



Creating Community  
Changing Lives

## July 2012 Newsletter

\* Try the *Bee By The Sea* & *Usana* Moisturizers sold at *FitnessWorks for Women* to help protect your skin!

### Dr. Oz's four-step summer skin Rx

Summer is one of my favourite times of year! But it's also the season that concerns me the most, because sun exposure can wreak havoc on your skin — and your health. You may not realize it, but those first few warm, bright days are particularly brutal. The intense rays often take us by surprise, we forget to put on sunblock, and now you've got it — a nasty sunburn. That's why I'm sharing my top skin-saving tips with you now. So instead of sitting inside nursing a painful sunburn you can get outside and enjoy!

#### Switch up your moisturizer

If you're like most people, you probably use the same moisturizer whether it's snowing or stifling outside. Don't fall into this trap! Opt for a lighter moisturizer — ideally one that contains SPF — during the summer to prevent breakouts and leave your skin feeling less oily. For those who suffer from eczema, this is especially important since you may be prone to heat-induced flare-ups.

#### Make smart sunscreen choices

Even if your moisturizer contains SPF, follow it with an oil-free broad-spectrum SPF 30 to prevent clogged pores and ensure the best protection. And don't forget that not all sunscreens are created equal. My favourite block is zinc oxide; the second best is titanium dioxide. Why? Because neither one is absorbed by the body.

#### Eat more red, yellow and orange fruits and veggies

Lycopene is an antioxidant found in these brightly coloured foods, and it acts as a natural sunscreen for your skin. Research shows that eating lycopene-rich foods, like tomatoes, can actually help protect against sunburn. Beta carotene is what gives orange foods their colour, and it has been shown to help protect cells against sun damage. So in addition to wearing sunscreen, be sure to include these delicious summer foods at your next backyard barbecue. When you consume more antioxidants, your body is also better prepared to fight the oxidative cell damage that can lead to disease.

#### Enjoy sunshine in small doses

Fortunately, the sun isn't all bad. And while some experts disagree, I believe a few minutes outside without sunscreen is one of the best ways to naturally boost your vitamin D levels and your mood. Just don't go overboard! Think 15 minutes (tops) in the morning or late afternoon. And always wear sunscreen in the middle of the day, when the sun is strongest.

From: <http://www.chatelaine.com/en/article/38230-dr-oz-s-four-step-summer-skin-rx>

### Olive Oil Health Benefits

The health benefits of olive oil are extensive with new positive attributes discovered all the time. One prominent cardiologist recommends at least two tablespoons of extra virgin olive oil each day to enjoy the many ways olive oil can be beneficial to your health and well being. In addition to bolstering the immune system and helping to protect against viruses, olive oil has also been found to be effective in fighting against diseases such as:

- **Cancer:** The phytonutrient in olive oil, oleocanthal, mimics the effect of ibuprofen in reducing inflammation, which can decrease the risk of breast cancer and its recurrence. Squalene and lignans are among the other olive oil components being studied for their possible effects on cancer.
  - **Heart Disease:** Olive oil helps lower levels of blood cholesterol leading to heart disease.
  - **Oxidative Stress:** Olive oil is rich in antioxidants, especially vitamin E, long thought to minimize cancer risk. Among plant oils, olive oil is the highest in monounsaturated fat, which doesn't oxidize in the body, and it's low in polyunsaturated fat, the kind that does oxidize.
  - **Blood Pressure:** Recent studies indicate that regular consumption of olive oil can help decrease both systolic and diastolic blood pressure.
  - **Diabetes:** It has been demonstrated that a diet that is rich in olive oil, low in saturated fats, moderately rich in carbohydrates and soluble fiber from fruit, vegetables, pulses and grains is the most effective approach for diabetics. It helps lower "bad" low-density lipoproteins while improving blood sugar control and enhances insulin sensitivity.
  - **Obesity:** Although high in calories, olive oil has shown to help reduce levels of obesity.
  - **Rheumatoid Arthritis:** Although the reasons are still not fully clear, recent studies have proved that people with diets containing high levels of olive oil are less likely to develop rheumatoid arthritis.
  - **Osteoporosis:** A high consumption of olive oil appears to improve bone mineralization and calcification. It helps calcium absorption and so plays an important role in aiding sufferers and in preventing the onset of Osteoporosis.
- <http://www.oliveoiltimes.com/olive-oil-health-benefits>



And the Winner is...  
**Caroline Underhill**  
for the month of **JUNE!!!**

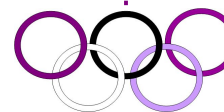
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### 10 very healthy reasons to start juicing

Whether you're cleansing, or simply looking to boost vitality, try making your own organic juices for an instant energy boost

1. Juicing helps your body absorb nutrients. Many people have difficulty digesting certain foods and as a result the body doesn't absorb all of the nutrients. Juicing helps to "predigest" the food for you, making it easier for your body to receive and absorb all that good stuff.
2. Juicing increases your daily consumption of fruits and vegetables. Slip a juice in when you can! Sip one during your ride to work or for an after-dinner treat. It all counts towards your daily intake.
3. It broadens your exposure to different fruits and vegetables. It's easy to stick to the same produce day in and day out. For example, toss kale or grapefruit into your morning concoction.
4. Juice boosts your energy. Raw fruits and veggies help support the immune system and flush out the body.
5. It also boosts your metabolism. Fresh juice delivers beneficial enzymes found in the produce, which is important for the health of your metabolism.
6. Fresh organic juice can help fight disease. Through these liquid nutrients the body receives a sufficient amount of phytochemicals which act as antioxidants and can help fight diseases like cancer, heart disease and diabetes.
7. Juices combat free radicals. Juicing provides the body with a high concentration of antioxidants which can fight off the aging-effects of free radicals.
8. Consuming juice aids in hydration. If you don't like the taste of water, or drink too much pop, fresh juices are rich in vitamins and minerals and definitely help to quench thirst.
9. Juicing is more effective than vitamins. Fresh juices have live liquid supplementation which deliver greater benefits than taking synthetic supplementation.
10. You'll never get bored! There are lots of options when it comes to juice, play with different combinations: Try adding ginger for energy, or beets for cleansing. Stacking the fruits will help mask the taste of more overpowering ingredients.

**One important note:** If you are going to juice make sure the fruit is organic. When you juice conventional vegetables you are likely absorbing all the pesticides, herbicides, fungicides or genetically-modified organisms (GMO) stored in them. Because juices are so concentrated, your body will soak up those chemicals immediately. This information is particularly crucial if you're doing a cleanse. After all, if you're making the effort to enhance your health, you may as well do it right! If you can't get organic produce, though, make sure to wash the fruit thoroughly with a vegetable wash and then peel it. Avoid anything known to be heavily sprayed (strawberries, blueberries, bell peppers) or can't be peeled (like berries).



Ol ympics 2012 starts July 27<sup>th</sup>

Do you believe?

One month left to race to London in our

FitnessWorks for Women Olympic Challenge!

### Fire and Ice Zucchini Soup with Grilled Corn Salsa

Refreshing for hot summer nights, this smooth sipper showcases seasonal local vegetables. Fragrant with curry and ginger, it's swirled with yogurt and chilled until deliciously cold. To create this soup, as well as our zesty, colourful salsa topping, follow our simple steps. Makes 10 servings

#### Ingredients

- |                              |                        |                        |  |
|------------------------------|------------------------|------------------------|--|
| * 1 tbsp vegetable oil       | * 1 onion, chopped     | * 1 tbsp grated ginger | * 1 tbsp chopped fresh thyme, (or 1 tsp dried) |
| * 2 tsp mild curry paste     | * 1/2 tsp salt 1/2 tsp | * 1/4 tsp pepper       | * 8 cups sliced zucchinis, (about 6 small)     |
| * 3-1/2 cups vegetable stock | * 1 cup plain yogurt   |                        |  |

#### Grilled Corn Salsa:

- |                                   |                        |                                   |  |
|-----------------------------------|------------------------|-----------------------------------|--|
| * 2 cobs corn, husked             | * 2 tsp vegetable oil  | * 1/4 cup finely diced red onions | * 2 tbsp lime juice or lemon juice         |
| * 2 tsp finely chopped hot pepper | * 1/4 tsp ground cumin | * 1/8 tsp each salt and pepper    | * 1/4 cup chopped fresh coriander or basil |

#### Preparation

- 1- In large saucepan, heat oil over medium heat; fry onion, ginger, thyme, curry paste, salt and pepper until softened, about 3 minutes. Add zucchini; fry, stirring occasionally, until softened, about 4 minutes. Add stock; bring to boil. Reduce heat, cover and simmer until vegetables are very soft, about 15 minutes. Let cool.
- 2- In blender or food processor, pulse soup, in batches, until silky smooth; transfer to bowl. Whisk in yogurt; cover and refrigerate until cold, about 4 hours. (Make-ahead: Refrigerate for up to 2 days.)
- 3- **Grilled Corn Salsa:** Brush corn with oil. Place on greased grill over medium-high heat; close lid and grill turning occasionally, until lightly charred and tender, about 10 minutes. Let cool.
- 4- Cut kernels off cob. In bowl, toss corn with onion, lime juice, hot pepper, cumin, salt and pepper. (Make-ahead: Cover and refrigerate for up to 24 hours.) Add coriander.
- 5- Holding ladle over plate to catch drips, ladle soup into chilled bowls; top with spoonful of salsa.

**Tip:** If made ahead, this soup thickens slightly. Thin as desired with chilled stock or ice water.

**Nutritional Info:** Per servings: 96 cal pro, 3g pro total fat 4g total fat sat. fat 1g sat. fat carb 14g carb fibre 3g fibre chol 2mg chol sodium 536mg sodium %RDI: -calcium 55 calcium iron 44 iron vit A 66 vit A vit C 15, 14 folate **From:** Canadian Living Magazine: July 2005



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