



NEWSLETTER

FOOD FOR HEALTH

Salmon for Brain Health

Salmon is a fatty fish, high in omega 3 fatty acids, which has been shown to have many health benefits, some of which include

- improved brain function, including memory, and reduced risk of developing Alzheimer's disease later in life
- improved heart health including reduced risk of heart disease and stroke
- improved bone health due to its anti-inflammatory properties, including reduced pain associated with arthritic conditions and reduced risk of osteoporosis.



This baked salmon recipe is always a hit in my house:

Mix together 3 tablespoons of sweet chilli sauce, 3 tablespoons of ketchup manis, a teaspoon of sesame oil, a little chopped garlic and ginger.

Marinate the fish

When ready bake in the oven on 180 degrees for approximately 25 minutes, or until fish cooked to your liking

Enjoy!



Shanee Fleischer, Physiotherapist

The team at
CNHC you like o
wish you a
happy, safe and
healthy 2017!!!



Summer Porridge Recipe

With all the weather changes we are more prone to headaches and migraines. Here's a low Tyramine/histamine breakfast which are known migraine and headache triggers.

1/3 cup rice flakes
 2/3 cup rice milk
 2 strawberries
 Small pinch of unsalted raw sunflower seeds
 Roasted coconut flakes

Cook rice flakes/milk on stove top until soft.
 Add chopped strawberries and seeds towards the end.
 Sprinkle with coconut flakes
 Have pukka three cinnamon tea as your beverage or other herbal tea of choice.



Enjoy!



Genya Fleischer & Galia Atteslander, Naturopath/Acupuncturist

10 Best Foods for Radiant Healthy Skin:

1. Blueberries - antioxidant rich, high in fiber, Vit. A and Vit. C. Help to clear acne and blotchy spots, leaving you with healthier glow.
2. Spinach - great source of Vit. B, C, E as well as potassium, iron, calcium and omega 3 fatty acids, help to keep your eyes sparkling white.
3. Kiwi - firming, helps to prevent wrinkles.
4. Dark Chocolate helps skin stay hydrated, it also protects it from sun damage.
5. Salmon helps clear clogged pores and erase fine lines and wrinkles.
6. Watermelon - sun protector/cancer fighter, helps to clear blemishes and improve skin elasticity.
7. Oranges and grapefruits - wrinkle preventers, restores collagen.
8. Berries - raspberries, blackberries, strawberries help reduce inflammation and keep your skin toned and radiant.
9. Avocados - high in Vit. A, D, E and minerals like copper and iron preventing skin aging and promoting elasticity.
10. Eggs - skin tissue repair, clear infections and acne, prevent skin from developing moles and skin tags.



Zhanna Khortik, Massage/Beauty Therapist



Cauliflower Rice

A wonderful low-carbohydrate alternative to pasta and rice is the humble cauliflower. Full of flavour and filling, it is a surprisingly tasty and versatile dish. Use wherever you would normally use rice, the possibilities are endless. This is a basic version to get you started.

Simply pop half a cauliflower into a food processor and blitz for a few seconds or use a cheese grater to grate the cauliflower into rice sized pieces.

In a pan, heat a small amount of oil and garlic for a few minutes.

Add the cauliflower and cook for 5-6 minutes with the lid on, stirring occasionally. Enjoy.



Sandra Buchanan, Chiropractor

Pineapple smoothie

Blend - 1/2 pineapple, 1 handful of blackberries, coconut water, 200g yoghurt, ice cubes

Yummy smoothie perfect for breakfast for the coming summer days. It's not just filled with delicious fruits and yoghurt but is packed with antioxidants and PINEAPPLE.

Why is pineapple so good? Pineapple contains an **enzyme** called BROMELAIN, it is found in the stem of the pineapple and in the juice. Bromelain is known to possibly help reduce inflammation, sinuses and swelling in the bowel. Studies have shown mixed results, however, it is often used to reduce inflammation from tendinitis, sprains and strains, and other minor muscles injuries. We do note that if you do suffer from gastric upset sometimes pineapple can increase these symptoms. Please speak to your healthcare practitioner before over loading in pineapple juice.



Daniella Zampierollo, Osteopath