



Fit For Life Newsletter

Recipe of the Month

Candied Pecans

3 Tbsp maple syrup of agave, 1 ½ tsp organic date sugar, ¾ tsp sea salt, 2 d black pepper oil, 1/8 tsp cayenne pepper. Combine all ingredients. Mix well. Pour over 1 ½ c pecan halves. Stir gently to coat well. Layer on cookie sheet, bake 10-15 minutes



Health Tip of the Month

This information is nuts !

Almonds are the seeds of the almond tree fruit, nutrient-dense nut, and a rich source of Vitamin E to promote healthy aging and protects against Alzheimer's disease. Contains magnesium to decrease stress on blood vessels, promote oxygen flow and decreases free radical damage to the heart. There are 20 potent flavonoids in almond skins that work together with vitamins C and E to produce antioxidant action. Also Copper, essential to the body's metabolic enzymes. 1/4 cup of almonds has more than four grams of fiber and 7.62 grams of protein. **Avoid if** you have kidney problems. Almonds are high in oxalates, which can cause problems with the kidney and gallbladder and interfere with calcium absorption. 1 oz (22 nuts): 170 calories; 15 grams of fat.

Pine nuts are seeds produced by pinecones of some varieties of pine trees. Pine nuts contain heart-healthy alpha-linolenic acid, as well as the B vitamin thiamine. Pine nuts are also a great source of protein. 1 oz (167 nuts): 190 calories; 19 grams of fat.

Pecans are a good source of protein and fiber. They contain zinc, which helps the body generate testosterone, beneficial in both men and women, the B vitamin thiamine and monounsaturated fats. Sodium-free, these nuts make an excellent snack. 1 oz (20 halves): 200 calories; 21 grams of fat

Walnuts are rich in omega-3 fatty acid, specifically alpha-linolenic acid, which the body can't manufacture

itself. Omega-3 has anti-inflammatory properties and provides cardiovascular protection by helping to reduce blood pressure and plaque buildup. One-quarter of a cup of walnuts provides 90 per cent of the recommended daily intake of omega-3. Walnuts are also high in B vitamins, vitamin E, copper, iron and zinc, all of which contribute to the body's antioxidant action, protect against free radical damage and ensure proper cell functioning. 1 oz (14 halves): 185 calories; 18 grams of fat.

Chestnuts low in calories and fat are a great snacking choice. Unlike other nuts, chestnuts are high in carbohydrates. They are the only nuts that contain vitamin C (one ounce of boiled chestnuts provides 7.6 grams), and are a good source of potassium and folate. Potassium, an electrolyte, is necessary for regulating the heartbeat and maintaining regular muscle contractions. 1 oz, 10 nuts, 54 calories; 1.8 grams of fat

Brazil nuts are rich in the B vitamin thiamine, selenium, which studies show significantly reduces the chance of developing prostate cancer, as well as magnesium, zinc and calcium. Brazil nuts also contain alpha-linolenic acid, the same omega-3 fatty acid found in walnuts. 1 oz (6-8 nuts): 186 calories; 19 grams of fat.

Pistachios are high in phytosterols, which are known for lowering blood cholesterol. They contain mostly heart-friendly monounsaturated fats. The potassium content of one ounce of pistachios (310 milligrams) is equal to that of one orange. Pistachios are also a great source of fiber, vitamin B6, magnesium and calcium. 1 oz (49 nuts): 160 calories ; 13 grams of fat.

Hazelnuts also known as filberts, grow in clusters, their fuzzy outer husks giving way to the hard, smooth nuts inside. Hazelnuts are a close second to Brazil nuts in their calcium content, making them a good source of this mineral that promotes healthy bones, teeth and internal cellular balance. Hazelnuts also contain heart-healthy monounsaturated fats. 1 oz (20 nuts): 185 calories; 18 grams of fat.

Upcoming Events

C.A.R.E. Regina, Sask. Mar 31-Apr2, 2011
Comma Club n Oil Recipes Apr 7, 2011
Calgary Regional Apr 8-9, 2011
C.A.R.E. Leduc, AB Apr 14-16, 2011
Wizard of the Heart Leduc AB Apr 17-19, 2011
C.A.R.E. Nanaimo, BC May5-7, 2011
<http://events.youngliving.com/for local events>

Feature Oil ~Aroma Siez



PanAway® was created by Gary Young following a severe injury to the ligaments in his leg. This oil blend contains wintergreen essential oil, which is often used for massage, PanAway is soothing to the skin while providing comforting warmth to muscles after exercise.

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Peanuts, contrary to popular belief, peanuts aren't true nuts; they're actually members of the legume family, related to lentils, peas and other beans. Each peanut shell encases two to three kernels. Peanuts have health benefits for the body, mind and soul. They contain oleic acid, a heart-healthy source of unsaturated fat and folate, which is essential to the formation of our DNA. Maintaining adequate levels of folate may decrease the risk of birth defects by half for women who are pregnant or trying to become pregnant.

A study in the July 2004 issue of *The American Journal of Clinical Nutrition* followed women for 20 years and found that those who frequently consumed nuts, including peanuts and peanut butter, had a lower risk of cholecystectomy (surgical removal of the gallbladder). Peanuts also contain resveratrol, an antioxidant compound that is also found in red grapes and red wine. **Avoid if** you have allergies. Peanuts are one of the most common food allergens, according to Anaphylaxis Canada. The Food Allergy and Anaphylaxis Network (FAAN) recommends that children under the age of three not eat these nuts to reduce their risk of developing an allergy. Or if You're concerned about your thyroid. Peanuts contain goitrogens, naturally occurring substances that can interfere with the thyroid. Or if You're prone to cold sores. Peanuts contain arginine, high levels of which the herpes simplex virus needs to replicate. One ounce (22 nuts): 165 calories; 14 grams of fat



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Cashews are kidney-shaped seeds which are a part of the cashew apple. They're always served shelled because the inside of their shells contains a caustic resin, called cashew balm. These nuts have a lower fat content than most other nuts, and 75 per cent of their fat is unsaturated (mostly in the form of oleic acid). Studies have shown that oleic acid promotes cardiovascular health. People with diabetes who add monounsaturated fats to their diets can decrease their triglyceride levels (high levels of triglycerides are associated with an increased risk of heart disease). Cashews also have a high concentration of copper, a necessary component in many of the body's enzymes, including those that are responsible for antioxidant defenses. As well, maintaining sufficient levels of copper in the body prevents anemia and joint problems such as rheumatoid arthritis. These nuts are also rich in magnesium, which, along with calcium, is an important mineral for healthy bones. **Avoid if** you have kidney or gallbladder problems. Cashews contain oxalates, high levels of which can crystallize and lead to health problems. Or if You've just taken a calcium supplement. Oxalates may interfere with calcium absorption. The best time to eat them is two to three hours before taking your supplements. One ounce (18 nuts): 165 calories; 13 grams of fat

Macadamia nuts are native to Australia. Macadamia nuts have a higher percentage of heart-healthy monounsaturated fat than any other nut, seed or vegetable. Macadamia nuts also contain phosphorus, potassium, magnesium and calcium, all of which are essential to cell, nerve and muscle functioning. One ounce (10 to 12 nuts): 200 calories; 22 grams of fat.



Obligatory Disclaimer: The information in this section is intended for educational purposes only. These statements have not been evaluated by the Food and Drug Administration. This information and these products are not intended to diagnose, treat, cure or prevent any disease. Anyone suffering from any disease, illness or injury should consult with a physician.