

# the VOICE



Volume 13, Issue 4

If only we had participation awards to give out! Wouldn't that be great? Like they do at kids sporting events.

Those of you who have chosen to take part in the opportunities we offer have really begun to forge relationships with fellow Members and to meaningfully gain from your association with CANNP.

When we see one another on zoom we start to recognize faces and contributions. Yes, we love to see the faces and not just those little black boxes. There was a zoom event just the other day and one of the boxes was of a room full of participants. Someone commented how nice it was to see that the people they have come to know actually have arms and hands and other body parts!

You must already be aware that the benefits we offer are incredible. In addition to the unique offerings that you can purchase in the CANNP Store and the discounts we are able to negotiate on your behalf, the Power Hour series, for example, is top-notch. We have a terrific line-up for the coming year. There is a little something for everyone. There are guests who will be sharing insights into their specialties and there will be business building options too.

We love when new members join us — we think that they gain a great deal of knowledge specific to this industry.

The folks who are taking advantage of the Challenge and Accountability series are really developing a special bond with others and are engaged in learning to build their best practice.

We are especially excited when our more experienced and established members join us in our face-to-face offerings. These are the Members who have the foresight to know that first, it is never too late to learn something new and second, that they can always tweak what they are doing for the better.

So no matter where you are on the journey in Holistic Nutrition there is something to learn and ways to continue to grow. Really — we are a friendly and welcoming bunch.

We at CANNP are interested in providing the opportunities that you are looking for. If you have any suggestions — we are all ears. We have been spurred on by Members in the past, and though, we can't make any promises that we can act on all suggestions, we are here and will explore ideas that come our way.

Like everything in life, taking advantage of what we have to offer is a choice. We encourage you to choose us! We are here to help you.

## 1,000 Reasons - March 1

The 1,000 Reasons Why campaign is on-going until March 1.

We have taken all the guesswork out of this project for you.

Simply ask as many of your clients as you can to participate. They log onto our home page at [cannp.ca](http://cannp.ca) and click on Take Action along the top menu. This is a simple response form. You can help them determine their best and most authentic reason for using your services by accessing the list we provide in the For Your Use section of the site.

If you have 6 or more clients who send us reasons, you will be entered into a draw for a gift from us. Let's make it happen for us all!



2

Association News

4

Antinutrients in Food — A Natural Defense System

6

Wild, Wacky, Wonderful Science Catching Up

7

The Power of Neuroplasticity

8

Book Review Imposter Syndrome

## Round Two

*Challenge and Accountability* was a great success again this fall. What started as a new initiative is proving to be very beneficial to those members wanting to grow and improve their practices. If you are the kind of person who wants additional support, this may be for you.

Participants are partnered virtually, and each receives a 2-month calendar of business related tasks, along with descriptives and prompts for said tasks. The tasks are short and easily managed, approximately every other day. Once completed, the pair are accountable to one another. This can be structured any way which works for the pair. Then two times in each month, we all meet virtually just to chat, review and answer questions.

New grads find this an excellent way to jump-start their business and more experienced Members join us to fine tune and alter long time practices.

We are considering future dates so if you are interested there will be an opportunity to get your name on a wait list. Watch weekly emails.

## Power Hour Know-How

We do our best to make sure that those who have held a spot for a Power Hour have the link a few days before the event. If, on the morning of, you have not received it, we ask that you let us know as soon as possible. We would like to rectify the situation well before the start of the hour.

**If you can sign in 5 minutes in advance, it is less disruptive to those in attendance.** We appreciate your co-operation.

**Please do not share the Zoom link with others** since Power Hours are a Member benefit. We have, from time to time, had waiting room attendees who were not valid.

We do attempt to record the Power Hours, with permission of the presenter, but sometimes technology is not our friend. We cannot count on a recorded session.

## The Power is Coming

We have had wonderful new speakers in our recent Power Hour series and a great line-up for the new year.

The very popular Marla Samuel and Sabra Way joined us to present *How to Accelerate Your Nutrition Business with an Online Program*.

In October Lawyer Glenn Rumbell had a lively and talkative group who were interested in hearing answers to their questions about conducting a legal practice in Canada.

November brought Dr. Nadine Cyr, a dynamic and informative speaker who tackled the Vagus Nerve and its impact on health. She gave all the background plus very practical ways to improve the strength of this impactful nerve.

**January:** Kenzie Osbourne will join us to explore how to develop and maintain a good relationship with food.

**February:** Josh Gitalis will be discussing one of his favourite topics — fasting.

**March:** We will be offering our package of 4 Power Hours — one per week — all about tackling your business. We will present *Consultations: Best Practices, Sticky Situations, Trueview* as well as *Branding, Positioning and Marketing*.

**April:** Marla Samuel will return to discuss Iron — how it affects the body and how to identify deficiency, reading blood tests and what to do about it.

**May:** Karlien Bester will share highlights from her book *A Closer Look at Antinutrients in Food*.

**June:** Marla Samuel will discuss *Chronic Stress and HPA-Axis Dysfunction*.

## Why 1,000 Reasons Why?

Getting coverage is not something that is easily obtained and over the years we have done an admirable job — but more work is required and we need your help! Since this is good for all of us, including your clients, it should be pretty easy to entice them to help out.

The strategy behind this initiative is to present an overwhelming response from the public, your clients, as to why they sought/use the services of holistic nutritionists. Our intent is to use this information to approach more insurance companies and government with a vast amount of data, that cannot be ignored.

This information is more important than ever! The insurance companies that we are meeting with are asking for data such as this to make coverage decisions. If you want coverage, then you need to help with this cause.

Ask your clients to “Take Action.” Please direct them to click on the link on our home page and complete a very short survey asking for name, email, province and one simple reason — why.

To assist you in assisting your client, we have compiled a lengthy list of reasons which you and your client can choose from, or come up with one yourself. The list can be found in the For Your Use section of the site, once you log in. We make it as simple for you as possible.

Do you have 1, 2, 3, or 10 clients who may be willing to work for better health coverage? With 6 or more participating clients, you will be entered into a draw for a great gift. Let’s all work together!

### Please Note

CANNP is pleased to bring you many discounts and opportunities; we encourage you to use your best judgement and discrimination when choosing to participate. We do not endorse programs; we simply make them available to you as a benefit of membership. We appreciate the generosity of all our supporters.

The content of this newsletter is for the purpose of sharing information only. Readers are encouraged to investigate all ideas, products and/or services before committing to them. CANNP will not be held responsible for any adverse consequences resulting from the use of any information in this newsletter.

## Mentoring

At CANNP we pride ourselves on pursuing a Mentoring culture — let's help one another succeed. That is what is good for the entire industry.

We try our best to match new graduates with more established practitioners when asked, however there is quite a backlog because it is all done on a volunteer basis. So to supplement this endeavour, we have developed several other mentoring opportunities:

1. Mentoring Round Table — which is an opportunity for your submitted questions to be answered by 6 of our most successful and accommodating Members. We extend sincere thanks to these women for their time and insight.
2. Challenge and Accountability — more about this great program on page 2 called Round Two.
3. A 12-part Mentoring program that is easy to access and manage as a good starting point. Members Only area, Business Tools section

## Registered Title

As a NNCP, you are governed by the standards set out in your particular province. It is your responsibility to determine what you can and cannot do.

For example, Members in certain provinces are not allowed to use "Registered" in their title so purchasing the use of the Registered Nutritional Therapist title would not be wise. Check the *Legal Guide for Canadian Holistic Nutritionist* to verify specific provincial information.

## Please Provide Specifics

Some people go by their business name for some things and personal name for others. Some people use their spouses account to pay and associate it with their personal name. And on it goes. It takes a lot of time to sort these things out at our end. We want to get it right every time.

Also, when contacting us for any reason, please provide your complete name and if possible, include your NNCP number.

When completing applications please be sure to provide your complete address, including unit or apt number. This will save on mail returns. Thanks!!!!

## Free Monthly Giveaways

Most months we offer a free giveaway to our Members. Who doesn't want something for free, especially if it's super useful!

From a business perspective, sharing something like these offerings with your client, acts as a reminder of you — even when you are not present and even when you have not connected in a while. It helps to keep you top-of-mind so that when they need assistance you are their go-to person.

In September we offered one to share with clients called Smooth and Easy. It was really popular and all about making smoothies, tips and techniques.

October, in time for the germy flu and cold season, brought a giveaway about general immunity called Immunity on Guard. It offered tips on staying healthy with nutrition and lifestyle changes.

November concentrated on the 1,000 Reasons Why poster to remind practitioners of the many reasons someone might come to you and to entice you to ask your clients to participate in the effort. Many were sent out so we are hopeful that that will translate into Take Action submissions.

December is the free graphic critique. Twice a year we suggest you send us a pdf of your logo or brochure and our graphic designer will constructively let you know what you are doing right and what you may want to reconsider.

## Common Questions

### Q. How do I handle upgrading?

A. We want to make upgrading attainable — no need to spend lots of money on courses. Power Hours count, reading counts. Send us a list of what you have completed to [info@cannp.ca](mailto:info@cannp.ca). Unless otherwise requested, no receipts or certificates required.

### Q. Do I need to log onto the Members Only area to renew?

A. The join/renew applications are on the [cannp.ca](http://cannp.ca) home page. You do not need to log into the members only area to complete the application. In fact, if you have inadvertently let your membership expire, you will be denied access.

### Q. What if I have not Mentored this year?

A. Mentoring is now optional. While we do love volunteers to help out as mentors, you do not have to volunteer in order to renew. If you are interested in sharing your knowledge, just let us know!

### Q. Where can I find client insurance & tax receipt?

A. Every welcome, and every renewal package, comes with a printed client insurance form. This form indicates the valid expiry date. You will also find certificate stickers in your renewal package reflecting your new expiry date. Be sure to watch for these.

## Antinutrients in Food — A Natural Defense System

by Karlien Bester, MASC (Nutr), NNCP

As nutritional experts we know that emphasizing a whole-foods diet to our clients is an important approach to healthy eating. We want them to experience the health benefits of nutrient dense foods. If you're lucky enough to practice within a city or town with local farmers markets or well supplied supermarkets, and culinary bakeries that specialize in the making of whole grain sour dough bread, it can make our job so much easier. But there is the question about whole plant-based foods that triggered my curiosity as I ventured into the complexities of a healthy way of eating. The question of availability and absorption of nutrients from all the wonderful whole plant foods came to mind as I habitually stocked up on and prepared them to go onto my plate. That is when I decided to stretch my thinking beyond micro- and macronutrients and delved into the science behind antinutrients in a whole- foods diet.

### Why Understanding Antinutrients is Vital: Finding a Balance

While researching my book, one thing became clear to me — there are a lot of fascinating facts about plants and the foods we are generating from these life-giving organisms and their seeds, that are not visible to the naked eye. Antinutrients are no exception. For the most part, what we see when we are staring at a bowl of fresh spinach for example, sprinkled with split raw almonds, a few slices of tomato and cucumber, is a pleasant looking healthy salad. But what we are not able to see is an abundance of antinutrients within just a few salad ingredients. Along with fiber and nutrients comes a high content of oxalates in the spinach and raw almonds, and potentially high levels of phytates from the nuts. Now that may not be a bad thing, or it might be quite a bad thing. The outcome depends on the person consuming the salad, his or her digestive strength and capabilities for handling antinutritional compounds, the health of the gut, the person's age and overall health, and the rest of the food on the plate.

Over one hundred years of research into these secondary plant compounds have identified a diverse range of biological activity and effects relevant to human and animal health, welfare, and nutrition. Plants depend widely on antinutrients for survival. They protect the plants, and their seeds from natural predators in nature, maintain freshness of the seed for germination, and provide protection against fungi and mold. These same protective mechanisms which are demonstrated in plants, exert beneficial health effects in the human body as well. Through research it was established that at low concentrations antinutrients protect the body against inflammation, obesity, heart disease, type 2 diabetes, and a variety of cancers. On the other hand, the term antinutrients is used because of its active role in reducing nutrient intake, digestion, absorption, and utilization of food — processes that may interfere with the function of certain organs and hinder overall physical growth.

Antinutritional compounds vary within species of plants, their type, and levels. They are classified as antiproteins and antiminerals and can exert their adverse health effects on the health of humans by:

- Their toxic effects (lectins)
- Unpalatability (saponins and tannins)
- Growth reduction (phytates and oxalates)
- Interference with digestion and systemic inflammation (lectins and enzyme inhibitors)

### Processes that Work to Reduce or Eliminate Antinutrients

Dealing effectively with whole plant-based foods in their natural state becomes a necessary step towards good health, increasing bioavailability of nutrients, avoiding the harmful effects of antinutrients, and simultaneously gaining from their protective effects. A proven old-time method to neutralize, reduce, or eliminate antinutrients includes biological food processing. These traditional practices are

practical and adaptive techniques that can be fulfilled in our kitchens:

- Sprouting & Germination (any variety of raw plant seeds)
- Soaking (beans, lentils, nuts, seeds, grain kernels)
- Fermentation (soybeans, grain kernels used to ground flour, root vegetables, most vegetables)
- Boiling and cooking (beans, lentils, grain kernels, root vegetables, leafy vegetables)

The dormant seed hangs on to all its life-giving nutrients and antinutrients for protection until the conditions are right for growth. For conditions to change, adequate water, moisture, pH, and temperature are required by the dormant seed to release its protective barrier, which helps unlock nutrients and achieve a state of growth. During soaking and sprouting, the seed absorbs water by a process called imbibition. The pressure generated by imbibition is ultimately responsible for the swelling and bursting of the seed coat before germination. When soaking or fermenting plant seeds, a liquid, acidity, warmth, and time are needed. These processes have a degrading effect by dissolving enzyme inhibitors and by endogenous enzymatic function that provides a predigested product that has its antinutritional compounds reduced and, in some instances, eliminated. The extent of the reduction of antinutritional compounds depends on the species, pH, length and condition of soaking, germination and/or fermentation of plant seeds, flours, and whether it's a root or other vegetable. By following these traditional food preparation practices, along with incorporating a healthy, varied, and mostly low-antinutrient diet, enough balance and protective nutrition are offered to blunt the impact of antinutrients in a whole plant-based foods diet.

*Karlien's book offers further details, as well as methods, steps and guidelines on how to practically deal with whole foods. Book review page 8.*

### One for All; All for One

When you have a dedicated client who wants to make all the necessary changes to feel better, one of their first instincts is to share their success with friends and family. That's great referring!

However, sometimes when they share, they receive that look of — what you are doing is fine for you, but it's not for me. In one respect this is correct. Everyone is biochemically different so one protocol does not fit all as we know.

What is particularly trying for clients is how to take their new found knowledge and success to their own dinner table. This is something that you may have to help them navigate in order to keep them on track.

Make certain that your client understands that she will not convince everyone at her table to be on board and that is okay. People will generally not make this kind of change unless they want really to or unless it is personally meaningful to them.

With perseverance, everyone at the table may follow along to varying degrees, in their own time and own way.

Encourage your client to implement some subtle changes slowly to the family dinner table. Exchange refined white products for healthier whole grain versions. All meals should include a variety of vegetables so that the family comes to understand that no meal is complete without vegetables. Make salads a regular offering.

Encourage family members to notice changes in their personal systems and to think about what else has been altered in their life. This will allow them to make the personal “penny drop” and then your client can gently guide them to a proper conclusion — and to you.

For some, even once the connection is made, it won't matter, but it might one day.

### Business Buzz

*Paul Fink, BA, MBA, CPA (former), is a graduate from the University of Michigan and worked as a CPA at Peat, Marwick, Mitchell (now KPMG) in Detroit, Michigan, before moving to Toronto and becoming a leader in Commercial Real Estate Brokerage. Paul shares his extensive experience in business and his expertise in financial matters with the CANNP board.*

### Commit it to Writing

Committing it to writing is kind of an old-fashioned concept but the principle is sound, even today with all the technology we have come to depend on. (If you are more comfortable noting it on your phone or tablet this will work just as well.)

Many of us are feeling overwhelmed with all that is happening in the world — near and far. It may feel a little more difficult to focus and be clear in our business intentions. We may easily get distracted. So here is what you can do:

1. Develop a list of goals, long and short term, but items that are both necessary to complete and achievable.
2. Refine the goals into something that is measurable. So if cold calling is on your list, define how many per day. If following up with recent or past clients, determine how many to contact per day or week. If writing an article or blog, quantify how much to complete weekly.
3. Some days are busier than others, so assign goals accordingly, 2, 3 or 5 per day. Experts say it is helpful to tackle the most difficult or least appealing first thing to get them out of the way leaving you with a real sense of accomplishment.
4. Since this list is written or electronically noted, date it. Save it.
5. Review the list at the end of every single day. Before closing shop for the day, transfer the tasks that remain uncompleted to a new list for the following day, adding any new tasks that have cropped up. Date it. Save it.
6. Since you are saving these lists, the next step is at the end of every month, review your lists. Have you accomplished what you set out to? Are there lingering, nagging items that need special attention? Is there anything you have recently learned which you can add to your daily list? Are there items that should be delegated?

Now you may say that you have the list in your head — you are well versed in what needs to be done — and that may be true but — committing it to writing, however that looks to you, makes it harder for you to change, challenge or ignore tasks at hand.

By dedicating to a monthly review, you will soon find out if you are accomplishing the items necessary to build a viable business or if you are just playing at building your practice.

Defining reasonable goals and attaining them is totally within your control and will determine the probability of your success.

It is time for you to take charge in how your business moves forward: have a plan; understand what needs to be done; and tap into your self-discipline to execute and make it happen.

## Science Catching Up

6

The level of magnesium in the blood is an important factor in the immune system's ability to tackle pathogens and cancer cells. Researchers from the University of Basel and University Hospital Basel report in the journal *Cell* that T cells need a sufficient quantity of magnesium in order to operate efficiently. Magnesium deficiency is associated with a number of diseases, including cancer. Until now there has been little research into how exactly magnesium affects the immune system. These researchers have discovered that T cells can eliminate abnormal or infected cells efficiently only in a magnesium-rich environment.  
<https://www.sciencedaily.com/releases/2022/01/220119/21455.htm>

This study published in *JAMA Internal Medicine* in 2022 used accelerometer measurements to look at the association between physical activity and death in a US sample of adults. Their goal was to estimate the number of deaths that could be prevented with a modest increase in physical activity. The results showed that approximately 110,000 deaths per year could be prevented in US adults between 40 and 85 years of age or older, by increasing their activity by a mere 10 minutes per day. The increase is specified to be moderate to vigorous. An greater increase in time spent could lead to even more lives saved.  
<https://jamanetwork.com/journals/jamainternalmedicine/fullarticle/2788473>

Olive oil is a mainstay of the Mediterranean diet and for good reason. It seems, according to a study in the *Journal of American College of Cardiology*, that adding some olive oil every day to your nutritional intake may lower the risk of Alzheimer's disease. The value of olive oil and its relation to heart health has been long known but this finding is different. Over 60,000 women and over 30,000 men were studied over a period of 28 years. Those who said they consumed more than a half tablespoon of olive oil daily had a 19% lower risk of all causes of death, including cardiovascular disease, as compared to those who rarely if ever consumed the oil. Also, those who were regular consumers reduced their risk from neurodegenerative diseases like Alzheimer's and Parkinson's by 29%. The study also indicated a reduction in death from cancer and respiratory ailments. Substituting even less, perhaps 3/4 of a tablespoon for margarine, butter, mayo and dairy fat was associated with a lower death rate. Well — no wonder!  
<https://pubmed.ncbi.nlm.nih.gov/31521394/>

According to a study in the *American Society of Microbiology*, high fiber diets, those that include broccoli sprouts and other cruciferous vegetables in particular, may reduce symptoms related to inflammatory bowel disease. Including these vegetables may actually improve quality of life in sufferers. Researchers set out to determine if and by how much a diet rich in broccoli sprouts reduced Crohn's disease symptoms. The study was conducted on 4 groups of mice. They controlled their diets and regularly weighed them and inspected their fecal matter for signs of colitis development. They continued to do intervention and finally concluded that those that ate more broccoli sprouts had more sulforaphane in their blood which protected them from weight loss, fecal blood and diarrhea. They also concluded that younger mice responded even better with more robust gut microbiota. Evidence to start early.  
<https://www.sciencedaily.com/releases/2023/11/231109/21501.htm>

## www. Wild, Wacky, Wonderful

### openlibrary.com

Wild that we have all this at our fingertips. Openlibrary is just that — a library of books and textbooks for you to borrow. The project is looking for donations to continue their quest to build a web page for every book ever written. They want to make the published works of humankind available to everyone in the world. You can search all kinds of categories — recipes, textbooks, medicine, mystery, romance and so much more. What's more — if they don't have a record of a particular book, you can create one — or edit one that exists. Great and lofty idea!

### supercook.com

This is the Wonderful site! First you put in the food essentials or staples that you have, which is a simple clicking process. Add all the ingredients you want to use and with just a click, this program will generate a ton of recipes for you. You can pick which meal type or key ingredient you want to use and poof. That is so handy and amazing!!

### thenounproject.com

Wonderful goes to the Noun Project which is building a global visual language making communication accessible no matter who you are or where you are. The strong belief in the power of sharing visual images is what drives this site. You can download icons and photos from a selection of 1,000's. You can get a basic free plan and the price goes up from there, but reasonably and nominally. Search for the subject that interests you. When we searched nutrition in icons, so many appeared — it would be difficult to choose.

## The Power of Neuroplasticity

by Wendy Gibson, BA, RHN, NNCP

Have you ever had a client who complained of increasing sensitivities to food, electromagnetic fields, fragrances, environment allergies, chronic anxiety? Did they also have body aches and pains? Perhaps they have been diagnosed with POTS or fibromyalgia or MCAS. You made recommendations to help with these conditions, but the improvement was minimal. It seemed as though there was an allusive root cause that just wasn't being addressed. If you've had a client with any element of what has been described, you may be surprised to learn that the root cause may not be nutritionally based but is likely Limbic System Impairment.

Often people with these types of conditions describe a perfect storm of events that precipitated the onslaught of symptoms. Often it can be a result of a physical injury, car accident, surgery, and/or a viral infection, lyme disease, and/or mold exposure. And in most cases, stress has been a solidifying factor in the perfect storm.

Usually there is a combination of stressors on the body that results in the oldest part of the brain; the part responsible for keeping us safe, flipping its lid. When the limbic system flips its lid, it essentially gets stuck in a fight, flight or freeze hormonal pattern. The unhealthy hormones of Cortisol, Norepinephrine and Adrenaline become dominant in the body. Essentially the body senses an extreme amount of danger and in an effort to keep you safe, it continually releases these hormones which in turn, make you more sensitive, more reactive, sicker and often filled with anxiety.

Interestingly, the body doesn't rebalance over time, but may become increasingly sensitive to more factors such as foods, fragrances and electromagnetic fields. Some people become so sensitive that they cannot live near cell phone towers or use their computers or devices. Many people experience extreme food sensitivities or become anaphylactic to previously safe foods. It is not uncommon for some people to be down to 5-10 foods that they attempt to live on for years.

I became interested in neuroplasticity as a way of self-healing, when I encountered a perfect storm of injuries that resulted in the development of MCAS. Being in the health field, I was confident that I could use my tools to resolve any health issue in my favour. What I didn't understand at the time, was that Limbic System Impairment was the root cause of the issue and that I required a whole new set of skills to set my body on a healing path.

Many people, such as myself, exhaust all of the possible alternative routes to health such as naturopathy, nutrition, allergy desensitization, acupuncture, energy medicine etc before coming to the brain as a cause. While all of these practices are valuable and beneficial to the body, without addressing Limbic System Impairment, the brain will continue to challenge the body by releasing stress hormones, so that symptoms never completely disappear and often intensify over time.

We are just starting to understand the role that the brain has in health and recovery. Some of the leading researchers are suggesting that the brain is as important to our health as gut health and without understanding it's role, we are limiting the results that we can achieve.

Finding the route cause was arduous. It wasn't until watching an online video of a doctor talking about Mast Cell Activation Syndrome (what I self diagnosed as having), that I heard mention of neuroplasticity.

While on the one hand the doctor stated that there is no cure for MCAS, he confessed that people had reached out to him mentioning neuroplasticity and had used the word "miraculous." Once you know what to look for, there is an abundance of information available. I was delighted to find the DNRS program and even more delighted to find pages of testimonials of people with similar conditions and much more extreme conditions, who had successfully healed their bodies.

The developer of this program, Annie Hopper is a Canadian and like so many,

she developed Limbic System Impairment herself. Having to remove herself from society and live on a houseboat in order to be away from triggers, she used her background in brain health to develop a way to heal. The result is the DNRS program and it is used internationally, helping people all over the world to heal.

Currently there is research that has been done out of McMaster University in Hamilton on the effect of the DNRS program on various health conditions including long covid. The results are impressive with approximately 80% of people eliminating their conditions over a one -year period. Neuroplasticity will heal all but physical organ damage in long-covid cases. More research is continuing to be done.

Neuroplasticity works on the basis that the brain is very capable of change and just like it changed to define your environment as dangerous, it can be changed back to knowing all is safe. The DNRS program, is an online tool that guides you through an understanding of the limbic system and how it works. From there you are educated on 5 pillars of health that you work through systematically, every day for a minimum of 6 months. Often people report improvements in mood and optimism initially and then more concrete shifts start to happen. The change is gradual as you create and strengthen new neuropathways in your brain. Amazingly the changes in your brain are actual physical changes. Your brain starts to change its chemistry to DOSE – Dopamine, Oxytocin, Serotonin and Endorphins. The danger alarms start to switch off in your brain and the physical symptoms disappear.

The benefits of recovery from Limbic System Impairment are miraculous but the side benefit is that many report an increase in enjoyment of life, happiness, better sleep and relaxation.

What I found most incredible was after about 2 months of training, my body was showing signs of absorbing nutrients again.

*continued page 8...*

## When a Date is More than a Date

Do you know the difference between a Best Before date and an Expiry Date?

Let's try to clear up any confusion on dates that appear on our food products. It is really not that complex.

Probably the most common date we come across is the **Best Before date**. The name however, is a little bit misleading. The term "best" does not refer to best in terms of safety. Instead it is referring to highest taste value, freshness and nutrients.

The Best Before date is mandatory on items that have a shelf life of 90 days or fewer. Items with longer shelf lives are not required to have a Best Before date, but many do depending on the manufacturer.

The date also is meant to apply to foods that are unopened. Once opened — all best are off. Though if stored correctly, which is also part of the Best Before assumption, often food last longer than the Best Before date.

The **Use By date** may replace the Best Before date on a product. Voluntary dates may be applied as long as they are not misleading and meet appropriate requirements.

**Packaged On dates** are similar looking to Best Before dates but must be accompanied by a Best Before date or indicate the number of days the product will remain fresh.

Products must indicate storage information if that information is something that differs from normal room temperature, for example, Refrigerate When Opened.

**Expiry Dates** should be followed closely. It is recommended to not consume after the expiry date and to discard the item. It may be lacking in nutrients after the indicated date.

**Labelling exceptions** include prepackaged fruit and vegetables. Prepackaged individual portions which are served by airlines, restaurants or other commercial facilities, if the product is meant for immediate consumption. Individual servings which are sold in vending machines or mobile canteens are exempt. — when was the last time someone you know purchased a sandwich from a vending machine? And of all things, donuts are exempt. Go figure!

## Book Review

***A Closer Look at Antinutrients in Food, A Matter of Absorption***  
Karlien Bester, 2023

We are all aware of importance of including natural, whole foods in our diets and those that we recommend to clients. High-quality plant foods such as nuts, seeds, grains and legumes are the foundation of a nutritious diet. Like everything in nature, balance is key. What happens when we overconsume these healthy foods? Potentially this can cause a biochemical imbalance resulting in "mineral deficiencies, malnutrition, digestive disorders and intestinal damage."

This book guides you through an understanding of the role of antinutrients in our foods, why they are there and how we can safely enjoy their nutritional benefits.

Old world work-arounds are explored, like the importance of soaking, germination and fermentation as well as cooking.

This book is a handy reference for all things anti-nutrients and would make an excellent addition to your library.

## Neuroplasticity

*continued from page 7*

Without changing food consumption, my body was normalizing because it was staying in 'rest and digest.' The healing and shifts were relatively quick and effortless.

The program does require commitment to one hour per day for a minimum of 6 months. This is the period of time it takes to change the neuro networks in the brain permanently.

I would encourage anyone who is looking for answers to their undiagnosed health issues to investigate this program and to learn about the power the limbic system has on our quality of life. For a more thorough understanding of the power of neuroplasticity, you may want to investigate the books by Joe Dispenza. You are also welcome to reach out to me for more information.

## A Word About Imposter Syndrome

First, we all suffer from this affliction from time to time, either as a new grad starting out or a more established practitioner who runs into something never tackled before. You are not the only one!

According to Mel Robbins, in her podcast series, it is suggested that you adopt the mindset of a learner. You may not know why you are in this space with this person sitting across from you, but know that you have something to gain and something to offer.

Despite how you feel, remember that you know more than the person sitting opposite you — with open minds they can learn from you and you will learn too.

Accepting where you are at, for example starting out, means that you are not an imposter at all because you are accepting exactly where you are. And no practitioner knows all the answers but training has indicated that you know where to find it!