



I'm doing it again aren't !?

All year I'd been looking forward to this summer, with the very certain intention of spending it doing three things: travelling, creating, and RELAXING.

Only... when summer finally bloomed I found myself unexpectedly transitioning out of one demanding job, into another even more demanding job while juggling nutrition clients, stand-up comedy, blogging, content creation, my podcasts and various courses and workshops.

And before I had a chance to see what was coming, everything that wasn't work-related came to a screeching halt. And when I say work-related, I don't even mean clients or podcasts or any of that fun creative work. I mean "day job" keeps a roof over my head and food on the table, community support and crisis intervention worker job.

Somebody asked me recently how I manage to balance work, creative projects, personal responsibilities, family etc.. and taking care of myself at the same time.

Naturally, I started listing all the things on my checklist that I do to take care of myself.

I have an awesome new bedtime ritual to promote better sleep hygiene, I take rosehips and other liver support herbs for the week leading up to the first day of my menstrual cycle, I just went to Acupuncture for the first time and I...

And I realized I was doing it again. Didn't we just talk about this in the spring issue of this very magazine?

I'm doing it again aren't !? Cont...

I'm listing all the goals, and habits that I have to schedule, manage and accomplish in order to "take care" of myself.

And it's not that these things aren't important or helpful, but... the taking care part gets put on the back burner sometimes when we are busily giving ourselves tasks to do that signify self-care.

"I meant how are you making sure you take time out for yourself? I'm asking because I'm finding it challenging myself" she clarified.

I'm not proud but I honestly didn't have an answer for her because I don't.

If I go sit in the backyard it's not usually to take deep breaths and feel the sun on my face, it's to tudy. If I make a beautiful buddah bowl to nourish my body mind and spirit, I often (lately) eat it at my desk while responding to emails, filling out paperwork and researching resources for clients.

I wake up at 5:00 am to journal (which I love) before walking and feeding the dogs, but despite how much I get out of journaling, even that feels like more of a task than time out for myself. It's important and even productive (thank god!) to express and process my feelings, but it's definitely not time for myself.

Ever since I changed jobs, especially because I am no longer working from home, I'm having more trouble than ever introducing it into my days.

I just bought new headphones, and sure they're for podcast editing (productive!!) but maybe I could take them out to play a few times a week just to sit and listen to music or something crazy like that. I'll start there, while I start compiling suggestions from all of you.

How are you, dear readers, ensuring that they get time to yourselves, and what do you do with that time?

I'd love to hear from you!

We'll feature your answers in the next issue if you indicate in your email that we have your permission to do so, with or without your name and or social media handle attached.

Reach out by email to sweetvegancoaching@gmail.com or on Instagram at @_sweetvegan_

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FOR YOUR HEALTH

Menopourse

I don't know about you but the only thing I knew about menopause growing up, was that it happens to women at around 50 years old, right before they dry up and get ugly, and really hot and sweaty.

At around age 50, the blood levels of estrogens do drop dramatically, and to be fair, some of us do get drier hair and skin as a side effect, but many women go through this change feeling fine, both physically and psychologically. Many other women are afflicted by a host of uncomfortable and sometimes even debilitating symptoms, from hot flashes, depression, irritability, and anxiety, to sleeplessness, tingling in their hands and feet, joint pain and other problems that are less talked about but very common.

What role does food play?

We know that women who consume more meat, and saturated fats, and less fibre are more often affected by menopause symptoms, as low-fibre diets higher-fat diets have measurably more estrogen activity, but...

Did you know?

Hot flashes have been reported by only about 10% of women in China, 17.6 % of women in Singapore, and 22.1% of women in Japan.

In contrast, it is estimated that hot flashes are experienced by 75% of women over the age of 50 in the United States.

One thing that the women studied in Asia had in common with each other was that they followed a traditional, mostly plant-based diet, rich in soy products.

In fact, studies show that a diet rich in soy reduces moderate-to-severe hot flashes by 84%.

FOR YOUR HEALTH

Menopause cont.

As a 52-year-old woman approaching menopause, one thing that I've been experiencing, in addition to a touch of occasional insomnia, is that I find myself reacting very passionately to things that normally don't evoke more than an eye roll and maybe a snide and flippant retort.

Hormone shifts can affect moods and even though they're temporary, it can be really destabilizing to suddenly find yourself feeling uncharacteristically irritable, self-conscious, anxious, nervous or depressed or even having full-blown panic attacks.

Eating a healthy, primarily plant-based diet and keeping your blood sugar levels even can help stabilize hormone shifts and reduce both physical and psychological symptoms.

A lot of women hesitate to shift to a plant-based diet because they are worried about developing osteoporosis, but contrary to popular belief, the cause of osteoporosis isn't usually inadequate calcium intake. The problem is **abnormally rapid calcium loss**, aggravated by the following five calcium depleters:

- Animal protein.
- Sodium (salt).
- Caffeine.
- Tobacco.
- Sedentary lifestyle.





Although many people try to get their calcium from milk, only about 30% of the calcium in dairy products is absorbed, and the remaining 70% never even makes it past the intestines. Milk products also contain lactose sugar, animal proteins, and notable traces of antibiotics and other contaminants.

Check out a complete list of healthy plant-based sources of calcium [here...]

FOR YOUR HEALTH

Menopause cont.

Diet

- Eat a primarily plant-based diet, rich in phytoestrogens including soy products, cooked leafy greens like kale, collard greens, broccoli, and dandelion etc, as well as legumes such as black beans, pinto beans, garbanzo beans and lentils.
- Add 1-2 Tablespoons of Flax seed to your daily diet.
- Make sure you're still getting in plenty of "good fats" including nuts, seeds and their butters, seaweed, algae, and avocado

Herbal remedies

- Chaste tree tincture (regulates hormones, reduces menopausal symptoms)
- Lemon balm tincture (cools hot flashes, improves mood)
- Motherwort tincture (relaxing, calming, cools hot flashes and menopausal symptoms)
- Black cohosh tincture (cools hot flashes, improves menopausal mood and symptoms)
- Hops tincture (cools hot flashes, relieves vaginal dryness)
- Sage leaf tincture (cools hot flashes)
- Chinese ginseng / Panax ginseng (reduces hot flashes, boosts libido and lowers high cholesterol) Note: Take in the early part of the day as ginseng can be stimulating and interfere with sleep.
- Rheum rhaponticum / Rhubarb extract (cools hot flashes)
- Valerian capsules (reduce hot flashes and gentle, non-addictive sleep aid)
- Pycnogenol/pine bark extract (antioxidant, reduces hot flashes)
- Passionflower extract (sleep aid)
- Valerian extract (sleep aid)
- Lemon balm extract (sleep aid)

FOR THE ENVIRONMENT

Did you know?

50% of Americans were farming in 1880. Now less than 2% of the nation is employed in agriculture, yet some 80% of global deforestation is a result of agricultural production, the leading cause of habitat destruction, and a major cause of direct global greenhouse gas (GHG) emissions.

Almost 50,000 acres of forest are cleared by farmers and loggers per day worldwide. This extreme clearing of land means habitat loss for countless species of animals, insects and birds, increased greenhouse gases, disruption and/or pollution of and sometimes even ceasing of water cycles, increased soil erosion, flooding and air pollution caused by forest

A significant amount of total deforestation occ<mark>urs in rainforests, which are home to o</mark>ver 50 % of plant and animal species on the planet, and beef and soy production are responsible for more than 66% of the reported habitat loss in Brazil's

Amazon and Cerrado regions and Argentina and Paraguay's Gran Chaco region.

Soy

fires.

While many people argue that human soy consumption is equally to blame, most of this soy is not actually being grown for human consumption.

In fact, well over 70% of all soy becomes livestock feed—for cows, chickens, pigs, and farmed fish.

IS THE LEADING CAUSE

- OF
- SPECIES EXTENSION
- DEFORESTATION
- WATER POLLUTION
 - OCEAN DEAD ZONE
 - HABITAT DESTRUCTION

What Can We do to Help?

FOR THE ENVIRONMENT

4 changes you can BERG make that may seem small but will make a very big difference:

- Try switching out just one of your meat or animal-product-based meals each day with a delicious plant-based meal instead. If you're really ready for a challenge, try switching out a whole day or even an entire weekend.
- Replace milk products with plant-based milk, cream, yogurts etc. There are some delicious dairy alternatives that are tastier and healthier for you than dairy, that are made of everything from oats and soy to just about every nut you can think of. I just tried pistachio milk in my coffee for the first time and it was AMAZING. A.M.A.Z.I.N.G. For tips on kicking your cheese addiction, check out the last episode of the Sweet Vegan Spills the Tea podcast, Life After Cheese.
- Make the changes sustainable by eating delicious plant-based foods that you
 love. You don't have to go all in or do it perfectly, but set yourself up for
 success even if you're taking small steps. What I'm saying is, Don't swap out
 your cheeseburger for a bowl of dry kale. Nobody likes dry kale and anyone
 who says they do is lying.
- Eat mostly (or entirely) whole foods. If you switch out all your animal
 products for processed plant-based alternatives full of chemicals, sodium and
 saturated fats, you'll miss out on one of the best parts of eating plant-based
 foods, feeling great!

I know it's to believe that we can make that big of a difference all by your little self, but as the African proverb goes ...

"IF YOU THINK YOU ARE TOO SMALL TO MAKE A DIFFERENCE, YOU HAVEN'T SPENT THE NIGHT WITH A MOSQUITO."

FOR THE ANIMALS



I want to give a well-deserved shout-out to this amazing non-profit organization that we discovered when we were last on the Greek island of Amorgos.

Animal Zone International is dedicated to saving animals and improving the environment for their island community. They offer fostering, vet care, adoption, workshops and even student volunteer and work vacation opportunities.

animal-zone.org

If you're ever planning a trip to Amoros, I strongly suggest popping in to see them or some of the animals they are taking such great care of.

And even if you're not heading to Greece anytime soon, still check out their website and all the great stuff they're up to.

The greatness of a nation and its moral progress can be judged by the way its animals are treated"

— Mahatma Gandhi





Recipes in full on pages 16 & 17

GRILLED VEGETABLES

So simple, so beautiful, and so delicious. You can use any Italian veg you like but I suggest a balance. Here we have the savoury mushrooms and the slight vegetal bitterness of eggplant balanced with the gorgeous sweet peppers, all brought together with a tiny kick of salt from the capers and olives.





ITALIAN SAUSAGE SANDWICHES

I don't know how this happened but the menu developed an Italian theme. Blame the roasted peppers, because that's where we started, and it just kind of built momentum from there.

Italian sausage sandwiches are the best! They're like a submarine sandwich pizza calzone. So basically an Italian thrupple that you get to eat.

These can be made stovetop or on the barbecue and take very little time and skill. Perfect for a summer afternoon.



ESPRESSO NICE CREAM

This recipe is from The Plantpower Way: Italia

by Julia Piatt and Rich Roll

The ingredients are simple, coconut milk, espresso, almond extract, Medjool dates and raw cacao nibs.

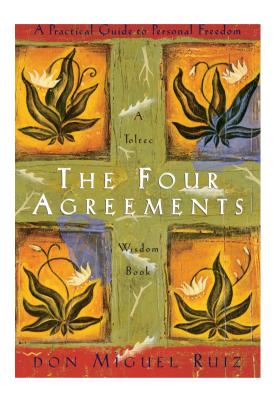
If you don't have an ice cream maker or an ice cream attachment on your kitchen aid, no worries, you simply freeze the mixture and blend it up in a food processor to make it creamy once it's frozen.



ITALIAN GREYHOUND

This is a gorgeous marriage between two of my favourite cocktails, an amaretto spritz, and a greyhound. If you like bitters and citrus this is your cocktail/mocktail.

CURRENT EVENTS



CURRENTLY READING

The Four Agreements

My youngest daughter made me read this and I'm really glad that she did.

Don Miguel Ruiz's Practical Guide to Personal Freedom is a code of conduct based on ancient Toltec wisdom that advocates freedom from self-limiting beliefs.

It's all things that most of us already know, laid out plain and simple as a perfect reminder of how simple it is to be truly happy and fulfilled. Not necessarily easy... but simple, and definitely doable.

CURRENTLY LISTENING TO

Lovely -Billy Eilish & Khalid Over and over again. I don't know what else to tell you.



DON'T MISS THIS!

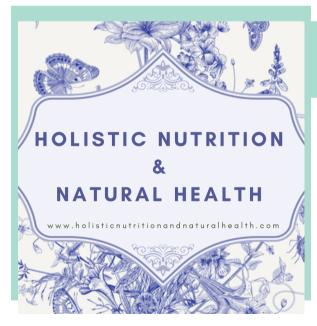


PODCAST

Life after Cheese

Sweet Vegan Spills the Tea podcast has been on a little break but we're back in the studio cooking up some killer episodes. While you're waiting, catch up on On Season One, Episode 13 - Life after Cheese - we're talking about the salt/sugar/fat trap, breaking up with the foods we love to hate, plant-based alternatives to your favourite non-vegan comfort foods, and of course... cheese.

Available wherever you get your podcasts, and on Youtube!



NEW NUTRITHERAPY / HOLISTIC NUTRITION WEB SITE

That's right! In addition to plant-based nutrition and vegan lifestyle coaching, I am also a Holistic Nutritionist / Nutritherapy Practitioner.

Omnivores, vegetarians, pescatarians, flexitarians, and vegans (did I miss anyone?) are all welcome. I am not here with any agenda other than to help you reach your health and wellness goals, by helping you learn how to take charge of your nutritional health. To learn more, visit Holistic NutritionandNaturalHealth.com

For more information about plant-based nutrition and my nutrition coaching services, email me at sweetvegancoaching@gmail.com

To book your free 15-minute health & wellness call, visit:

Holistic Health & Nutrition Consult Calender

Recipes



Grilled Vegetables

Ingredients:

- 1 Tbsp capers, rinsed
- 6-10 black olives with pits
- 4 long sweet peppers
- 2 medium-small eggplants'
- 2 large portobello mushrooms
- 1 large zucchini
- 3 cloves garlic
- juice of 1 lemon
- small bunch of fresh oregano
- extra virgin olive oil
- soft vegan cheese and baguette for serving with *optional

Method:

- Slice the peppers, eggplants and zucchini lengthwise into strips about 1/2 an inch thick. Remove any seeds from the peppers.
- Slice the mushrooms about 1 inch thick.
- Peel and thinly slice garlic
- Heat about 1 tbsp of olive oil in a cast iron or non-stick pan
- Add the oregano leaves (without the stem) and the peppers and cook until tender but not mushy. Remove from the pan and repeat with the eggplant, then zucchini. You can do them all together but you will lose some of the vibrancy of the colour and some of your veg might cook faster than the others.
- While your veg is cooking, and smash together your olives and capers with a fork (removing and discarding of the pits) or between your fingers.
- Once all of your veg is done, toss in the capers and olives, and lemon juice.
- Enjoy!



Italian Sausage Sandwich

Ingredients:

- 2 plant-based Italian sausages
- 2 sausage buns
- 1 medium yellow onion or 1 cup cipollini onion, sliced
- 2 cloves of garlic, minced
- 1 cup button or cremini mushrooms, sliced
- 1 cup of your favourite thick tomato, spaghetti or pizza sauce
- 1 Tbsp fresh basil (dry will do in a pinch if you don't have fresh)
- 2 slices vegan mozzarella or other melty plant-based cheese * optional

Method:

- Heat oil in a non-stick or cast iron pan
- Saute mushrooms and onion until onions are becoming translucent and mushrooms are starting to get tender.
- Add garlic, mushrooms and basil and saute until the sausage is well cooked and the mushrooms are tender.
 Add a bit of water if the pan gets too dry
- Add tomato sauce and simmer until most of the liquid is reduced and your sauce is thick and chunky
- While your sauce is simmering, toast your buns
- Place a sausage in each bun, with a big scoop of the mushroom tomato sauce and top with cheese.
- Enjoy!



ESPRESSO NICE CREAM

Ingredients:

- 5 pitted Medjool dates
- 6 Tbsp fresh pressed espress0
- 2 15 oz cans of refrigerated coconut milk
- 2 tsp almond extract
- 2 Tbsp grated raw cacao or raw chocolate for garnish

Frosting

!/3 Cup Earth Balance1/2 Cup Icing Sugar2 Tsp Limoncello1 Tbsp lemon zest

Method

- Place the dates in a small bowl of filtered water and soak for at least 30 minutes
- Prepare the espresso in a French press or espresso maker and set aside
- Open the cans of coconut milk and scoop out the solidified coconut, reserving the liquid
- In the pitcher of a high-speed blender add the solidified coconut milk, the soaked and pitted dates the almond extract and 1/4 cup of espresso
- Blend on medium speed while adding small amounts of the reserved coconut milk liquid, 2 Tbsp at a time until the mixture is smooth and thick
- Prepare the ice cream in an ice cream maker following the manufacturer's instructions.
- If you do not have an ice cream maker, pour the mixture into a metal loaf pan and cover it with parchment paper, Freeze until hardened
- Remove the pan from the freezer to thaw a little and as it loosens from the pan, break it up and place it in the bowl of a food processor to blend just enough to give it a firm but creamy texture.
- Scoop the ice cream into a bowl, Pour the remaining espresso on top and garnish with chocolate or cacao.

For more delicious Italian-inspired plant-based recipes like this one, , check out the book: The Plantpower Way: Italia by Julia Piatt and Rich Roll



Italian Greyhound

Ingredients:

- 2 ounces vodka (optional
- 1 Tounce grapefruit juice
- 2 ounces Aperol (or Crodino for mocktail)
- Prosecco (or soda for mocktail) to top it off
- Ice cubes

Method:

- Fill a cocktail shaker half full of ice cubes
- Add all ingredients except for prosecco or soda
- Shake well
- Pour divided into two glasses and top with prosecco or soda



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 decide if health coaching is right for you, I invite you to schedule a free initial consultation with me, during which we will discuss your health and lifestyle to determine how I can best support you in achieving your goals.

Please feel free to contact me for details at sweetvegancoaching@gmail.com

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