



# Everything Zen Nutritional Consulting Newsletter

Volume I, Issue I

www.EverythingZenNC.com

## Welcome to the 1st Zen Newsletter

With so much misinformation out there with regards to health, I have decided to start this newsletter as a way to keep you enlightened and up to date. I hope that you will find this informative and insightful as you continue your journey towards better health.

Each month there will be different topics and tidbits of information that I feel you, or a loved one, may benefit from learning. Enjoy and wishing you the greatest health! In this first issue, let us consider:

**Eat Yourself Healthy Cooking Classes** in Mississauga!  
Check our website for more information or call 416-458-ZENN to register!

What are the most important factors of GOOD health??

- **Nutrition:** involves EVERYTHING that nourishes the body, including: fresh fruits and vegetables, whole grains, nuts, seeds, legumes and organic meats, (NO refined, processed, canned, junk or fast foods)
- As well as: **clean water** (filtered & remineralized is best) **and air** ~ take 'breathing breaks' a few times a day, stop everything else and simply BREATHE. 10 controlled breaths is best.
- **Sunshine** is very important as it is a great source of vitamin D (which most people are deficient in during the winter). The sun also has beneficial effects on mood, energy and mental health, (however, be careful NOT to burn)
- **Laughter** Is a great way to reduce stress, relax and 'let go' all of which are highly important in maintaining good health. Next time you are feeling down or unwell, find something that will make you laugh and you will be surprised at how much better you'll feel afterwards!

- **Detoxification** ~ we live in a toxic world, making it necessary to take the time to cleanse our inner bodies and tissues a few times a year. This can be done with: increasing fiber, following a detox diet, drinking teas, supplementing with herbs or homeopathics, exercising, yoga, deep breathing and dry skin brushing.
- **Structure**, misalignment of physical structure, or blockages in energy flow can slow down the healing process and reduce the body's ability to rid itself of toxins. If you feel this may be an issue for you try the following: acupuncture, massage therapy, chiropractic manipulation, physical therapy or yoga, pilates or stretching exercises

Take the time to consider your current habits and make sure that all of the following apply to you, and if not, it is time to MAKE SOME CHANGES!

### Cell Phones ~ How Safe Are They??

Are you one of those people that spends HOURS on your cell phone each day?? If so, here are a few things to consider...

- Scientists have found a link between tumors and cell phone usage. Also, there is a correlation between the side of the head that a phone is held on and the side a tumor would grow. Also, the more time one spends on the phone is also linked to a heightened risk of developing a tumor

Luckily there are ways to protect yourself:

- Reduce your talking time to emergencies and less actual air time
- Allow the call to connect BEFORE placing the phone up to your head (most radiation is released during the connection)
- Use a speaker phone and keep it away from head
- Update your phone regularly ~ most newer phones emit less radiation than the older models do
- The jury is still out on whether or not ear pieces are better or not (some say they are actually worse!) so for now, rely on the speaker phone

### Did you know...

**The numbers on the stickers of produce actually mean something??**

- 4 digits = conventional produce
- 5 digits, beginning with a 9 = organic produce
- 5 digits, beginning with an 8 = GENETICALLY ENGINEERED!!
- Start checking your labels BEFORE you make your purchase and AVOID the 8s!

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