

Like



Full Bodied Nutrition

Your Holistic Hub



Happy February Friends!

February is National Heart Month so this month we are focusing on heart health. It is a perfect time to bring some special attention to the importance of our cardiovascular health, and think of ways we can to reduce our risk of cardiovascular disease.

The Canadian Government states that "heart disease affects approximately 2.4 million Canadian adults, and is the second leading cause of death in Canada".
SECOND LEADING CAUSE OF DEATH. WOW!!

Thankfully, there are eating strategies that we can implement to help reduce our risk of cardiovascular disease.

1. Eating
a
variety
of
fruits
and
vegetables.
Fruit
and
vegetables
have
VITAL
vitamins
and
minerals
that
the

body
needs
to
function
optimally.

2. Limit
your
amount
of
low
quality
fats
like
canola
and
vegetable
oils
that
are
low
in
nutrition.
Instead
opt
for
high
quality
oils
such
as
cold
pressed
olive
oil,
avocado
and
coconut
oils.
These
oils
are
best
preserved
in
dark
glass

bottles
and
kept
away
from
any
heat
source
(ie
the
stove).

3. Consume
more
cold-
water
fish.
This
can
help
to
raise
your
overall
omega
3
fatty
acid
content
(which
can
have
anti-
inflammatory
effects).
4. When
choosing
carbohydrates,
strive
to
consume
complex
carbohydrates
and
whole
grains.
5. Include

legumes
(beans)
regularly
has
been
linked
to
lower
cholesterol
and
triglyceride
levels
which
is
likely
due
to
soluble
fibers.

6. Include
high
fiber
options.
Fiber
may
help
to
lower
cholesterol
levels
as
it
binds
to
cholesterol
particles
in
the
digestive
system
and
escorts
them
out
of
the

body
before
they
can
be
absorbed.

As nutritionists, we will always advocate for the best case scenario. Eating organic has proven benefits and reduces our overall toxic load. Eating organic can be pricey, so check out the Environmental Working Groups Dirty Dozen and Clean 15 lists as a guide as to what should be bought organic (when possible) and what foods can be enjoyed without being organic.

Another important piece of this puzzle relates to movement. It doesn't matter what movement you are doing, just that you are moving. Walking, jogging, yoga, swimming, biking, Tai Chi, dancing... just get moving everyday.

Upcoming

We are excited to continue working on more new and exciting Cupcakes and Kale Podcasts. It is currently only on Soundcloud. Want to listen? You can find it [here](#). We will keep you informed of more platforms as they become available.

A reminder to our followers, regarding our ongoing Wellness Initiative, the 12 week do-at-your own pace wellness program designed to help you create a sustainable, well balanced nutritional lifestyle. You can find it [here](#). The modules will soon be available to be purchased individually.

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Nourishment: Research shows that some foods can help lower blood pressure such as celery, garlic, onions, pumpkin seeds and green leafy vegetables. Others include complete proteins, including some from vegetables sources.

Lifestyle: Reduce stress by any means possible. Get outside, laugh, be silly, enjoy the company of others. Try and find activities that increase your joy and decrease your overall stress level.

Psycho/Spiritual Connection:

The psycho/spiritual connection to the heart is love, to be less critical of self and others, and to practice forgiveness. Love deeply, passionately and forgive - the the ones you love and are in your circle, including yourself!

Wellness Challenge: This month we are challenging our followers to practice self forgiveness. One of our favorite quotes says "Life is hard and easy, shitty and great, miserable and happy, sad and joyful, messed up and put together. It's all temporary!" which originated from the AMAZING ME MOVEMENT. Take some time for yourself, only when we take care of ourselves can we take care of others.

**Wishing you well,
Janice & Ginette**



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