



I am very happy to announce the creation of our new website:
www.wholehealthtoronto.com

I hope you like it! Please take a look, and forward our address to your friends, family and co-workers!

Summerlicious Eating: the Rainbow Diet

The Rainbow Diet is a healthy way of eating, not just for kids, but for people of all ages who want to promote health and well-being. Essentially, this diet involves eating as many colours as possible! Colourful fruits and vegetables contain antioxidants that are crucial in maintaining good health.

You may have heard about antioxidants and how they're an important part of a nutritious diet. But do you really know what antioxidants are? As more scientific research confirms the importance of antioxidant-rich foods, its good to know which foods pack the most powerful antioxidant punch.



To start off, what is an antioxidant? Antioxidants are molecules that prevent oxidation of other molecules. Oxidation is a chemical reaction that can produce free radicals that are damaging to the cells of our body. This oxidative damage to our cells

can manifest in many ways such as heart disease, disease of the arteries and veins, Alzheimer's disease, arthritis, diabetes, and macular degeneration to name just a few. Even some forms of cancer are associated with free radical damage.

Antioxidants are essential for health because they remove free radicals. In short, antioxidants are free radical scavengers that help prevent damage to our cells.

So how do you ensure you're eating adequate quantities of antioxidants? By eating the 'colours of the rainbow' in the form of fresh vegetables and fruits.

It is recommended to eat a minimum of 6-8 servings of vegetables and fruits per day.

You can add even more colourful antioxidant power to your diet by making an extra effort to include the following antioxidant-rich super foods.

1. **Berries and Grapes:** All berries, particularly blueberries, blackberries, bilberries and purple/red grapes contain antioxidants called anthocyanidins. Generally any fruit with dark purple/blue colour is a great source of anthocyanidins! These antioxidants play an important role in cancer prevention, decrease breakage of small blood vessels, strengthen the collagen in our skin and connective tissues and support healthy joints.
2. **Turmeric:** This spice contains a powerful plant compound called curcumin that directly inhibits cancer cell growth and reduces inflammation. In addition, turmeric may help prevent heart disease, Alzheimer's and Parkinson's diseases and multiple sclerosis. Some simple ways of using turmeric in your cooking are to add it as a spice to lentil dishes, egg salad, salad dressings, and grain dishes such as brown rice.





3. **Green Tea:**

Green tea provides significant health benefits due



to its high content of antioxidant polyphenols. Drinking a minimum of 3 cups of green tea per day has been proven an effective anti-cancer agent. Green tea can also be used as a healthier alternative to coffee. Although coffee itself does contain antioxidants, the caffeine content in coffee is high enough to cause anxiety, worsen feelings of stress, and create problems with your digestive tract. Green tea gives all the antioxidants, and more, without the negative side effects since it contains much less caffeine than coffee.

4. **Flaxseeds:** Ground flaxseeds (also known as linseeds) are a great source of fibre, healthy fats, as well as antioxidants called lignans. Ground flaxseeds have demonstrated beneficial effects in breast cancer as well as in reducing high cholesterol. Remember that flaxseeds must be ground in order to maximize their nutritional content, and they should be stored in the fridge or freezer. Ground flaxseeds can easily be sprinkled over cereal, yogurt or cooked veggies, added to fruit smoothies, and used in baking.

5. **Broccoli Family**

Vegetables: These vegetables (including arugula, bok choy, broccoli, Brussels sprouts, cabbage, cauliflower, collard greens, Chinese broccoli, kale, kohlrabi,



mustard greens, radish, rapini, rutabaga, turnip, watercress) contain an antioxidant compound known as indole-3-carbinol. One of the American Cancer Society's key dietary recommendations to reduce the risk of cancer is to include these vegetables in your diet on a regular basis. Try to buy organic because this nutritious family of veggies is unfortunately very heavily sprayed with pesticides.

So this summer, make the most of our abundant local produce and incorporate the colours of the rainbow into your nutritious meals and snacks. Your taste buds, and your healthy body, will thank you for it!



THANK YOU for all the new referrals to our clinic this summer!

You may be surprised to know that we get most of our new patients from our existing patients, like you. We want you to know that we are committed to upholding your trust by providing your referrals with the best quality naturopathic care that you intend for them. We always welcome your referrals and it is truly an honour to have your loyalty and trust. Together, we can help everyone improve their health and well-being.

Thank you,

Dr. Amanda Guthrie, ND