



Fit for flying → Travel & Fitness. 🎧

The second in a series of articles on healthy travel by Neil Hornsby.

Okay for all of you who thought eating healthy on the road was a challenge here comes challenge number two; Exercise. Let's assume we all participate in some form of regular exercise whether that's belonging to a gym, playing on a community sports team, running, skiing, swimming....you get the picture. How do we maintain that program when we are travelling? It's easier said than done, but it can be done. Similar to a healthy road diet, exercise needs to be planned ahead of time. 🚗

If you are staying at a hotel go online or call the hotel to ask what kind of exercise facilities they provide. If you stay at the same hotel on a regular basis get to know the surrounding area, chances are there is a health club nearby where you can buy a daily or weekly membership. Many companies want to keep their employees healthy and will allow traveling personnel to expense health club memberships, ask your boss.

For walkers and runners pack a pair of your shoes, shorts and a t-shirt and go running. This is without doubt the easiest way to get some exercise when traveling. It is also a great way to explore a city.

Many hotels have safe running or walking maps and they cover a variety of distances based on your fitness level. Just ask at the front desk when you check in. I even worked for one hotel where the GM led a run for guests every morning.



Continued over ↪

"Green Green Wine, you make me feel so fine"

Wine is a great conversation piece, and I don't mean as a loquacious aid. In terms of consumption: 'quality over quantity' is a good motto to follow.

Wine is a hot topic as it involves the interplay between the quality of taste, the environment and our health. We've all touted the anti-ageing benefits of the **res-veratol** antioxidant in red wine. But... are our taste buds being misled by mass production & marketing, are we getting the real flavour, or as wine experts say the '**terroir**' of the vineyard??? (Speaking of real tastes, also view our article on **Coffee**: Summer 06 Newsletter www.rhealth.ca/news.php)



The **terroir** is the natural environment, the soil, sun, temperature, etc., that gives each vineyard its signature flavours. Unfortunately, unlike other monoculture and mass-market farming practices, soils get depleted and the ecology is disrupted. Pesticides, herbicides and fertilizers are also used to improve yields. Increased production and decreased costs may require commercially manufactured yeasts, and added sugars or tannins.

On the industrial scale, wine can be as processed and unnatural as the packaged goods at supermarkets.

Continued over ↪

As the leaves change beautiful colours the mornings and nights get chillier. Keep your summer energy and strong immune system by eating and supplementing right. Adaptogenic herbs help you adapt to your environment, but also with mental and physical stressors. Ask us if we can tailor an herbal combination for your health goals. We're revamping the **rhealth** website to bring you more concise information. Although we can't take orders on-line yet, you can see some of our store's products.

Hope to see you soon, your Roberts Centre team.

Fall EVENTS

Call 746-0770 for more info or to reserve your spot, also see www.rhealth.ca.

- ♦ **Yoga**: Class 1: 6:30-7:30pm, starts Mon. Oct 15th, 8wks.
Class 2: 1-2pm, starts Tues. Oct 16th, 8wks.
- ♦ **Breast Thermography** Oct 19th 2007, May 9th 2008 & Oct 17th, 2008
View newsletter article summer '06 (www.rhealth.ca/news.php)

Prenatal & Parenting EVENTS

- ♦ **The Happiest Baby** on the Block: 6-8pm, starts Sept 25th
- ♦ **Yoga Prenatal**: 5:30-6:30pm, starts Tues. Oct. 15th, 8wks.
Postnatal: 2-3pm, starts Tues. Oct. 16th, 8wks.
- ♦ **Sign Language** (babies/toddlers/preschool) 6-7pm, starts Wed. Oct 24th, 8wks.
Free Info Session 6-7pm, Wed. Oct 17th
- ♦ **Baby Massage Classes** 12:30-1:30, starts Tues. Oct. 16th, 4 weeks
- ♦ **Helping Your Baby Sleep Better** So you can too. Wed. Sept. 26th. 2-4pm

News Bites

1. Even **mild** forms of **hyperglycemia** are associated with increased risk for cardiovascular-disease & **mortality**. *Regulating your blood sugar levels via nutrition, supplements & exercise is vital to life, but can also help your energy, focus and quality of life.*
2. **Vehicular exhaust**, a mix of gases and particulate matter, can have toxic cardiovascular effects and worsening of heart conditions.
3. Study confirms **antibiotic use early in life** increases risk for **childhood asthma**. *Avoid unnecessary use of antibiotics, particularly broad-spectrum agents.*
4. Mayo Clinic survey: most physicians feel **inadequately trained in medical statistics** & have no confidence in their use of stats. *Who's interpreting health studies for them? Who's educating the doctors?... Big Pharm are the big 'Spin' Doctors.*
5. Alternate Health Eating Index measures **fruits, vegetables, white** versus red meat, low trans fat, **polyunsaturated** versus saturated fat, cereal **fiber**, nuts, soy, low alcohol, and **multivitamins**. *Study shows, a high score means less chance of diabetes & other diseases.*
6. **Garlic** (raw or supplement) had **no effect** on HDL, LDL, total cholesterol, or triglyceride levels.
7. New study ranks **Antihypertensive drug** classes according to their association with **Diabetes**, especially thiazide diuretics & beta-blockers. *This study helps medication selection in high-risk groups.*
8. A low-fat diet very high in vegetables, fruits, & fiber improved **breast cancer** survival only when combined with **exercise**.
9. **Insoles** protect against injury. Athlete or not, **orthotics** help maintain body structure & function. *Ask our chiropractor to analyze your bio-mechanics and customize insoles for your feet.*
10. Study finds young **children** preferred the **taste** of foods and drinks when they were presented in **McDonald's packaging** to the same in plain packaging.

New to our Health Shop

The easiest **Sprouter**: small, portable, Aaron will show you how - he's got 2.

Sprouts are the best nutrition on the planet!



Blueberry-cranberry Elev8me bars: a clean protein bar for meal-replacement, sugar control and prolonged energy

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www.rhealth.ca/shop

Give us a call 746-0770 to order.

... Travel & Exercise continued

Not fond of the "runner's high" you say, okay here are some thoughts for **in-your-room**. Buy some rubber exercise bands (blue **Therabands** available at the Roberts Ctr.) which take up no space at all in your briefcase, but may raise some eyebrows if they search it.



Consult a trainer, like Aaron, to learn how to **work every muscle group** with these simple bands.

Also, take a **yoga** or **pilates** DVD on your trip and play it on your laptop, a great way to start the day.

Core exercises, sit ups, stretching, push ups, tricep dips, **skip-rope** are all easy to do in your room and a great way to stay toned when travelling.

Of course don't forget the hotel pool. **Swimming** is a great full-body exercise. You don't need to be an Olympic medalist but 10-20 laps of the hotel pool will do wonders for your health and state of **mind**.

So remember, a little planning ahead of time will ensure you don't miss out on your exercise routine. It will help you **sleep better** at night and **function better** during the day. By Neil H.

RECIPE: Tempeh Chili

A great freezer-stocker, so you'll have hearty-healthy food available when you don't have time to cook.

Tempeh is fermented soy (can be grains too). It is very nutritious and lasts approx. 3 months in the freezer, 10 days in the fridge.

Ingredients:

- 8 ounces tempeh, crumbled
- 1 green pepper, chopped
- 2 medium chopped yellow onions
- 1 red pepper, chopped
- 1 yellow pepper, chopped
- 2 tablespoons minced garlic
- 2 tablespoons almond oil
- pinch of salt
- 3 cups cooked mixed beans, drained
- 2 cans (15 ounces each) tomato sauce
- 1 cup vegetable or chicken stock

- 2-3 tablespoons chili powder, or to taste
- 1 bay leaf
- 1/2 teaspoon ground cumin
- crushed chili peppers, sea salt & ground white pepper, to taste

Instructions:

Sauté the tempeh, onions, garlic, and a pinch of salt in the almond oil for 5-10 minutes, stirring frequently. Add beans, remaining ingredients, and any other veggies you wish. Simmer over low heat, covered, for 1/2 hour.

... Green Wine continued

In search of their true **terroir**, along with public demand for enviro-friendly and non-toxic products, wineries are now embracing "**Green**" causes. Some farms are **organic**, '**sustainable**' and even '**biodynamic**'. The latter two farming practices go beyond organic regulations, into environmental, economical, and social responsibility - maybe even into spirituality!



Some wineries are restoring wetlands and habitats for bees, birds, fish and animals, using energy reduction techniques: bio-fuels, solar and wind power, and in-ground buildings, water management and recycling, cover crops, etc. A number of growers produce 'organically' without getting certified, due to the 'paperwork' or the restrictions adding sulphites. (All wines naturally have small amounts of sulphites.)

In all, **Green** wineries are producing **Wines** that are closer to expressing their true **terroir**.

Examples of **Green** wines are: Quails' Gate (*organic, B.C.*), Malivoire (*organic, ONT.*), Bonterra Syrah (*organic, Fetzer, California*), Beringer Chardonnay (*sustainable, California*).

Enjoy Responsibly, cheers!

By Aaron S.

Funny files



Interested in how to meditate classes?... call us, 746-0770.

Questions, submissions & sponsorships, contact:
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