead of refined flour to get nutrient-rich carbs in without the spikes and crashes that leave us feeling more tired than we were before we ate
- Eat sources of healthy fats like nuts, seeds, avocados etc instead of saturated fats, to up your omega fatty acid intake, help balance your moods, feed your brain, and fight inflammation (among other benefits) instead of creating inflammation and clogging up your arteries.
- Eat foods you actually enjoy. If you replace your favourite cheese quesadillas
 with Kale chips, but you can't stand kale, you're doing yourself an unnecessary
 disservice and setting yourself up to let yourself down. But if you make a
 quesadilla on a whole grain tortilla packed with roasted veg, mushrooms or
 another filling that you love, and eat that with salsa and guacamole, well now
 you're talking!
- Check out Sweet Vegan Spills the <u>Tea podcast Season One, Episode Life after Cheese</u>, for some straight-talk about the salt/sugar/fat trap, tips on breaking up with the foods we love to hate, plant-based alternatives to your favourite non-vegan comfort foods, and of course... cheese.

SPIRIT

Beating those Winter Blues

It's common for people to experience a lack of motivation, and to feel sluggish, low in energy, sad, or even depressed in the winter; especially in January, the month of cold weather and dark mornings.

While it is important to also get professional help if you are suffering from clinical depression and/or seasonal affective disorder, these tips are great for everyone's health and spirits.

Sleep

Lack of sleep coupled with lack of daylight can be detrimental to both your mood and your health in so many ways. And as tempting as it might be to sleep in on dark mornings, it's best to stick with a regular sleep schedule — which means waking up at the same times on weekdays and weekends.

Move your body

Exercise has been shown time and again to boost natural endorphin and serotonin levels, and to promote healthy sleep. As endorphin levels rise, they help your body lower its perception of pain and increase the function of the immune system. Aim for a minimum of 30 minutes daily of any form of exercise you enjoy. Yoga, running, and walking have all been shown to instantly improve energy and mood.

Supplements & food

It's true! Your nutrition has a HUGE impact on how you feel, so scroll back up and take note of the info in the Body and Mind articles. And, Unless you live in the tropics, or you're out on the slopes getting heaps of sunshine pretty much every day, you probably aren't getting enough vitamin D over the winter months, so take a vitamin D supplement.

Get outside!

Get plenty of fresh air and sunshine when you can. Don't let the snow stop you from moving your body, getting clean air into those lungs and benefitting from some natural vitamin D. If getting outside is impossible for you, be sure to keep your curtains open as much as possible, and spend as much time as you can near the windows.



Recipes in full on pages 16 & 17

SPINACH SQUASH STUFFED SHELL PASTA

The first thing that comes to mind whenever I think of comfort food is definitely pasta. There's something about stuffed pasta that feels extra luxurious and extra cozy, and these shells are no exception.





MEDITERRANEAN ARTICHOKE AND WHITE BEAN STEW

This is one of those amazingly easy and versatile dishes where you can basically substitute almost every ingredient for something else you have kicking around in the kitchen. It's delicious on its own, or with crusty bread, or on pasta or rice Enjoy!



Hour



GINGER TURMERIC

This tonic can be served sweetened or not, cold or hot, or even on ice with a shot of your favourite spirits.

CURRENT EVENTS

CURRENTLY READING



All things Herb related!

As many of you know, I've been making homemade tea blends and tinctures for some time now. I've recently added herbalism to my studies and I'm absolutely obsessed. These are the only books I own on the subject so if any of you plant-nerds and herbalists have any suggestions bring 'em on!

CURRENTLY LISTENING TO

Per Favore - NYV

I've been having trouble finding time to practice Italian lately so I downloaded a one of Italian songs to sing along to instead. I can't get enough of Niv's (Mirella Nyvinne Pinternagel) sweet, smokey voice.



DON'T MISS THIS!



PODCAST

Coming in February: Sweet Vegan Spills the Tea podcast SE03E01 Sexual Healing gets personal, talking about sexual health, from libido and aphrodisiacs to strong sustainable erections and premature ejaculation.

Signs that your body is trying to tell you something you shouldn't ignore, and some tips and tricks to spice up your sex life.

Available wherever you get your podcasts, and on Youtube!

REGISTRATION OPEN



SHOWING UP FOR YOU

Coming in March: A Holistic Approach to building a Food & Fitness Foundation without the Overwhelm

Brought to you by Personal Trainer and Behaviour Change Coach, Adelade Genevieve Madeline (@agmhealthfitness)& Nutritherapist / Holistic Nutritionist, Jennifer Chapman (@holisticnutritionnaturalhealth)

This 10-week series starts **March 13, 2023** and is designed to empower you to build a sustainable personal foundation, by building self-awareness, identifying triggers and overcoming obstacles, recognizing patterns and recovering your intuition. We have created a set of tools to help you show up for yourself, set and meet sustainable fitness and nutritional goals and feel your best and a manageable pace.

Enrol **here**, or book a call for more info **here**

Recipes



Spinach Squash Stuffed Shell Pasta



Mediterranean Artichoke and white bean stew

Ingredients:

- 16 jumbo pasta shells (Cook a couple of extra shells to allow for a few breaking while the pasta cooks.)
- 1–1/2 tbsp olive oil
- 2 tsp fresh garlic, minced
- 4 cups (packed) fresh spinach leaves, roughly chopped
- 1 cup butternut squash, cooked and cubed
- 12 oz vegan ricotta cheese
- 1 cup shredded vegan mozzarella cheese *optional
- 1/2 cup grated vegan Parmesan *optional
- 1 Tbsp fresh basil, finely chopped
- 1 Tbsp nutritional yeast
- Salt and freshly ground black pepper to taste
- 1–1/4 cups of your favourite tomato sauce, homemade or storebought

Method:

- Preheat the oven to 375 degrees F. Cook the pasta al dente, according to package directions. Drain and set aside.
- Meanwhile, heat the olive oil in a large skillet over medium-high heat. When the oil begins to shimmer, add the garlic and cook until it is fragrant and begins to turn translucent, about a minute or two.
- Turn off the heat and add the spinach, stirring occasionally, until the leaves begin to wilt but are still bright green, and let cool.
- In a mixing bowl, stir together the spinach, squash, ricotta, mozzarella, Parmesan, basil and salt and pepper until thoroughly combined. Pour the tomato sauce into the bottom of a shallow 8inch by 8-inch baking dish. Stuff each pasta shell with a generous amount of the spinach and ricotta mixture, and place in the baking dish.
- Bake covered with aluminum foil for 25 minutes. Remove the foil and continue baking until the top begins to brown and the sauce begins the bubble, another 10-15 minutes.
- Enjoy!

Ingredients:

- 8 artichoke hearts, fresh or frozen
- 1/2 mixed olives
- 1 medium yellow onion or 1 cup cipollini onion, sliced
- 2 cloves of garlic, minced
- 2 handfuls of baby greens (spinach, collards, or kale)
- 1 can white navy beans (you can substitute with any white bean)
- 1 medium-small eggplant, sliced
- 1 large can of whole or diced tomatoes
- 1 Tbsp fresh basil (dry will do in a pinch if you don't have fresh)
- 1 tsp fresh time (dry will do also)
- 1 Tbsp olive oil

Method:

- Preheat oven to 425 degrees
- Heat oil in a non-stick or cast iron pan
- Saute onions and thyme until the onions become fragrant and begin to become translucent.
- Add garlic, artichoke hearts, eggplant and basil and saute until the artichokes are golden. Add a bit of water if the pan gets too dry.
- Pour the artichokes and eggplant into a bowl and combine them well with the rest of the ingredients, and pour into a baking dish.
- Bake covered with aluminum foil or lid for 20 minutes.
 Remove the lid and cook for 10 more minutes or until the sauce is bubbling and the artichokes are perfectly tender.
- Enjoy!



Salted Chocolate Chunk Cookies

Ingredients:

- 1 3/4 cups all-purpose flour
- 3/4 tsp. baking soda
- 1/4 tsp. salt
- 3/4 cup packed light or dark brown sugar
- 2/3 cup vegan butter (I use Earth Balance)
- The equivalent of 1 egg (I use EnerG but there are plenty of other egg alternatives)
- 1 tsp. vanilla
- 1/2 lb semi- or bittersweet chocolate chunks
- Garnish
- 1Tbs Turbinado Sugar
- 1Tbs Salt flakes

Method

- Preheat oven to 350°F
- In a large mixing bowl, cream the butter and brown sugar together until light and fluffy. Beat in the egg replacer and vanilla. Add the dry ingredients mixed. Fold in the chocolate chunks.
- Scoop large balls of dough onto the baking sheet and sprinkle each with a few flakes of sea salt and a sprinkle of turbinado Sugar. Bake for 10-12 minutes, or until just golden.



Ginger Turmeric
Tonic

Ingredients:

- 1 Tbsp fresh grated turmeric (packed // or 1/2 tsp ground, though fresh is best)
- 1 Tbsp fresh grated ginger (packed // or 1/2 tsp ground, though fresh is best)
- Juice and zest of 1 large Orange
- 1 pinch cracked black pepper(promotes the absorption of the turmeric)

Method:

- In a small saucepan, add turmeric, ginger, orange juice and zest, pepper, and water.
- Heat on high only until the second that it begins to boil, and immediately bring to a gentle simmer for about 15 minutes.
- Store (strained) leftovers in the refrigerator for up to 2-3 days. Reheat on the stovetop until just warm.
- Serve sweetened (with a dash of maple syrup, agave or vegan honey) or not, cold or hot, or even on ice with a shot of your favourite spirits, topped with a dash of soda water or prosecco.



About Jennifer June

I am a Holistic Nutritionist / Nutritherapy Practitioner, Certified vegan health nutritionist and a studying Naturopath.

I have been a vegetarian for 33 years, and vegan for 11.

Changing the way I eat has made a world of difference in my life, and literally gave me a new lease on life. I am deeply passionate about sharing tools, knowledge, and resources and I'm here to encourage, support, and help others integrate comprehensive change in their lives.

I offer workshops and one on one custom coaching for anyone looking to embark on a healthier lifestyle. While I specialize in plant-based health and gut health, I do work with clients with all dietary habits, without judgment, and without any agenda other than helping to empower them to reach their personal health goals.

Whether you want to simply lean into healthier nutrition choices or to switch completely to an entirely plant-based diet; We will work together as a team to identify personal achievable goals and work towards sustainable, long-term changes to ensure your success and guide you on the path to a healthier you!

To schedule an assessment and review of your general diet and lifestyle with a Nutritherapist / Holistic Nutritionist, and receive personalized recommendations, protocols, and coaching to help you reach your health goals.,

CLICK HERE

IReceipts are automatically provided but please note that everyone's medical insurance policy is different. In some cases, your insurance provider may not allow claims for Nutrition or Naturopathy.

