



An Appetite for Healthy Living

MS Wellness Conference

eat**WELL**with  Linda.com

Outline

- My wellness journey
- What is inflammation?
- What foods are beneficial and which foods to avoid?
- 5 Everyday Superfoods for MS
- My Recipe for Wellness
- My Wednesday Fitness Class



In Eastern Ontario area, approximately 2,140 people are living with MS.

I am one of those people



I can accept failure, but I can't accept not trying. – Michael Jordan

Health vs Disease



Whether you think you can or whether you think you can't,
you're right. - Henry Ford

My hero Terry Fox

*“Dreams are made if
people only try.
I believe in miracles.
I have to...
Because somewhere
the hurting must
stop.”*



“I just wish people would realize that anything’s possible
if you try” – Terry Fox, 1981

My first Marathon



London, Ontario – May 2011

This race gave me the strength I needed to prove to myself that I can get through this, that my body can do this.

Running
has become my
therapy, it's been my
way of dealing with
MS.



"For me running is energizing. It gives me life and it gives me hope that I will get through this one day at a time."

12

Marathons



The obsession with running is really an obsession with the potential for more and more life. - George Sheehan

Boston Marathon



My third
marathon -
April 2005

"He who has health has hope; and he who has hope has everything."

- Arabian proverb

#10

New York City Marathon

Me and 45,350
runners
completed the
ING New York
City Marathon on
Nov 7, 2010.





Every success
marathon is a
confirmation to me
that I have control
of my illness and
that there is hope to
end MS.

If we don't give
ourselves
possibilities, we
don't give ourselves
hope.

During my journey...

- I discovered the powers of eating alive, natural and good quality foods.



"Let food be your best medicine." - Aristotle

What is inflammation?

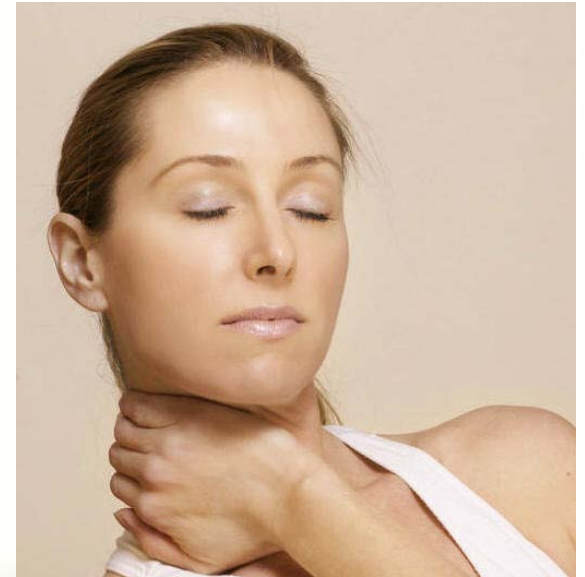
- Inflammation is an immune response to injury, toxins, allergy, or infection, and causes pain, redness, heat, and swelling in the affected area.



"A man too busy to take care of his health is like a mechanic too busy to take care of his tools". Spanish Proverb

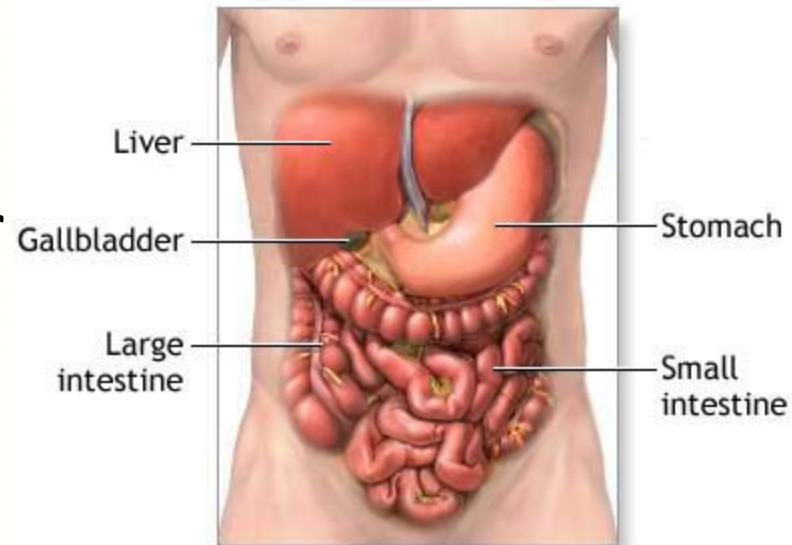
Other symptoms

- injuries and sore joints are hard to ignore, less severe symptoms of inflammation generally don't attract your attention in the same way.
 - indigestion after meals
 - bleeding gums
 - patch of eczema
 - numbness and tingling
 - muscle fatigue



Did you know?

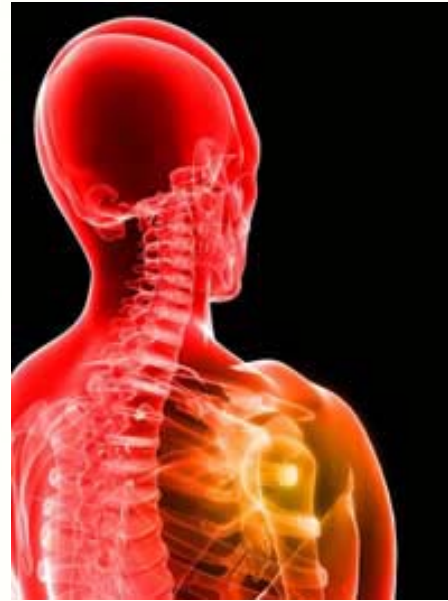
More than 70 percent of our immune system cells are found along the lining of our digestive tract.



ADAM.

A huge way to affect the immune response is to change which foods interact with your gut.

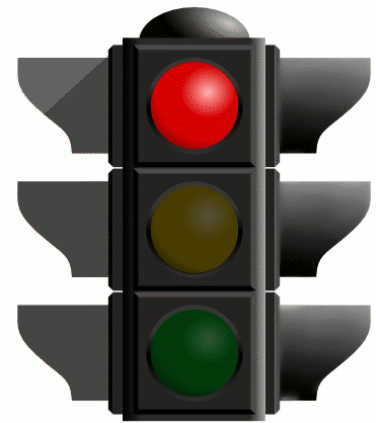
Certain foods can put out the fire of inflammation while other foods can promote it.



Life shrinks or expands in proportion to one's courage.
— Anais Nin

Foods to Avoid

- harmful fats (trans and hydrogenated, processed foods, fastfoods, margarine)
- nightshade vegetables (tomatoes, peppers, potatoes, eggplants, goji berries)
- dairy products
- red meats
- artificial sweeteners



And Refined White Sugar....



Chromium



What is a Superfood?

A superfood can be defined as any food that has an incredibly high concentration of phytonutrients.

Enzymes

Antioxidants

Minerals

Vitamins

Phytochemicals



Leafy Greens

- Romaine lettuce
- Spinach
- Swiss chard
- Green cabbage
- Collard greens
- Beet greens
- Dandelion greens
- Parsley
- Mint
- Kale
- Argula
- Cilantro
- Mustard Greens
- Turnip Greens



Leafy Greens

- fights inflammatory conditions
- purifies the blood and cleans us of toxins
- immune booster
- normalizes blood pressure
- cleans the intestines
- rejuvenates the body, and who doesn't want to feel youthful?



Tips for eating greens

- Use greens as a base instead of grains/pasta
- Eat a salad with every meal
- Mix a handful in your smoothie
- Chop and add to soups near the end of cooking
- Enjoy a bed of greens with burgers, chicken or fish



Ginger

- has anti-inflammatory benefits
- helps prevent nausea (gingerols)
- boost your immune system (during flu season)
- high in potassium, great for heart health



Tips for Eating Ginger

- add to a stir fry, soups, casserole
- have a lemon ginger tea
- ginger capsules are available



Cruciferous Vegetables

- contains:
 - ✓ **sulphur** that the body needs to make its own high-powered antioxidant
 - ✓ **INDOLE 3-CARBINOL** which helps lower circulating estrogen levels
 - ✓ stimulates the body's detox of carcinogenic compounds and free radicals
 - ✓ includes: Broccoli, Cauliflower, Brussel sprouts, Collard greens, Cabbage, Turnips, Bok choy, and Kale



Tips for Eating Cruciferous Vegetables

- Make pureed soups with these vegetables or add them to existing soup recipes
- Steam cruciferous veggies and add olive oil and garlic to season
- Make a platter of cup up cruciferous veggies and dip in hummus



Seed and Seed Oils

- natural anti-inflammatory properties
- enhance immune support
- flax and pumpkin are an excellent source of omega 3 essential fatty acids
- hemp oil contains the exact ideal ratio of omega-3 and omega-6 essential fatty acids (1:3)



•Flax •Hemp •Pumpkin •Sesame

Tips for Eating Seeds/Seed Oils

- Sprinkle on salads (remember- flaxseeds must be ground first!)
- Mix with nuts and dried fruit for a trail mix
- Add to smoothies for an extra boost of energy and nervous system support



Turmeric

- contains a powerful natural inflammatory compound without any toxic effects
- the medicinal effects are the curcuminoids - curcumin(color)
- adored in India for its purifying properties



Tips for Eating Turmeric

- eat more curry sauce (contains turmeric)
- sprinkle on cauliflower
- sprinkle on scrambled eggs and veggie omelettes
- curcumin is also available as a supplement
- sip on a turmeric tea (see website)



Beneficial Supplements

1. Omega-3 Essential Fats (Fish oil)
 - helps reduce inflammation in the body
 - 1g-2g combined of EPA+DHA
2. Good quality multivitamin and mineral formula
3. Probiotics
4. Vitamin D3: 1000-4000 IU



My Recipe for Wellness

- By focusing on being healthy I don't focus on being sick.
 - green smoothie
 - exercise
 - daily meditation
 - eat natural and wholesome foods
 - positive thoughts
 - appreciate life and the moment



Good Morning Smoothie

- This is a perfect start to your day with both fruits and veggies.
- **1 Apple**
- **1 Pear**
- **1 Avocado**
- **Bunch of Kale**
- **1 cup Almond milk**
- **1/2-cup water**
- **3 tbsp grated ginger**

My Wednesday Fitness Class



The difference between the impossible and the possible lies in a man's determination. – Tommy Lasorda

It's not about what's on the other side of the mountain, it's about the climb. – Miley Cyrus



The climb

- <http://www.youtube.com/watch?v=vmKsCMgROCQ>

It's not about what's on the other side of the mountain,
it's about the climb. – Miley Cyrus

Workshops



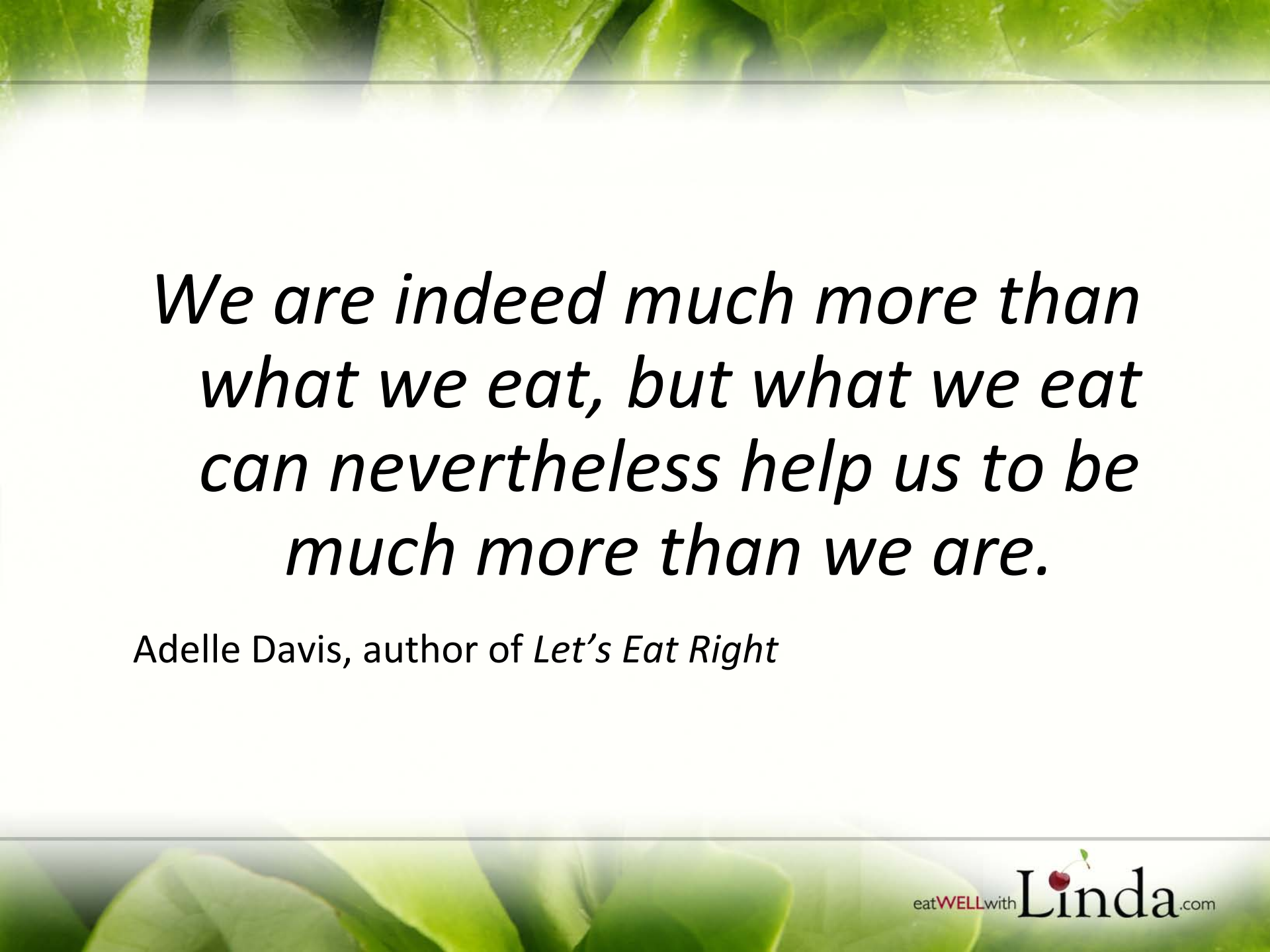
MS Tired of Being Tired?

Date Thurs. Dec 1, 2011

Time 7-8pm

Location Bob MacQuarrie R.C. – Orléans

**To register call 613-824-0819, ext. 293 and give
Code 67861 Cost \$28.25**

A background image of fresh green leafy vegetables, possibly spinach or kale, with a soft, blurred effect. The leaves are vibrant green and fill the top and bottom portions of the frame.

*We are indeed much more than
what we eat, but what we eat
can nevertheless help us to be
much more than we are.*

Adelle Davis, author of *Let's Eat Right*

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Welcome

Do you need a coach?

I would be pleased to work with you and help guide you towards one step closer to your health goals.

Here are some of the areas I can help you with where nutrition can play an important role:

- digestive health
- improving your performance in sports
- gaining more energy or managing your "mood swings"
- weight management



'If you Eat Well and Live Well, you will be rewarded with wonderful health'