

Holistic nutritionist aims to educate

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Special to The CJN

Craving sweets and suffering from insomnia were just a couple of the symptoms Marsha Fenwick, registered holistic nutritionist, was experiencing on a regular basis, and which led her to study at the Institute of Holistic Nutrition.

"I now look at the body as a whole, with a focus on the underlying and root cause of health and well-being, to uncover nutritional deficiencies, imbalances, and overloads," said Fenwick.

Mainstream medicine may not emphasize the significance of poor nutrition as a cause of a wide range of health disorders.

Research in the last five years has identified many links between the food we eat and chronic inflammation. Chronic inflammation and poor nutrition are associated with numerous diseases and disorders, including many forms of cancer.

Fenwick said, "I advocate an anti-inflammatory whole-food diet in my practice which includes eating plenty of fruits and vegetables that are high in antioxidants, as well as lean protein, replacing refined carbohydrates with healthy fats, herbs, and spices, and avoiding refined flours, sugars, and other packaged and processed food.

"The fundamental recommendations for everyone include eating whole, locally grown foods (organic when possible) and trying to remove as many toxins as possible from your environment."

Experts say nutrition can help improve outcomes associated with many illnesses and disease. These include obesity, high cholesterol, high blood pressure, heart

disease, hormone fluctuations, and inflammatory diseases such as arthritis and colitis, as well as links to disorders such as autism and Alzheimer's disease.

Even environmental toxins can overload people with heavy metals such as mercury, and can lead to many chronic illnesses.

Fenwick is in private practice with a focus on women's health including hormones and weight loss, as well as health conditions such as diabetes, cardiovascular health, gastrointestinal issues, and autoimmune diseases. "I am striving to teach people how to eat to optimize their health at any age. No matter what stage of life you are in, I will guide you to success through a series of small changes. Small changes can lead to big differences. I do this by analyzing a client's diet, lifestyle, and environmental factors. This information is used to create an optimized nutrition protocol.

"My client came to me complaining of migraine headaches, bloating after meals and insomnia, and she wanted to lose some weight. She also ate on the run, occasionally skipping meals.

After a detailed health review, along with a five-day food journal analysis, I suspected food intolerances, poor food combining and a lack of macronutrients potentiating blood sugar fluctuations.

"My recommended nutrition and lifestyle protocol included a high protein breakfast – essential to boost her metabolism, improve appetite control, and balance blood sugar swings. I provided a 'prepare ahead list' of meals and healthy snacks to avoid eating processed foods on the run.

"Tips included increasing water, herbal and green tea intake. I suggested she



Marsha Fenwick

have a small amount of apple cider vinegar just before lunch and dinner, which should relieve her bloating. Insomnia relief often requires balancing of blood sugar, eliminating stimulants and hormone balancing.

"After a six-week program to reinforce new eating habits with healthy food choices and lifestyle changes, my client was feeling much better with new long-term goals and changes implemented."

Fenwick shared a favourite recipe. "Razzle Dazzle Rainbow Salad Rolls is easy to digest, gluten free, soy free, dairy free and vegan."

RAZZLE DAZZLE RAINBOW SALAD ROLLS

3 rice wraps
1/4 cup sliced cucumber
1/4 cup sliced carrots
1/4 cup sliced beets
1/4 cup sliced mango
3 thinly sliced avocado strips
3 leaves romaine lettuce
6 sprigs cilantro

Dipping Sauce

1 tbsp. soya sauce
1/4 cup seasoned rice vinegar
2 tbsp. grapeseed oil
1 clove minced garlic and ginger
2 tbsp. finely chopped green onion
2 tbsp. coconut sugar to taste

Optional protein

smoked salmon
chicken or beef strips
tofu

Place rice wraps on a counter or table top together with a large bowl of hot water.

Slip one of the rice wrappers in the bowl of water and allow 30 seconds to one minute for it to soften.

When the rice wrapper is soft, remove it from the bowl and place on a clean surface. Add 1/3 of sliced vegetables, 1 piece of avocado, and 2 sprigs of cilantro in the centre of each wrap.

Lift the long side of the wrapper and tuck it over the filling to create a log-like roll. Fold over one end. Continue by folding the other end over. Roll up the remaining rice wrap, pressing the end down to secure it.

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