



# Your Partner in Wellness

February 2009 | Choices Markets Nutrition & Health News

## An (Organic) Bun in the Oven: Nourishing Your Body During Pregnancy

By Desiree Nielsen, RD, The Choices Dietitian

Pregnancy is a life-changing experience—in just nine short months, your body will welcome a new life into the world! Beckoning a shift in priorities, pregnancy signals the time to put your faith in the old adage, “you are what you eat.” If you have lapsed from healthy eating routines in the past, pregnancy may provide the motivation needed to nourish your developing child and give him or her the best start in life. But what constitutes an ideal diet for pregnant women?

It may seem strange, but during pregnancy, your overall energy needs won't greatly increase. Health Canada currently suggests increasing your daily calorie intake by only 100 calories in your first trimester and 300 in your second and third trimesters. If you are curious, 300 extra calories equals an apple, a tablespoon of almond butter and a glass of skim milk. During pregnancy, what does increase is your body's need for vitamins, minerals and proteins—nutrient-dense, unprocessed foods are a necessity.

Fruits and vegetables are brimming with vitamins, minerals and antioxidants vital for you and your baby. Whole grains provide not only extra fibre for healthy digestion but also nutrients like folate to support healthy neural development. Dairy, lean meats and vegetarian alternatives deliver much-needed calcium and protein. A daily prenatal vitamin is essential to help you meet your nutrition needs; look for a brand that supplies most of the 27mg of iron and 600ug of folate recommended per day. Also, ensure you supply your body with adequate vitamin D. Talk with your physician or a registered dietitian about the amount of vitamin D appropriate for you.

While clear guidelines on omega 3 fatty acids have not been established, EPA and DHA have potential benefits for both mom and baby. EPA and DHA may improve neurological development and help reduce your risk of postpartum depression. Research suggests that only preformed EPA and DHA will deliver these benefits; most vegetarian sources of omega 3s are ineffective at raising blood levels of DHA. If you are a seafood lover you can easily give your body a boost of healthy omega 3s—simply include two servings per week of low-mercury fish such as salmon, trout or mackerel. For vegetarian sources of DHA, look no further than omega 3 eggs, DHA enriched soy milk or a DHA supplement derived from algae.

Food safety is also an important consideration for expectant moms. Avoid unpasteurized dairy, juices and deli meats to reduce the risk of serious food-borne illness. Caution should also be taken with many herbal products; beyond basic culinary use, consider herbs only under the guidance of a qualified herbalist who understands pregnancy.

While nourishing your inner world, also consider your outer world—anything you inhale or touch likely enters your blood stream. During pregnancy, consider switching to natural-based cleaners and beauty products and reduce your exposure to harmful chemicals. Speak to one of Choices Markets' Healthcare Consultants for more information on healthy, non-toxic products.

***Have more questions about healthy eating for pregnancy?  
Ask the Choices Dietitian at [www.choicesmarket.com/nutrition](http://www.choicesmarket.com/nutrition).***


*Looking for more nutrition advice?*

Book a healthy shopping tour with one of our nutrition consultants at [www.choicesmarkets.com/nutrition](http://www.choicesmarkets.com/nutrition)



# Soothing the Fire of Heartburn—Naturally

By Desiree Nielsen, RD, Choices' Dietitian

It happens to all of us occasionally—especially after a particularly rich feast! But if heartburn is a regular guest at your dinner table, ensure you speak with your doctor to rule out any serious conditions. Once you know that your troubles are caused by simple reflux, there are plenty of natural dietary steps you can take to lessen your symptoms. The first is to avoid alcohol and caffeine, which are thought to relax the sphincter muscle and increase acid reflux. Coffee is another culprit as it can increase acid production. Keeping meals light and avoiding high-fat foods should help to decrease symptoms. Try eating five or six mini meals a day that feature fresh fruits and vegetables, lean protein and a moderate amount of healthy fats. During a painful episode, be sure to avoid any foods which may irritate your esophagus such as spices, peppermint, chocolate, citrus, onions, garlic and tomato. Finally, for those on proton pump inhibitors, speak with your healthcare professional about whether you need a source of crystalline B12. 

## On Saturday, March 21 Choices Markets celebrates National Nutrition Month®

Join us at your nearest Choices to learn about healthy eating. Sample healthy tasty foods and take part in other in-store surprises. Our nutrition team will be on hand to answer all of your nutrition questions.

To learn more about this and other Nutrition Month® activities, visit Choices Markets' website [www.choicesmarkets.com](http://www.choicesmarkets.com) or Dietitians of Canada website at [www.dietitians.ca/eatwell](http://www.dietitians.ca/eatwell).



## Health & Wellness Specials

To help with your spring detox, look for these and other products at your your local Choices Markets.



### Genuine Health Perfect Skin

**22.99** 60 tabs

Get clear, acne-free, blemish-free skin with Genuine Health Perfect Skin. As a revolutionary skin supplement, Perfect Skin works from the inside out and targets the main causes of acne.



### New Roots Liver Formula

**31.99** 90 caps

Did you know that beautiful skin begins with a beautiful liver? With New Roots' Liver Formula remove toxins and strengthen your liver to support and sustain healthy, glowing skin.

*Have a question  
about nutrition and  
natural health?*

Ask our experts at  
[www.choicemarkets.com/nutrition](http://www.choicemarkets.com/nutrition)



Bring in this original coupon and receive **10% off** at any Choices Markets location.

*Offer valid until March 31, 2009.*

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# Detoxification: What's All the Buzz?

By Dr. Caleb Ng, ND

It seems that “detox diets” and “cleanses” are popular with everyone from your next door neighbour to celebrities like Beyoncé and Gwyneth Paltrow. The term “detoxification” implies different meanings for different people. I recently had a patient who said, “Detox? Like a treatment centre? I don’t drink that much!” For others, detoxification may mean anything from cutting out a few dietary indulgences to an all-juice diet. Whatever your viewpoint, here are a few tips to help you out during your time of detox.

## Exercise and Control Your Weight

Exercising to lose weight or prevent obesity is a proven lifestyle change that significantly reduces the risk of developing liver damage. Prolonged liver damage can result in a condition called “nonalcoholic fatty liver disease” (NAFLD), which is the most common liver disease in North America. Studies have shown there is a strong correlation between obesity and NAFLD: a higher degree of obesity in an individual often means an increase in liver damage.

## Shop the Perimeter

When you shop the perimeter of the grocery store you’ll find unprocessed foods that are vital for detoxifying. Common preservatives such as BHA and BHT—often found in processed foods—may increase the risk for certain cancers. At high concentrations, these preservatives have been shown to induce tumors in the stomach and liver of animals. Regarding food colouring, common additives such as FD&C Yellow#5 (tartrazine) and FD&C Blue#2 (indigo carmine) have been found to aggravate ADHD (Attention-Deficit Hyperactivity Disorder), asthma and inflammatory skin conditions such as urticaria and atopic dermatitis in children and sensitive individuals.

## Consider Milk Thistle

The literature on Silymarin, a component of Milk Thistle, indicates several liver protective effects: increasing antioxidant activity, preventing toxic accumulation in liver cells, stimulating liver cell regeneration and inhibiting factors relating to cirrhosis. In one clinical trial, Milk Thistle was shown to protect the liver from the effects of Hepatitis A and damage related to alcohol, drugs and poisonous fungi.

## Avoid Radical Diets

Although incidences related to “detox diets” and “cleanses” are rare, they do happen. Last year a woman in Britain suffered permanent brain damage after going on a water diet. After reducing her salt intake and increasing her water intake to 6 pints a day, she experienced a massive epileptic episode caused by severe sodium deficiency. She was left with cognitive deficits affecting memory, concentration, speech and mood regulation.

Before attempting any radical diet or cleanse, consult a licensed primary health care provider to determine if it is safe to do so and what type of cleanse will benefit you the most.

*To learn more about detoxification and liver health, please attend our Spring Detoxification Workshop Series at Choices Markets South Surrey this month.*

Dr. Ng is a Naturopathic Physician and co-founder of the Mountainview Wellness Centre. He specializes in detoxification, weight loss, thyroid conditions, gastro-intestinal disease and men’s health. For more information on Dr. Ng or the Mountainview Wellness Centre visit [www.mountainview-wellness.ca](http://www.mountainview-wellness.ca).

## Spring Detox Lecture Series

Ready for a little spring cleaning? Join Mountainview Wellness Centre and Choices Markets for our Spring Detoxification Series:

March 9	Introduction to detoxification with Dr. Caleb Ng
March 16	Healthy Food and Lifestyle Store Tour with Desiree Nielsen, RD and Lucas Maher
March 23	Detox Friendly Cooking with Chef Antonio Cerullo
<b>Location:</b>	Choices Markets, South Surrey
<b>Time:</b>	Monday evenings from 7pm to 9pm
<b>Cost:</b>	Attend all three events for \$20. The fee for individual lectures is \$5 and \$15 for the cooking class.



# Seminar & Cooking Class Listing | *March 2009*

## CHOICES VANCOUVER SEMINARS

Wednesday, March 18th, 7:00-8:30pm  
**Breast Exams Without the Squeeze**, with Dr. Lianne South, DC ND  
The Fireside Room, Canadian Memorial Centre for Peace (604) 736-0009

## CHOICES SOUTH SURREY SEMINARS

Saturday, March 7th, 10:30am-12:00pm  
**Organic Gardening & Lawn Care**, with Martin Harcourt  
Choices South Surrey (604)541-3902

Monday, March 9th, 7:00-8:30pm  
**Get Ready for Spring Detox**, with Dr. Galina Bogatch, ND and Dr. Caleb Ng, ND, Mountainview Wellness Centre  
Choices South Surrey (604)541-3902

Wednesday, March 11th, 7:00-8:30pm  
**Natural Treatments for Constipation & Other Digestive Disorders**, with Dr. Brian Gluvic, ND, Village Health  
Choices South Surrey (604)541-3902

Monday, March 16th, 7:00-8:30pm  
**Detox Tour: Healthfood and Household Product Demo**, with Choices' Dietitian Desiree Nielsen, RD and Lucas Maher  
Choices South Surrey (604)541-3902

## COOKING CLASSES

Monday, March 2nd, 7:00-9:00pm  
**Heart Healthy Cooking**, with Choices' Executive Chef Antonio Cerullo and Choices' Dietitian Desiree Nielsen, RD  
Choices South Surrey (604)541-3902

Tuesday, March 10, 6:00-8:00pm  
**Detox Friendly Cooking**, with Choices' Executive Chef Antonio Cerullo and Choices' Nutrition Consultant Nadene Shirtliff  
Choices Kelowna (250)862-4864

Monday, March 23rd, 7:00-9:00pm  
**Detox Friendly Cooking**, with Choices' Executive Chef Antonio Cerullo and Choices' Dietitian Desiree Nielsen, RD  
Choices South Surrey (604)541-3902

To register for Choices' seminars and cooking classes, call the number listed with the event between 8:00am-4:30pm, Monday-Friday. All net proceeds are donated to local charity.

### Seminar Locations and Costs

**Vancouver:** Canadian Memorial Centre for Peace, 1825 W16th Ave, Vancouver. Cost \$10.

**South Surrey:** Choices South Surrey, 3248 King George Hwy, South Surrey. Cost \$5.

**Kelowna:** Choices Kelowna, 1937 Harvey Ave, Kelowna. Cost \$5.

### Cooking Class Locations and Costs

**South Surrey:** Choices South Surrey, 3248 King George Hwy, South Surrey. Cost \$15.

**Kelowna:** Choices Kelowna, 1937 Harvey Ave, Kelowna. Cost \$15.

For more information on all events and speakers visit our website: [www.choicesmarkets.com](http://www.choicesmarkets.com)

Visit [choicesmarkets.com/nutrition](http://choicesmarkets.com/nutrition) for Suzanne Kyra's 6 steps to sensational eating!

#### Kitsilano

2627 W. 16th Ave.  
Vancouver  
604.736.0009

#### Cambie

3493 Cambie St.  
Vancouver  
604.875.0099

#### Kerrisdale

1888 W. 57th Ave.  
Vancouver  
604.263.4600

#### Yaletown

1202 Richards St.  
Vancouver  
604.633.2392

#### Choices in the Park

6855 Station Hill Dr.  
Burnaby  
604.522.6441

#### Rice Bakery

2595 W. 16th Ave.  
Vancouver  
604.736.0301

#### South Surrey

3248 King George Hwy.  
South Surrey  
604.541.3902

#### Choices at the Crest

8683 10th Ave.,  
Burnaby  
604.522.0936

#### Kelowna

1937 Harvey Ave.  
Kelowna  
250.862.4864

