

TURNIP *The* BEETS

HOLISTIC NUTRITION & WELLNESS

newsletter

November 2020

Page 1

- Turnip the Beets News
- Pumpkin Pie Chia Pudding Recipe

Page 2

- Tips to Ease Anxiety
- Client Spotlight
- Product Highlight
- Free 15-Minute Consult



Email me

sabrina@turnipthebeets.ca

Follow me

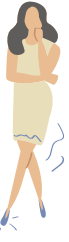
@turnipthebeets_

Website

www.turnipthebeets.ca

news

Last month stirred up a lot of anxiety in our community with kids and teachers back at school, Covid-19 cases rising and others adjusting online learning. If you've been dealing with more anxiety than usual, I'm here to let you know that you're not alone.



The good news is, there are natural ways you can support your mind and body while you settle into these new norms. Be mindful of body cues, nourish your body with good food, add in self-care activities and speak to your healthcare practitioner about supplementation to decrease overall anxiety and boost your immune system.

In November's newsletter you'll find a recipe that supports mood and mental health and tips on managing anxiety and stress using food and lifestyle changes.

Recipe

Pumpkin Pie Chia Pudding

Recipe adapted from Choosing Chia



Ingredients

Pudding

- 4 tbsp chia seeds
- 1/2 cups full-fat coconut milk
- 3/4 cup almond milk (or any plant-based milk)
- 1/2 tsp pumpkin pie spice
- 1/4 tsp vanilla extract
- 1 tbsp maple syrup

Pumpkin Pie Mousse

- 1/2 cup raw cashews, soaked in water overnight, then drained.
- 1/2 cup + 2 tbsp coconut milk (full-fat from a can)
- 5 tbsp pumpkin puree (not pumpkin pie filling)
- 2 tbsp maple syrup
- 2 tsp pumpkin pie spice

Instructions

1. Mix the chia pudding ingredients together in a bowl until well combined, then place in the fridge to set while you prepare the pumpkin mousse.
2. Add all the pumpkin mousse ingredients to a blender and blend until smooth.
3. Scrape down the sides of the blender as needed so all the little bits get blended up.
4. Spoon the chia pudding evenly into little cups.
5. Pour the pumpkin pie mousse mixture on top of the chia pudding.
6. Place in the fridge and let set for 2 hours.
7. Top with any toppings you love!

Tips to Ease Anxiety

As the kids have settled into their routines, it's time to put the focus back on you. Have you let your self-care habits slide in order to take care of everyone else? Are you feeling more anxious? Are your bowel movements looser? Are you nauseous? Are you struggling with sleep? Are you burnt out and emotional? If yes, it's important to nurture your body through this transition. Here are some nutritional and lifestyle tools to ease your anxiety and help feel your best.

- **Diaphragmatic Breathing** – according to Harvard Health Publishing, deep breathing can help elicit a relaxation response, slow our heartbeat and can lower/stabilize our blood pressure which can work to reduce our anxiety. Examples of activities that include diaphragmatic breathing are yoga, tai chi, qi gong and mindfulness meditation.
- **Chamomile Tea** – long-term use of chamomile has been shown to decrease symptoms of generalized anxiety disorder and has antidepressant effects. My favourite way to enjoy chamomile is in a cup of tea steeped for 15 minutes to get the medicinal properties.
- **Reishi Mushroom** – aside from being antimicrobial and anti-inflammatory, this mushroom is an adaptogen which can help our body adapt during stressful times. It has the ability to alleviate insomnia, ease anxiety and calm our mind by working on our stress response.
- **Chia Seeds** – another great food to support brain and mood are chia seeds! They are loaded with omega-3 fatty acids and tryptophan which have been reported to decrease anxiety and depressive symptoms.

Incorporate little things as much as you can to support your overall health and well-being. Small steps can lead to big results and there are many healthcare practitioners such as a Holistic Nutritionist, Counsellor or Naturopathic Doctor that can help create a plan suited to your goals. As always, please consult with your Holistic Nutritionist or Naturopathic Doctor before adding specific herbs or supplements into your regime as they may be contraindicated with certain medication.

Client Spotlight

Megan reached out to me a few months back with several goals. She wanted to decrease her anxiety, improve her mood, lose weight, decrease sugar cravings and improve her knowledge on nutrition to support her body and the health of her family.

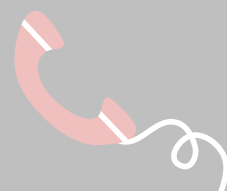
Before working together, she had tried several types of diets but nothing seemed to stick. Instead of embarking on another diet plan, she decided to work with me to help her make long lasting dietary changes that would have her feeling like the best version of herself. Some of the changes we made included adding in foods rich in nutrients that supported her mental health such as omega 3's, we added supplements to support stress and sleep, removed foods that she was sensitive too and added some healthy swaps in her pantry to lessen the toxic load on her body.

I'm excited to share with you that she is down 10 lbs without exercise or "dieting", her anxiety has reduced significantly, her mood is more positive and she can bounce back quicker from stressors, her energy is up, she no longer craves sugary foods (in fact, she now finds ice cream too sweet), and her whole family has been enjoying incorporating the healthy recipes into their everyday life.

There has been so many positive changes in the last few months and I'm looking forward to continuing this journey with her. Great work Megan and keep that momentum going!! Who would have thought you'd be saying no to ice cream by choice haha.

Let's Chat !

Curious how Holistic Nutrition can help support your health goals? [Email me to book your Free 15-Minute Consult!](#)



Product Highlight

This month's product highlight is **Saje Stress Release Roll-On**.



A great lifestyle tool that I sometimes like to incorporate in clients plans are essential oil. My personal favourite that has helped me is the Saje Stress Release Roll-On or Spray. It's a beautiful blend that helps soothe feelings of mild anxiety, restlessness and nervousness. Just roll it on your forehead, neck and/or shoulders to help bring a sense of balance and calm.