



Judge Your Body: *Your Emotional Toolkit Part 3*

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Who has been with us through everything we've ever gone through in our lives? Who takes all of our abuse, and works on our behalf 24/7 whether we acknowledge it or not? Our body!

Our body is really a complex universe in and of itself; home to billions of cells who work tirelessly on our behalf at every moment. Even when outwardly, we have signs and symptoms of our body's decay and dysfunction, it is so important to remember that our body **is always doing it's very best at every moment to keep us alive.**

One very helpful exercise to employ when you are feeling very negatively towards your body is the "Judge Your Body" worksheet produced by Byron Katie of "The Work". Byron Katie offers a plethora of emotional inquiry tools that are extremely effective for a wide variety of emotional issues, and can be found at www.thework.com. But for our purposes today, I would like to share the "Judge Your Body" exercise.

Do this when you are frustrated with your body. You are working so hard; making so many life changes and sacrifices, and yet you still do not see the results you desire. If this is where you are at right now, then the "Judge Your Body" exercise is for you:

Step 1:

Fill in the blanks below using your body, health, weight, height, disease, age, etc. If you are a parent, you can do this for your child's body as well.

Examples:

"I am too fat".
"I should have more energy."
"My child shouldn't be constipated all the time".

1. I don't like my body because

2. I want my body to

3. My body should/shouldn't

4. I need my body to

5. My body is (make a list):

6. I don't ever want my body to

Step 2:

For each statement above, apply the following four questions:

- 1) Is it true?
- 2) Can I absolutely know that it's true?
- 3) How do you react and what happens when you believe that thought?
- 4) Who would you be without that thought?

Step 3:

Turn each statement around. For example, "I'm too fat" becomes "I am not too fat", or "My thinking is too fat". Write the "inverse" of each statement. Think of at least 3 reasons why the "turnaround" statement is actually true.

See what this process reveals within you as you examine the underlying negative thoughts that you have about your body, your beliefs about your needs for your body. If you'd like to, please feel free to write and share your insights with me!

For more amazing information on this transformative process, and for lots of videos of people doing this out loud, please visit www.thework.com

Recipes of the Month: 5 Quick and Easy Veggie Meals

As you may know, we are big fans of vegetables here at NW Holistic Nutrition. We try to aim for about 75% of our lunch and dinner plates to be covered with colorful, nutrient-rich vegetables. It's hard to believe how cooking with simply veggies at the centerpiece (accented, of course with quality protein and fats) can be so simple and quick! Here are 5 simple veggie-centered meals that are mainstays in the Thienes home every week:

Pesto Cauliflower & Italian Sausages

For this meal, simply steam 1-2 heads of cauliflower florets for 10-12 minutes, until tender. Meanwhile, cook Nitrate-Free Chicken or Turkey Italian Sausage in a pan. Toss the steamed cauliflower with ¼ cup (or to taste) of prepared pesto. Top with shredded raw parmesan cheese if desired.

Kale and Caramelized Onion Sauté with Smoked Salmon

In a cast iron skillet, place 1-2 tsp of ghee, butter, or olive oil and ½ an onion, sliced. Cook for about 10 minutes over medium heat until the onions become very limp and slightly brown. Add 1 bunch of Italian Kale (or other kind), cut into ribbons. Stir-fry for 5 minutes or until tender, but still bright green. This is fabulous on its own, but for protein you can toss in some smoked salmon or canned salmon before serving.

String Bean Marinara

Steamed string beans can be a great pasta stand-in. Simply steam green beans and serve with your favorite marinara sauce that contains crumbled turkey or

grassfed beef. Top with parmesan cheese for a delicious Italian treat!

Crock-Pot Cabbage and Chicken-Apple Sausages

By now you can see I am a big fan of nitrate-free sausages; we purchase them at Costco and use them as accents on our veggies, thus saving money. This dish is delicious and easy. The slow cooker really tenderizes cabbage nicely and melds the flavors. Spray the inside of the crock with olive oil cooking spray. Place 1 onion, cut into slices, along the bottom. Then place 4-5 sliced chicken apple sausages over the onions. Finally, layer 1 head of cabbage that has been cut into ribbons over the top. Add ½ cup of water or chicken broth. Cover and cook for 4 hours on high. This dish is gobbled up by my young kids!

Green Peas, Turkey Bacon, and Cheese

Just what it sounds like. Steam frozen organic green peas. Toss with chopped, cooked turkey bacon and shredded cheese. Comfort food if there ever was any!

New Offering at NWHN!

Re-evaluation and dietary fine tuning for only \$25!
This does not include a hair analysis, but if you simply want a symptom burden re-evaluation and a personalized, updated recommended food list you can receive all of this plus a full report from the comfort of your own home! No office appointment needed, all can be done over e-mail!

3 Inexpensive Ways to Accelerate Healing at Home:

1) Build an infrared sauna (plans available; simply e-mail me) or simple set up a single infrared lamp. This is amazing for decongesting the organs and has numerous other benefits.

2) Do foot reflexology. Claire Wynn has an excellent guide and DVD that teaches this simple and effective technique in her book Simply Reflexology.

3) Do dry skin brushing daily. Ideally we should eliminate about 2 lbs of waste acids daily through the skin. Dry skin brushing first thing in the morning keeps the skin clean and active and facilitates the removal of waste, according to Dr. Bernard Jensen.

New Year's Retreat Recap

The first annual Nourishing Life retreat was held January 15, 2011 in Portland Oregon. It was a wonderful time of deep sharing and coming together to support one another in our healing journeys.

The retreat focused on Nourishing Foods and Creating a Loving Relationship with our Bodies. The food demos provided a time to taste and help prepare many veggie-rich meals that featured foods that were full of life-giving nutrients to regenerate and heal the body. We enjoyed sardine-guacamole, creamy broccoli and cauliflower soup, and pizzas made with sunflower seed crusts as well as grain-free lemon curd bars! Lots of shopping and food prep tips were shared and we enjoyed a delicious lunch together.

In addition to the food feature, we participated in several somatic

awareness exercises. One retreat attendee commented:

"Because of this retreat, I now have a new-found hope that I can make progress with my health.....the exercise where we were to write a letter from our body to ourselves began a relationship that I strengthened....it felt like a new way to live in my physical body. More cooperation and compassion; less conflict and frustration. It was really neat."

There was a strong consensus among the attendees that this needed to be the first of many retreats and/or workshops. Tentative upcoming workshop topics (specific dates and times, TBA!) include:

Spring (Inner) Cleaning: Fermented Foods for Detoxification Workshop (March or April 2011)

Summer Retreat: Healing from the Earth (a time of fellowship, support, and play, celebrating the healing foods of summer, colon detoxification, and Earthing therapy). (July 2011)

Brain Nutrition Series: Gut and Psychology Syndrome (starting Sept. 2011)

Gelatin and Its Benefits for Digestion

Reprinted from www.wellsphere.com :

The Importance of Hair Retesting:

Gelatin And Digestion

Gelatin's traditional reputation as a health restorer has hinged primarily on its ability to soothe the GI tract. "Gelatin lines the mucous membrane of the intestinal tract and guards against further injurious action on the part of the ingesta," wrote Erich Cohn of the Medical Polyclinic of the University of Bonn back in 1905. Cohn recommended gelatin to people with "intestinal catarrh"—an inflammation of the mucus membrane now called irritable bowel syndrome. Interestingly, the type of gelatin used in follow-up experiments done on people with even more serious intestinal diseases was specified as a "concentrated calves foot broth." This form of gelatin would have been rich in cartilage and bone and presumably provide a better amino acid profile than straight collagen.

1) Further ability to fine-tune your program to your to maintain balance.

2) To assess progress!

3) To uncover deeper levels of imbalances that need to be addressed as you progress on your healing program.

Remember that as we heal, our body prioritizes the most recent imbalance first and works back through your layers of history. The further one progresses on the program, the deeper one goes into healing their physiology at deep levels.

---Paraphrased from an article by Dr. Larry Wilson, MD.

Today clinical nutritionists see more and more cases of dysbiosis—imbalances of "good" and "bad" bacteria in the intestinal tract. In that the fermentative disturbances that result are linked to allergies to grains and/or excessive carbohydrate consumption, it is fascinating to find that a researcher named C.A. Herter spoke directly to that point back in 1908:

"The use of gelatin as a foodstuff in bacterial infections of the intestinal tract has never received the attention it deserves. The physician is not infrequently confronted with a dietetic problem which consists in endeavoring to maintain nutrition under conditions where no combination of the ordinary proteins with fats and carbohydrates suffices to maintain a fair state of nutrition. The difficulty which most frequently arises is that every attempt to use carbohydrate food is followed by fermentative disturbances of an acute or subacute nature which delay recovery or even favor an existing infection to the point of threatening life. A great desideratum, therefore, is a food which, while readily undergoing absorption, shall furnish a supply of caloric energy and which at the same time shall be exempt from ordinary fermentative decomposition. Such a food exists in gelatin."

Years later Schwick and Heide found that excess hydroxyproline-containing proteins in serum and urine provides a reliable marker of pathological conditions. They posited that the breakdown of collagen most probably results from an antigenic reaction. "Not so long ago the opinion prevailed that gelatin was not antigenic or immunogenic. However, with the introduction of sensitive immunological methods — particularly the haemagglutination techniques — antibodies against gelatin could be demonstrated. It was surprising to find antibodies against gelatin in human and animal serum of individuals who had never been injected with gelatin or collagen." Schwick and Heide added that this occurs frequently in cases of rheumatoid arthritis and other degenerative joint diseases.

Though they offered no explanation for this pathological occurrence, many clinical nutritionists report that rheumatoid arthritis and degenerative joint diseases reverse when priority is given to the healing of the GI tract and of "leaky gut" syndrome (in which incompletely broken down proteins cross the mucosal barrier and enter the bloodstream and tissues only to be attacked by the immune system). Because healing protocols generally involve the avoidance of antigenic foods, Schwick and Heide's findings might lead some readers to put gelatin on their already long list of foods to avoid.

However, gelatin is precisely what the turn-of -the-century doctors ordered, not only to heal digestive disorders and the intestinal mucosa but all allergies. Gelatin was even sometimes injected as a plasma or blood substitute. More recently, John F. Prudden, MD, DSci discovered that therapeutic doses of cartilage (which always contains copious amounts of proline and glycine) dramatically improved rheumatoid arthritis as well as other degenerative joint conditions and inflammatory bowel diseases.

Additional evidence comes to us recently from a team of Russian researchers. In an article in Pathophysiology, they reported that gelatin will protect gastric mucosal integrity, at least in lab rats subjected to ethanol-induced mucosal damages.

Doctors of the past also once knew the value of gelatin in treating celiac disease. In 1924, a researcher named Haas stated that the response of patients to a low-carbohydrate diet in which gelatin "milks" were given at the noon and evening meals was "striking and almost uniformly good results were obtained over a period of about ten years."

To learn more about Northwest Holistic Nutrition, please visit www.nwholisticnutrition.com or contact Carrie: carriethienes@nwholisticnutrition.com