

Healthy Eating for Seniors: June 5th, 2015

Louise Saldanha a registered holistic nutritionist gave us an inspiring and knowledgeable talk which focussed on how to keep healthy as in the aging process with the use of medication the nutrients in our body are depleted. Here is a brief summary of her talk that may be useful to members that could not attend.

We need to keep health by eating wholesome foods i.e organic and locally grown where possible, use of supplements specially B 12, Vit. D, essential fatty acids (coconut oil listed as a good one), digestive enzymes, and probiotics.

All our meals should consist of a protein, carb and liquid, lot of veggies and at least 2 servings of fruit.

It was also important to use clean products on our bodies i.e in soap shampoos etc.

Essential oils also address our spiritual and mental well- being.

Exercise was important and the walking group on Saturday was a good example.

Louise also brought samples and there was a long line up for tasting purposes. She left pamphlets , questionnaires for those wishing to pursue further inquiries or use her expertise.

It was a very interesting and informative session. Thank you Louise.

Harriet D'Mello