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Happy Canada Day!!!

In our newsletter this month, we are going to talk about what a one on one meeting with us looks like as well as what everyone's role is in the process.

Our role as Registered Holistic Nutritionist is to act as a guide and a mentor for achieving and maintaining a healthy lifestyle by imparting our knowledge of nutrition, eating habits, and daily routines/ways of life to improve or enhance your physical and mental well-being.

We have a Code of Ethics that we need to live by, which is regulated by our professional association. We are held to a high standard with regards to the level of professionalism and privacy.

We are not medical professionals and will not replace your medical team, however with your permission we will work with them and come up with a plan that will work for all involved.

The role of the client, is to be as honest as possible when filling out the paperwork. We will be asking some pretty personal questions so we can get a full picture of what may be going on. We will be talking about bowel movements, sleep habits, sex drive, stress levels and energy levels and your medical history. Your role is also to have a willingness to make changes. Doing what you have been doing is essentially not working and therefore some changes must be made. Does this mean we will be taking everything that you love away! NO, because that is not a sustainable solution. One of our goals, is to help develop

with you, a plan that you are comfortable with and that will set you up for success!

Taking the steps to your nutritional best is NOT an overnight fix. What we do is not quick! This means you will have several meetings with us. In a typical session, you will see it broken down like this;

One-hour phone call – This is to review initial concerns, expectation of client, review documents that need to be completed by the client prior to our in person meeting.

Intake meeting – This is our 1 on 1 meeting to review in depth the completed documents. This meeting is usually about 90 minutes.

Review of findings - This is where we look at the systems that need to be addressed and give you our list of foods, lifestyle and supplement recommendations and possible next steps. This meeting is 1 hour.

Follow up session – This meeting is usually within a 6 week time frame. It is to see how things are progressing, address and concerns, and review next steps. This meeting is 1 hour long.

Due to current global pandemic at this time, all meetings are done via teleworking (i.e. ZOOM (internet meeting platform), Skype, FaceTime or other video chat) or by phone.

Our philosophy relates highly with our Podcast name; Cupcakes and Kale. We believe in balance. We will not take away all your cupcakes and make you eat only kale – EVER! We promise our commitment, our professionalism and our support. We are here to act as a guide to help you reach your goals.



Upcoming

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Our society is changing and we need to adapt to it. Stay tuned as we explore new and exciting ways to serve you during this pandemic and beyond.

We are continuing to create our Pandemic Edition Come Dine with Us, only now in a Zoom format. These are pre-recorded and uploaded on the last Friday of every month.

Once social distancing protocols are no longer in place, we will return to a LIVE format in Facebook! We can't wait!!!

Have an idea that you would like to share with us? Contact us anytime.

[Janice's email](#)

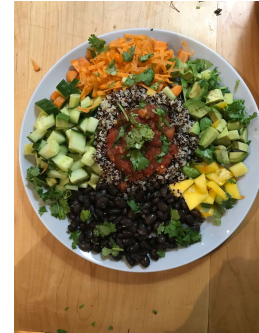
[Ginette's email](#)

Holistic Hub

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Nourishment: What Are Whole Foods?

The term “whole foods” is used to refer to food which is closest to its natural state. They are good for us because they bring more nutrients than processed and packaged foods.



What foods should we be eating? Whole foods include vegetables and fruits which haven't been processed as well as whole grains such as oats, millet, quinoa, buckwheat, rye, and brown rice. We should also be eating more legumes and beans like chickpeas and lentils as well as more seeds and nuts. Whole foods also include those derived from animal origins including fish, eggs, seafood, poultry and lean red meat such as veal, pork, lamb and beef.

Whole foods contain many different nutrients all in a single food including minerals, vitamins, fiber, essential fatty acids, and phytonutrients. They are also very rich in substances which can't be synthesized in the body and which therefore need to be obtained via your diet.

Lifestyle: Protect Yourself from Blue Light

More of us are now becoming more aware of how blue light can affect our bodies, yet with increased device usage, we're exposed to more of it than ever before. To enjoy maximum well-being, we need to find ways to minimize the amount of blue light we allow ourselves to be exposed to. Why is this the case?

Blue light has the highest energy waves and this makes it more difficult for the eyes to process effectively.

Excessive exposure to blue light can disrupt your circadian rhythm cycle severely. This is because it reduces the melatonin levels released by your body. If your body doesn't have enough melatonin at bedtime, you can't sleep properly and become exhausted.

Blue light is emitted by screens from laptops, smartphones and tablets and eventually causes eye strain, nearsightedness and dry, itching eyes. Finding ways to avoid excessive blue light exposure is therefore essential.

The answer could be to invest in a pair of blue-light protective glasses or turn your devices off at night. Blue light glasses are designed with an HEV (high energy visible light) filter built in. These allow you to use your devices whenever you like without any worries about exposure to blue light impacting on your sleep patterns.

The Stress Connection: Back to Basics

We are living in a highly pressured modern world and more of us than ever before are living a frantic lifestyle. As a result, we experience a host of mental, emotional and physical health issues ranging from allergies and asthma to anxiety and depression. It's no wonder, then, that so many people are looking for ways to improve their well-being so that they can avoid the stress that today's way of living can bring.

While there is plenty of advice out there about different ways you can minimize the problems associated with modern living, there are basics that can be brought back and put into place to assist with reducing overall stress levels. Eating whole foods, moving our bodies, getting good quality sleep, spending more time in nature, quality time with loved ones, practicing self care and slowing our lives down are some of the most basic and successful strategies.

By implementing a few small and simple changes in different areas of your life, you can enjoy better well-being and a healthier approach.



Ongoing Initiatives

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Our Supercharge Your Body program has begun but you can join us ANYTIME. Simply join our exclusive Strategies by Full Bodied Nutrition Facebook group and join the conversation. Follow this quick [LINK](#) and join us today.

Our Full Bodied Nutrition Wellness Initiative E-Book is also available for purchase at fullbodiednutrition.com. You can check it out [HERE](#). Our initiative is to bring wellness to everyone on their own terms. You decide your goal ... we will get you there!

Also, feel free to check out our Signature Wellness Initiative program by following this link.

12 week Wellness Initiative Program

Don't forget to Like and Follow us on social media for all kinds of tips, info and a few laughs. Just click the link below:

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Due to the pandemic and social distancing, we will not be producing any new Cupcakes and Kale podcast, as the audio is not to our liking. We will however resume once distancing measures have been lifted. Don't hesitate to check out our previous Cupcakes and Kale podcast, available in iTunes and SoundCloud. Simply look us up in the search bar!

**Wishing you well,
Janice and Ginette**



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