



## *Full Bodied Nutrition*

*Your Holistic Hub*



### **Welcome November!**

As we head into November, a month synonymous with Remembrance Day, we want to take a moment to be thankful for our freedoms. We are grateful for all those people who made, and who continue to make sacrifices and we hope that you too will take a moment to remember and thank others who ensure our rights and freedom.

This November we are talking all about cognitive and brain health. As we age, there is no surprise that sometimes we can see a decline in cognitive abilities. Keep in mind that cognitive health should be a concern for both the young and the old. It's never too early to support your brain. The brain is an organ and therefore it needs to be supported like all others organs in the human body.

Here are some ways to keep your brain healthy. **Exercise**, even low intensity, is one of the best ways to support brain function as it pumps more oxygen to the brain. It may also help the bodily release hormones, which all participate in helping to provide a nourishing environment for the growth of brain cells.

**Learning** is another way to keep our brains stimulated. Learning something new, such as learning to play an instrument or a new language, builds new pathways and makes the fibers come alive. **Sleep** is another factor that is important for cognitive health. Science tells us that the brain requires sleep to consolidate learning and memory. **Reducing stress** is important in order to keep cortisol levels down. According to Psychology Today, neuroscientists at the University of California and Berkeley have discovered that chronic stress can trigger long-term changes in the structure and function of our brain which may lead to cognitive decline. **Healthy dietary habits** also play a major role in our brain health.

Including foods high in fiber (leafy greens, fruit, legumes, wheat, broccoli), healthy fats (cold pressed olive oil, nuts and seeds, oily fish) for their Omega 3 fatty acids,

organic fresh vegetables and fruit for their flavanoid antioxidant potential, whole grains and lean proteins from both animal and plant sources.



## Upcoming

Since we are focusing on cognitive health this month, we are excited to be offering a Cognitive Support Meal Plan. This meal plan is a 4 week plan that includes foods that support cognitive health and begins Monday, November 4th. Included in all of our meal plans are 3 meals and 2 snacks per day, a grocery list, daily tips, tons of information and support. Registration can be done through contacting us or by visiting our website.

Also launching this month is our 12 Week Wellness Initiative program.

Are you tired of trying to sort through all the information about diets and nutrition? Are you interested in transforming your relationship with food and your body so you never feel like you "have to get back on your diet" again?

Extremes such as restrictive diets and cheat days take the thinking out of the game. And they fail because they are not sustainable.

Eating healthy is about being aware of what you are eating, how you are feeling, and making conscious choices repeatedly.

The Full Bodied Nutrition 12-week Wellness Initiative is designed specifically for men and women who are ready to ditch the diet mentality and feel healthy, strong, confident - and still enjoy the foods they love!

This is not a diet. Not a meal plan. Just real people eating real food... and enjoying the things we love too!

Because cupcakes and kale and wine can totally coexist.

A new month means a new Come Dine with Us, which is our Facebook Live broadcast that we present on the last Thursday of every month. This month we will be broadcasting on November 28 at 6 pm.

Don't forget to like our daily posts and follow us on social media. We have links on our website, [fullbodiednutrition.com](http://fullbodiednutrition.com).

## Holistic Hub

**Nourishment:** Healthy fats are literally brain food. Olive oil,



for example, contains anti-inflammatory benefits, promotes heart health, supports digestive health, can enhance cognitive function and may reduce the risk of cancer due to its polyphenols. Look for cold pressed olive oil in a dark colored, glass container that is stored away from heat and light. These factors help to reduce the possibility of rancidity of the oil.

**Lifestyle:** We spoke about the benefits that exercise can have on cognition. Incorporating movement that includes balance, flexibility, and aerobic fitness is a better option than focusing on just one type of exercise. For example, yoga and tai chi are great examples of an all-encompassing exercise routine that significantly enhances cognition. It incorporates cross-lateral movements, meaning the arm and leg movements cross over from one side of the body to the other. When this happens, the two sides of the brain are forced to communicate and work together.

**Psycho/Spiritual Connection:** Did you know that the mind and the body have a deep rooted connection. This, in effect, means that what you think, eat and how you feel all can contribute to the development of disease. Suppressing painful emotions can lead to anger, anxiety, and depression which can actually disrupt your bodies ability to create balance within itself. An effective way to express, feel, and get your feelings out is to talk about them.

**Wellness Challenge:** This month's Wellness Challenge is all about challenging the mind. We have already had a wellness challenge that includes trying something new, however, this one is for a different purpose. Trying activities such as doing crossword puzzles, word searches, doing sudoku, being creative through music or art and reading books can be an effective way to stimulate the brain. We will be sharing the brain health benefits of trying new activities all month on our social media. We hope that you will share those new experiences with us.

**Wishing you well,  
Janice and Ginette**



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