

Nutrition Month!



Across Canada...

...March is **Nutrition Month**. The perfect time to talk about **Nutritional Therapy**, as recommended by the **CHIP** program.

“Let Nutrition be your Medicine.” - Hippocrates

If we want to win the battle against the epidemic of Western lifestyle diseases, then we must break with the rich Western Diet, which is lethal in its excesses. Instead, we must adopt a **simpler, more natural dietary lifestyle**, a lifestyle that allows us to eat more, cut our food bill in half, and gives us **better and more buoyant health**.

Research in therapeutic nutrition has clearly demonstrated a unitary dietary principle in dealing with Western killer diseases: **there is not** a special diet for the treatment of heart disease, another diet for overweight, another for diabetes, and yet another for hypertension or osteoporosis.

Instead, there is one Optimal Diet.

Such a diet consists of a wide variety of foods, freely eaten “as grown,” simply prepared with sparing use of fats and oils, sugars, and salt, and almost devoid of refined engineered products. If animal products are used at all, it should be very, very sparingly.

Such a dietary lifestyle will not only **prevent most of these Western killers**, but it will be the major therapeutic factor in **reversing** many of these diseases and in **restoring** a higher level of health. ☚ *(taken from the CHIP Getting Started publication)*

	COMPARISON	
	Western Diet	The Optimal Diet
Fats & Oils	35-40% *	15% *
Sugar	35 tsp/day	Under 10 tsp/day
Cholesterol	400 mg/day	Under 50mg/day
Salt	12-15 gm/day	Under 5 gm/day
Fibre	10 gm/day	40 gm/day
Water	minimal	8 glasses/day
	* of total calories	

Want to know more about the CHIP Optimal Diet? →→



Attend Vespers on March 13 at 6pm. Feature video presentation “Portrait of a Killer” by Dr. Hans Diehl, founder of CHIP. Also learn more about CHIP, the outstanding educational program that has helped thousands prevent, stabilize, and even reverse: type 2 diabetes, heart disease, high blood pressure, high cholesterol, overweight, and more.

And...

Register for the CHIP program which will run April 11 through to May 9, 2010, right here at Willowdale. Brochures are available in the church foyer.

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Test Your Knowledge!

- The western diet contains about _____ of cholesterol / day.
a. 100mg b. 300mg c. 500mg d. 800mg
- An obese man is _____ times more likely to have a heart attack by age 60 than a man of normal weight.
a. 1.5 b. 3 c. 5
- Currently, over _____ of North Americans die of cardiovascular disease.
a. 20% b. 40% c. 60%
- It has been estimated up to _____ of heart attacks before age 65 could be prevented by lifestyle measures.
a. 25% b. 50% c. 80%
- An average piece of pie contains about _____ teaspoons of sugar.
a. 10 b. 15 c. 20
- Most North Americans eat _____ protein than needed.
a. less b. slightly more c. two times more

Answers: 1-c, 2-c, 3-b, 4-c, 5-b, 6-c

Cashew-Oat Waffles (Serves 5)

2&1/4 cups water
1&1/2 cups rolled oats
1/3 cup raw cashew nuts
1 Tbsp oil

Whiz all ingredients in blender until smooth. Let batter stand for 10 minutes to thicken.

Whiz again before pouring batter onto hot Pam-sprayed non-stick waffle-iron.

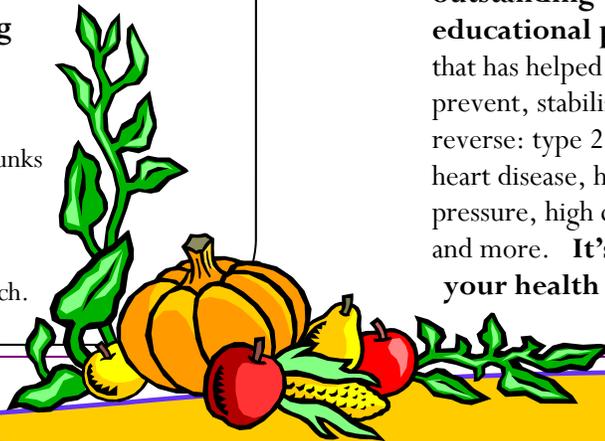
Bake for 10 minutes (warning: don't lift lid too soon!). **Serve** with Pineapple-Orange Topping.

Pineapple-Orange Topping

(Makes 6 cups)

1/2 cup orange juice concentrate
3 cups unsweetened pineapple chunks
1&1/2 cup pineapple juice
1 small banana, sliced

Mix well. **Thicken** with cornstarch.



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