



[HOME](#) [ABOUT](#) [PRESS](#) [VIDEOS](#) [COACHING](#) [BOOKS](#) [CONTACT](#)

[Tag Archives: nutrition](#)

## [Summer Nutrition: 10 Foods That Help to Beat the Heat dehydration](#)



Summer is finally here and it's a great time to break out the sunscreen and also change our diets to suit the season. In the summer we generally are outdoors more often, so we need to consider the effects of the heat and our bodies' need for more hydration. Remember the very general rule of thumb is to consume in fluid ounces around half of your body weight in water, but if you are very active, and also outside more often during the summer I would increase your requirements, not to exceed around 125 fluid ounces. Don't forget you can also boost your

hydration using food! I personally love to be high, if not 100% raw during this summer season because the lighter, more water-rich the better I feel. Every person is unique, so it's important that you find what works for your body. Because most of us get our produce in grocery stores, it can be very difficult to know what is in season. This is a great time to get out and venture to a local farmer market to try some new fruit or veg, heavier on the fruit. Below are a few of my summer, summertime favorites that will help you to stay cool during beach season. – Xo Raw Girl

1. **Watermelon** – I love my watermelon in the summer and it's the perfect refreshing and cooling treat when the heat gets too much. There are many ways to skin a watermelon so don't get bored by just eating it straight. Try squeezing lime and a pinch of sea salt over your watermelon, or blending in into a summer cocktail with some fresh basil or mint.
2. **Citrus** – Oranges, grapefruit, tangerines oh my! Citrus is an excellent source of vitamin C and research has indicated that consuming foods rich in

vitamin C may help to reduce body temperature or just cope with the heat more productively.

3. **Squash** – High in water content, and abundant at local farms in the summer, squash can be a versatile addition to summer nutrition. Try Zucchini noodles anyone? You can also add them to salads and lightly steam them. After steaming, freeze some of the zucchini and add to smoothies to boost the nutrition in your morning shake. Trust me, you won't even know it's in there.
4. **Celery & Fennel** – Celery is one of my favorite additions to my daily juices in the summer. Celery also contains a healthy amount of sodium, and is a great juice to drink to maintain electrolyte balance. Fennel is a super delicious addition to salads and also can be juiced. Both celery and fennel are diuretics, which promote the formation of urine in the kidney.
5. **Cantaloupe and Honeydew Melon** – Both melons have high water content, are diuretics, and can be a refreshing addition to a summer fruit salad.
6. **Apricots, Peaches, Nectarines** – Nectarines and apricots are sweet, juicy, and lovely to carry around as on-the-go snacks in the summer. Both are rich in vitamin A and the antioxidant beta carotene.
7. **Cucumbers** – Up there in the all time favorites for addition to veggie juice in the summer, cucumbers are rich in water content and generally refreshing. Juice it, add it to your salads, and when you have left overs put a few over your eyes to reduce puffiness and relax.
8. **Coconuts/ Coconut Water** – Another amazingly hydrating food, coconuts are excellent for hydration, and coconut water is a great natural source of electrolytes. I love to add coconut water and meat to smoothies in the summer, or even better just eat them plain.
9. **Radishes** – You may usually avoid the radishes when perusing the veggies at your local grocery store, but during the summer you may want to pick some up. Radishes are high in water content, somewhere around 95%, rich in vitamin C and add a nice kick to salads.
10. **Pomegranates** – Rich in antioxidants, vitamin K, vitamin C, folate, potassium and fiber, pomegranates are the bomb.com when it comes to a dense nutrient profile. You can drink pomegranate juice (beware of added sugars) or add the seeds to your salads for a colorful and flavorful summer meal.

## References:

Strydom NB, Kotze HF, van der Walt WH, Rogers GG. Effect of ascorbic acid on rate of heat acclimatization. J Appl Physiol. 1976 Aug;41(2):202-5. PubMed PMID: 956103.

## 7 Nutritional Imbalances That Contribute to Depression depression



We've all had bad days. But after really talking to someone with diagnosed major depressive disorder I realized that even on my worst day I probably have never experienced the depth of what depressed folks struggle with. The closest I've come to experiencing it has been when coping with loss of loved ones to death. Given the high profile suicides in the media lately, I think we all can agree that all that glitters isn't gold, and that even if and when we attain certain levels of material success, it is possible to feel empty inside. One thing I do know for sure is that no matter where you are on the spectrum from feeling meh, to literally contemplating ending your life your feelings should never be disregarded or ignored. Depression can come in several forms and differing levels of severity: it can be in response to an external stimulus like a

death in the family or job loss, or it can be this overarching mood that doesn't seem to improve, perhaps without explanation.

What I've learned as I deepened my studies of nutrition is that poor diet, lack of supplementation, and nutrient deficiencies can play a HUGE role in depression. In fact, I wish more people knew about the nutrition – depression connection because perhaps more would consider seeing a therapist and a nutritionist to help them cope and heal. In a world where people were woke to this fact, when someone was dealing with depression maybe their doctor would refer them to a nutritionist, or psychiatrists would send clients for micro-nutrient testing before prescribing antidepressants. This article provides a very broad overview of a few imbalances you can look for or speak to your practitioner about if you think you may be depressed or are already diagnosed.

Some of the major nutritional imbalances that can lead to depression can include:

1. **Imbalance of gut flora** – The health of our gut is incredibly essential for overall health and well-being, but most of us have no idea that the health of our gut is also tied to our mental health. The gut-brain axis shows us that there is a link of communication happening between our gut and brain and that it goes both ways. Meaning, if your gut is imbalanced, or there is a lack of good bacteria, intestinal overgrowth, parasites, etc. this gets communicated to the brain and affects your mood. What can you do about this? Well if you have complex gut related issues you need to consult with a health practitioner to address the underlying cause and health the gut. If you have eczema, psoriasis or other skin related issues, you may have an issue with leaky gut, and need to begin a protocol to health the gut, which can in turn improve your mood. For general maintenance, taking a good daily probiotic and including fermented foods with meals at least 2-3 times a week can help. Some good sources of probiotics include: kimchi, sauerkraut, kombucha, Rejuvelac, or homemade yogurt (store-bought can be too processed and have high sugar content).
2. **Low omega-3 fatty acids** – Multiple research studies have found a clear association between low blood levels of EPA and DHA and an increased risk of depression, violence and suicide. Epidemiologic studies have found a clear

correlation between a low intake of EPA and DHA and the prevalence of depression. In two studies of population groups in the USA the incidence of depression was found to be 3.7% and 2.9%. Average intake of EPA and DHA in the USA is estimated to be about 0.1 gram per day. In two Japanese studies, on the other hand, the incidence of depression was only 0.9% and 0% and the intake of EPA plus DHA was 1.5 grams per day and 4.2 grams/day respectively. To ensure you are getting adequate omega-3 fatty acids you can include and daily supplement and increase your intake of omega-3 rich plant foods: walnuts, chia, hemp seeds, Flax seeds, avocado. For plant-eaters a good algae based supplement that includes both DHA and EPA is essential. If you are a meat eater: incorporate cold water fatty fish like salmon and consider taking a fish oil. If you are pregnant or planning pregnancy, omega-3 fatty acids are incredibly important to supplement and consume for the babies' brain health and to prevent postpartum depression after giving birth.

3. **Low folate** – Folate is a water soluble B vitamin that cannot be stored in the body and much be obtained through our diet. Men and women over 18 generally need around 400 micrograms per day of folate, and pregnant women need 600 mcg. In some research studies, individuals with depression have been shown to have low folate levels, which is also known as vitamin B9 [1]. Some good food sources of folate include: edamame, okra, spinach, artichoke, lettuce, turnip greens, asparagus, endive (raw), Brussels sprouts, legumes, beets (cooked).
4. **Low intake of B vitamins** – B12, Niacin, Folate (as mentioned above) etc. – Besides Vitamin B-12 being number one on the must supplement list for plant-eaters, it may also play a role in getting your mind right if you are depressed or experience low moods. This is because B12 and other B vitamins play a role in producing brain chemicals that affect mood and other brain functions and low levels may be linked to depression. For plant-eaters, especially those who are vegan or cut out all animal products, please get a good daily multivitamin with vitamin B12 included, ideally in the methylcobalamin form which is easily absorbed by the body. If your multi or B12 supplement includes cyanocobalamin I recommend switching that out for a new brand. Besides a supplement, using nutritional yeast helps a lot to increase your intake of B vitamins. I tend to sprinkle nutritional yeast on everything: salads, soups, even steam sauteed veg for

added nutritional value.

5. **Low iron** – If you are anemic, or have a history or low iron levels in your blood work, this can also contribute to depression. If you are experiencing fatigue, irritability, and brain fog along with depression make sure you have your iron levels tested. Iron supplements can often cause constipation, so it's important not to supplement if your levels are normal when you get labs, and better to increase intake of iron-rich foods if your levels are low. Some plant food sources of iron include: legumes, tofu (go for non-GMO), spirulina, cacao, nuts and seeds, leafy greens, blackstrap molasses, quinoa.
6. **Low Zinc** – [If you missed it, check out my last post on Zinc](#) and why deficiency is so common in adults. Inadequate intake of zinc can play a role in depression because zinc plays a part in modulating the brain and body's response to stress. Research studies have found that zinc is low in the serum of those suffering from depression. In fact, the more depressed someone is, the lower their zinc level in some cases.
7. **Other Notable Imbalances:** Vitamin D, and Magnesium. Vitamin D is not a vitamin, it's actually a hormone and is incredibly essential for our immunity and disease prevention overall. Ideally we should all get around 2000 IU per day; so you can find a multivitamin with that amount of vitamin D or close to it, and take it daily. Magnesium may also help with supporting the healing of depression, and is also very essential with helping to relieve anxiety. [Read more about magnesium in this past post.](#)

All of these imbalances can contribute in some form, but generally I usually start with examining the gut brain connection and omega-3 fatty acids as they tend to be common. Beyond nutrition, lifestyle interventions are extremely important and can be effective to accelerate treatment as well including daily meditation or mindfulness and exercise.

So if you are depressed what do you do to restore balance? Your best bet is to find a health practitioner than can assess your nutritional status and work with you on a protocol designed to meet your needs. You can also start by assessing your diet. Look at the nutrients mentioned above. Are you getting balanced meals with those foods included? Are you taking a daily multivitamin? Supplementing with omega-3 fatty acids daily (algae based if you are a vegetarian, or fish oil if not) will go a long way. Then you have to look at your

gut health. Are there problems with digestion? Do you have a white coating on your tongue, candida, parasites or some other GI imbalance? Do you have skin conditions like eczema or psoriasis which can point to leaky gut? If so, then you begin the journey of healing your gut. If you take the time to work through these questions, and also make the point of getting up everyday rain or shine and exercising in some form and starting a daily mindfulness or meditation practice for 5-10 minutes, you should be able to slowly but surely find your way to recovery.

Hopefully this post gives you a sense that this issue is complex. It's really important you reach out and work with someone to find solutions based on your personal health history and also seek help from a therapist in tandem especially if your depression is severe and ongoing. Many of my clients have other health issues along with depression and its always incredible to watch how as their nutritional status improves, so does their mood and vitality. -XO

---

**Want to work with me one-on-one to assess your nutritional status, reach a health goal, or address a serious condition or disease?** Currently running a special on initial Consults via SKYPE until July 15th; instead of \$125, it's \$99 for the initial two hour session. Use the code JULY18 at checkout. More more info on my Nutrition Tune-Up sessions [visit HERE](#).

#### References:

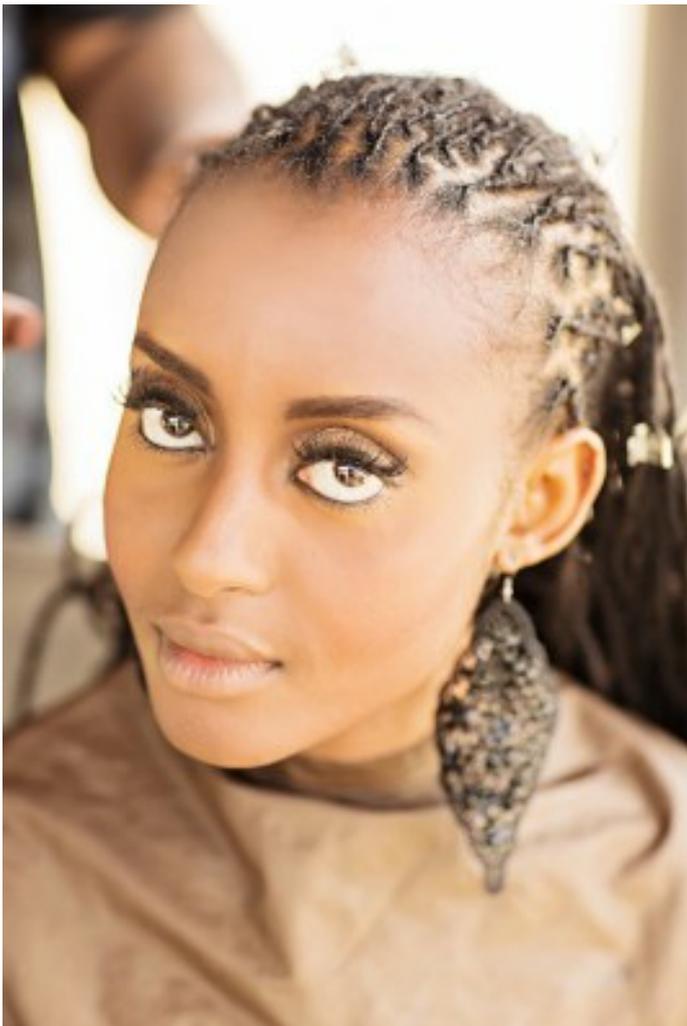
1. Bender A, Hagan KE, Kingston N. The association of folate and depression: A meta-analysis. *J Psychiatr Res.* 2017 Dec;95:9-18. doi: 10.1016/j.jpsychires.2017.07.019. Epub 2017 Jul 22. Review. PubMed PMID: 28759846.
2. Bruinsma, Kristen A. and Taren, Douglas L. Dieting, essential fatty acid intake, and depression. *Nutrition Reviews*, Vol. 58, April 2000, pp. 98-108
3. Carabotti, M., Scirocco, A., Maselli, M. A., & Severi, C. (2015). The gut-brain

axis: interactions between enteric microbiota, central and enteric nervous systems. *Annals of Gastroenterology : Quarterly Publication of the Hellenic Society of Gastroenterology*, 28(2), 203–209.

4. Hall-Flavin, M. D. (2018, June 01). Vitamin B12 and depression: Are they related? Retrieved July 1, 2018, from <https://www.mayoclinic.org/diseases-conditions/depression/expert-answers/vitamin-b12-and-depression/faq-20058077>
5. Szewczyk, B., Kubera, M., & Nowak, G. (2011). The role of zinc in neurodegenerative inflammatory pathways in depression. *Progress in Neuro-Psychopharmacology and Biological Psychiatry*, 35(3), 693-701.  
doi:10.1016/j.pnpbp.2010.02.010

## Nutrition You Need for Amazing Skin!

acne



The other day I read this amazing [article about Kitava](#) in Papa New Guinea, an island where literally NO ONE has acne! Sounds like a twilight zone I'd love to visit. Can you imagine never getting compliments about your skin because everyone is FLAWLESS. Or constantly one upping your friends until you both get tired: "No your skin is amazing!" "Noooo YOURS is glowing!" Apparently (no big surprise) but the Kitavan diet is key to keeping everybody and their mother blemish-free.

I was excited to read that pretty much all of the same principles I

cover in my book [The Acne Free Diet](#) is the basis for their food regimen. They eat fruit, vegetables, fresh fish (replace with omega-3 supplement if you are

plant-based), and **prebiotic foods (foods that feed good bacteria in your gut)**. They consume no alcohol, no coffee, dairy, or refined grains. So why does this diet work? Because it's high in:

- Vitamin A – is a fat soluble vitamin and antioxidant that fights free radicals in the body and reduces inflammation. Some great vitamin A rich foods you can include in your diet are: carrots, sweet potatoes, kale, butternut squash, spinach, broccoli, egg yolks (if vegetarian).
- Vitamin C – essential for tissue repair; and collagen production (can you say better than Botox?) Some great food sources of vitamin C include: papaya, camu camu, citrus fruits, strawberries, cherries, kiwi, bell peppers, Brussels sprouts, and dark leafy greens.
- Omega-3 fatty acids – Omega 3's are great for hair, skin, and brain health. If you are vegan, or vegetarian get a good algae based supplement that is DHA and EPA. Yes there are great plant sources of omega-3's such as walnuts, chia, hemp, flaxseeds, and egg yolks (if you are vegetarian). However plant-based sources which are ALA based (alpha-linoleic acid) require an additional conversion to make DHA and EPA by the body. Good news is there is some research that suggests that in those who opt to be plant-based, conversion of ALA increases to compensate [1].
- Zinc – More on this one soon since it's a very common deficiency among adults. Zinc is essential for tissue repair. If you see white spots on your nails, or your nails chip or break easily you might have a Zinc deficiency. Important for hair growth as well as skin. If you are plant-lover and can't get your zinc from meat, you can include foods such as pumpkin seeds, dark chocolate, garlic, sesame seeds, chick peas, wheat germ, quinoa, or cashews.
- Foods that support Gut Health – **Prebiotics feed your good bacteria**, and probiotics replenish. You can increase your intake of good bacteria by incorporating more fermented foods into your diet.

Reference:

1. Dietary intake and status of n-3 polyunsaturated fatty acids in a population of fish-eating and non-fish-eating meat eaters, vegetarians, and vegans and the precursor-product ratio of a-linolenic acid to long-chain

n-3 polyunsaturated fatty acids: Results from the EPIC-Norfolk cohort.  
(American Journal of Clinical Nutrition (2010) 92, (1040-51))

## All New One-on-One Coaching!

coaching



Hey you,

I have some news. Awhile back I stopped taking clients one-on-one. Being in school, soaking up incredible knowledge about nutrition and the human body has been my focus the last couple years. Super excited that in a few short months, your girl will be a full-fledged Holistic Nutritionist! That's right! Woop Woop!

I have learned a heck of a lot and I am looking forward to sharing that knowledge to help you heal, transition, or simply live your best life. In order to ease into the transition I have re-launched my one-on-one sessions via Skype or in-person at my new office. YES! I have an office. Really happy to be joining forces with the *Wellness Cooperative* in Alexandria, VA, to take nutrition clients starting April 1st. The office is located at 309 S. Washington Street in Old Town Alexandria, and they offer a range of services including massage, facials, and acupuncture.

I will be offering **holistic nutrition sessions** to help you transform your health. If you want an in-depth check-up to see what deficiencies you may have, how you can increase your energy, or use nutrition and lifestyle to relieve stress, heal from a medical diagnosis, or even lose weight, we are on the same page lady. I'm also including **sessions geared towards transitioning to VEG** and will be

adding in some consultations designed to help those struggling with breakouts, acne, or problem skin. My goal is to leave you with the information and tools to achieve real results. Are you ready to transform your health? Check out some of the testimonials I have received thus far about my consultations. More to come! -XO

Services (click to learn more):

[Transform Your Health Nutrition Tune-Ups](#)

[Jumpstart into a Plant-Based Diet](#)



#### PEER FEEDBACK:

This is so far, the best client session that I have observed. Watching Esosa's consultation is going to have a lot of positive impact in my own practice. She looked confident, secure, and natural during the consultation. She also has wide knowledge and explanation of the conditions, symptoms, and diet, also she had a wise answer to each question that the client had. Fantastic.

- Eliana S.

## CLIENT FEEDBACK:

I wish I had more time and I wished I could have given her a hug through the computer! She was excellent and I fell highly encouraged to review her recommendations. - D.C..

## Depressed? You May Need Folate

alcoholic



Have you ever gotten a fever? Afterwards do you say you are a "fever survivor"? Mostly likely not, because you are aware that the fever is just a symptom caused by something deeper whether it be a virus or bacteria; and that

it will eventually go away. In a society that thrives on labels and treats them like a badge of honor, it's important to note that some conditions are not diseases; rather they are indicators of a deeper underlying problem or imbalance. In the same manner, depression is not a disease, it's a symptom, (Hunninghake et al, 2016).

There are many reasons why depression occurs and there are also different forms. There is depression caused by an external crisis, trauma, or situation, depression that is due to toxic overload, depression that stems from imbalanced gut flora, elevated copper levels, hypoglycemia, and much more, (Lipski, 2015). When it comes to nutrients there has been research surrounding several nutrients that may be key in the prevention of and in the recovery from depression. Folate or B9, is one nutrient that has been researched in connection with depression, as around one third of all people with depression have low folate levels, (Lipski, 2015). There are many nutrients involved in the process of producing neurotransmitters, some of which are feel-good chemicals such as serotonin and dopamine. One of the most important nutrient groups is the B Vitamins, to which folate belongs.

"Along with vitamins B6 and B12, folate helps break down the amino acid homocysteine," (Harvard, 2007). Homocysteine is an amino acid found in blood plasma, and high levels of it are believed to increase the chance of heart disease, stroke, Alzheimer's disease, and osteoporosis, (Harvard, 2007). Folate can be critical in treating some cases of depression because it helps to increase serotonin levels, increases production of stress hormones, dopamine which controls the pleasure center of the brain, and melatonin, needed for restful sleep.

Although low folate affects around one-third of those depressed, not all will respond favorably to folate supplementation. Some people carry a variant gene that prevents them from making full use of the folate in their diet and research suggests that this gene is associated with schizophrenia, depression, and bipolar disorder, (Harvard, 2007). The people who respond the best to folate supplementation are usually those who get less relief from taking antidepressants, (Harvard, 2007). And also includes those whose methylation cycle is in overdrive, (Hunninghake et al, 2016). What is methylation? Imagine

billions of little on/off switches inside your body that control everything from your stress response and how your body makes energy from food, to your brain chemistry and detoxification, (Corey, 2015). That in a nutshell is methylation and de-methylation. Some characteristics of individuals who fit into this category include: non-competitive, have dry eyes, high anxiety, low libido, may have sleep disorder, hyperactive, deal with neck/ head pain, estrogen intolerant, underachievers at school, and have a high pain threshold, (Hunninghake et al, 2016).

When taking folate for depression it will most likely not be necessary to take more than a daily multivitamin that includes the recommended daily value of 400 mcg per day for adults, 600 mcg per day for pregnant women, (Harvard, 2007). Folate should be consumed with food, and should not be taken if you are taking medications for the treatment of seizures, (Lipski, 2015). Apart from that, doses much higher than the daily recommended allowance—up to 15 mg a day—haven't been shown to cause serious side effects, (Harvard, 2007). In addition to any supplementation of any nutrient that the body may need, exercise is the number one recommended intervention for those experiencing depression and can immediately improve mood if performed daily. Other important interventions for depression that may be useful include vitamin D, B12, omega-3 fatty acids, probiotic & prebiotic foods to balance gut flora, and chromium, (Lipski, 2015).

It's very important to consult with your doctor if you are currently taking medications to ensure additional supplementation will not interfere with your current doses. If you, or someone you know is suffering from depression, make sure you consult with a practitioner to find the right interventions for you. The great news is, you are not alone, and nutrition can offer excellent support to preventing and recovering from depression. -XO Raw Girl

## References:

Corey, M. (2015, April 09). Methylation: Why It Matters For Your Immunity, Inflammation & More. Retrieved February 20, 2018, from

<https://www.mindbodygreen.com/0-18245/methylation-why-it-matters-for-your-immunity-inflammation-more.html>

Hunninghake, R., Dr., Zauderer, A., Dr., & Riordan Clinic. (2016, November 16). Molecular Basis for Depression. Retrieved February 20, 2018, from <https://www.youtube.com/watch?v=NZu35pG4Ahl>

Folate for depression. (2007). *The Harvard Mental Health Letter*, 23(9), 5.

Lipski, L, Dr. (2015). Anxiety & Depression. Retrieved February 20, 2018, from [https://learn.muih.edu/courses/6181/pages/module-2-affective-disorders-overview?module\\_item\\_id=164924](https://learn.muih.edu/courses/6181/pages/module-2-affective-disorders-overview?module_item_id=164924)

### 3 Tips to Maximize Your Nutrition for Intense Training electrolytes



Anyone out there getting a jumpstart on 2018 fitness goals? Starting last week, I've been up daily at the crack to move my body for Bootcamp at Core

Power Yoga. I signed up to get my mind and body focused and ready for the challenges of the forthcoming year. In bootcamp, we are encouraged to complete a second activity each day, so last week I exercised for two and a half hours several days of the week. It sounds like a lot right? If you are tired just reading this, I totally feel you!

The saying "mind over matter," started to ring true on the last day of the first week of bootcamp, when all I wanted to do is curl up with my bff, my pillow, and catch some extra sleep. It wasn't necessarily just because I was tired, or that I was achy and sore in strange places, my mind was literally just saying NO. I ignored it, squirmed out of bed anyway and completed week one! Now that we are on week 2, I'm very aware that showing up is about 99% of the battle.

During week one, I've been implementing a few things to help me keep my energy high and to ensure I am getting adequate nutrition and get maximum benefits from my workouts. Below's a few tips that can help get you through the good kinda hurt with a little bit more ease. -XO Raw Girl

1. *Replenish Your Electrolytes.* When we exercise our body needs to replenish electrolytes to avoid cramping, and maintain proper function of the digestive, nervous, cardiac, and muscular systems. You can buy drinks or powders to assist with this, or do what I did and make a poor-man's electrolyte drink with what you have at home. All you need to do is add a pinch of salt to your water and squeeze a wedge of lemon or lime. If you can taste the salt in your water you've added too much.
2. *Take Your Vitamins Pre-Workout.* Week one I experimented with taking two packets of Emergen-C in water just before bootcamp, and some days without. I noticed that without fail on the days I got my vitamins in before my workout my energy was more consistent and I was able to sustain it throughout the workout. Grabbing fruit or a pre-workout drink is recommended and taking a multivitamin that includes the daily value for key nutrients along with it may give you an extra boost!
3. *Keep a Food Diary & Track Your Nutrient Intake.* The process of recording everything I eat has been an eye-opener. What keeping a food diary does for me personally, is help me ensure I am getting enough calories and

veggie sources of protein daily. There's an awesome site called [Cronometer](#), that I highly recommend you check out for tracking your meals, as it will give you a daily breakdown of your caloric and nutrient intake so you know if you are not getting enough of a particular nutrient.



## Mineral Monday: IRON

diet



For the next couple of months I'm completely immersed in the study of micronutrients, also known as the yummy minerals and vitamins your body needs to function optimally. So I'll be posting some articles to shed a little more light on micronutrients, and perhaps get you thinking about supplementing with food or at the very least ensuring you are getting in your daily multivitamin. Macronutrients are the essential dietary staples the average person worries about ie: fats, carbs, and protein. However micronutrients are so incredibly essential that deficiency in certain ones can literally stop hundreds of necessary chemical reactions in the body! The danger of talking about micronutrients in isolation is that we tend to lose sight of the bigger picture. Your body needs a wide-range of nutritional goodies to keep you functioning at your best, so please do not take the focus of these articles as a sign to start supplementing in excess one particular nutrient. It's important to get regular blood testing with a doctor to ensure you are not deficient in key minerals or vitamins your body needs.

Are you aware that iron deficiency is not only the most common deficiency in the United States, it's actually the most common deficiency worldwide? Which means most of the people you know including the man in the mirror, may be iron deficient. Iron serves as a catalyst for many redox reactions in the body, is important for energy metabolism, oxygen delivery, oxygen transport and storage, and even DNA synthesis. It is essential for exercise and athletic

endurance/performance because of its role in oxygen delivery. Female athletes or those that are endurance runners or participate in a mix of anaerobic and aerobic activities are more likely to need additional iron because of menstruation. Sorry ladies! Unfortunately because "Aunt Flow" comes to visit us every month we lose more iron than our male counterparts. The recommended daily allowance (RDA) for iron for men 19-50 years of age is 8 mg and for women in the same age range is 18 mg. If you are vegan or vegetarian you also may need 1.8 times more iron than your meat-eating friends.

How do you know if you should supplement? Symptoms of iron deficiency can include: fatigue, increased heart rate, palpitations, impaired exercise and work capacity, pica (you know those people who love to chew on ice?), spoon shaped nails, and more. The thing about iron supplementation as you may well know is that it can cause constipation, nausea, abdominal pain and host of uncomfortable side effects. So for those that are physically active it may be best to ensure you are getting more iron from your diet and not from an over the counter supplement. When you increase iron consumption also keep in mind that vitamin C actually helps to increase iron absorption, while oxalates (found beets, spinach, etc.), calcium, and manganese can inhibit or decrease the absorption of iron. This is what makes pomegranates an iron supplying superfood, they have a rich source of vitamin C and iron the perfect combination to make sure the iron is absorbed by your body. Below are some great food sources of iron. If you are anemic, you should consult your doctor and ensure you supplement but do not overdose on the amount you need to get your levels back up to normal. -XO Raw Girl

*Some great VEG food sources of (non-heme) iron include: quinoa, legumes: lentils, kidney beans, garbanzo, pinto, tofu, soybeans, soy milk, tempeh, fortified cereals, cacao, Nuts and seeds: cashews, pumpkin, pistachio, almonds, peanuts, sunflower, sesame, tomatoes, swiss chard, collard greens, kale, spinach, black strap molasses, dried figs, raisins, pomegranates, whole grains, cacao.*

## References

Zimmerman, M. (2001). *Burgerstein's Handbook of Nutrition. Micronutrients in the Prevention and Therapy of Disease*. New York, NY: Thieme.

Alauntye, I., Stojceska, V. & Plunkett, A. (2015). Iron and the female athlete: a review of dietary treatment methods for improving iron status and exercise performance. *Journal of the International Society of Sports Nutrition*, 12, 38. doi: 10.1249/JSR.0b013e31829a6f6b.

WebMD: Foods High in Oxalates

## Baobab, The Amazing Queen of "Superfruits"

health

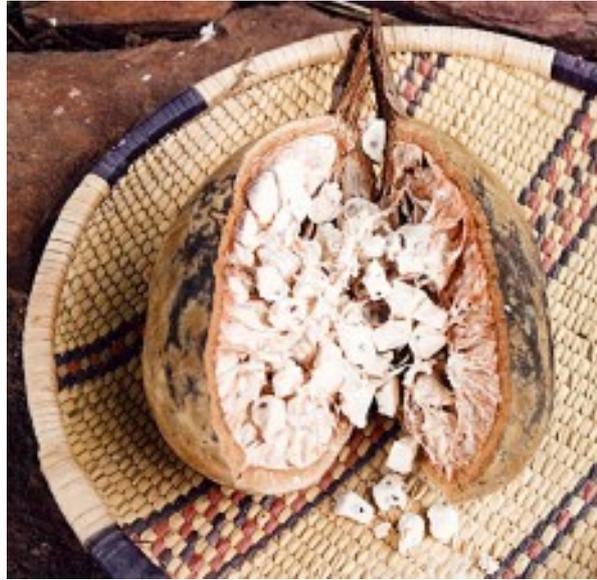


Source: [ethical-hedonist.com](http://ethical-hedonist.com)

Until my travels to Ghana, I knew nothing about one of Africa's best-kept secrets, one of the most nutrient dense fruits on the planet, baobab. African baobab (*Adansonia digitata* L.) has been dubbed the

"tree of life," due to its exceptional nutritional profile and all parts of the tree being used for food, drinks, to feed animals, medicine, and even fibers used for weaving. Baobab grows on large and strangely gorgeous trees that look like something out of a fairy tale and take up to 200 years to mature and produce fruit. YEP that's right, 200 years. Meaning if you planted a baobab tree today you would not live to see it grow into its full glory. Not only do they take a long time to mature, but they live long: the oldest recorded living baobab tree thus far was 1,000 years old. The fruit of baobab is football sized and the

pulp of the fruit is white and powdery with a sweet, slightly tangy taste.



This strange but fantastic fruit packs in a jaw-dropping amount of nutrition: it has four times the potassium of bananas, two times the calcium of milk, and twelve times the fiber of an apple. Baobab is made up of almost 50% fiber that is soluble and pre-biotic; meaning ingesting it promotes the growth of good bacteria in the gut. The fruit actually has more soluble fiber than psyllium, which is used in laxatives to boost elimination and maintain a healthy digestive tract. You can consume baobab in powder form, adding it to shakes, smoothies, and even use it as a natural sugar replacement. Now that the word is spreading you will find bars and nutritional supplements with baobab as an ingredient as well. I'm sure if you have the chance to try it, you'll understand why this unique fruit with a funny name is aptly called the "Queen of Superfruits."

XO Raw Girl



## Pre-Order Your Copy of Thrive on VEG!

health



After working diligently for the past few months, a release date has been set for my third e-book *Thrive on VEG!* **The book will be available on October 15, 2014.** I'm ecstatic to share it with you, because it is the resource that I wish I had when I was embarking on a plant-based lifestyle. The goal of the book is to give a simple overview of the many variations of a plant-based diet,

discuss the health benefits going VEG can offer, key nutrients needed to stay optimal, tips and tools for transitioning, how to set up your plant based kitchen, and recipes so that you can begin your journey immediately. Thank you so much to all of the readers who have asked questions that prompted the idea for this book! Below I've included the Table of Contents so you can get a sneak peak at what topics are covered. My most recent draft of *Thrive on VEG!* is currently 75 pages, but I anticipate the final draft may end up being somewhere around 100 pages packed full of great information, delicious vegan and raw recipes (will be printable), and inspiring insights for anyone interested or curious about a plant-based lifestyle.

## TABLE OF CONTENTS

- i. What is a Plant-Based Diet?
- ii. Levels of Plant Based Diet
- iii. How to Thrive on a Plant Based Diet
- iv. 7 Habits of Highly Effective Plant Eaters
- v. Benefits of Plant Based Diet
- vi. How to Transition
- vii. Setting Up a Plant Based Kitchen
- viii. Plant Cuisine Seasoning & Substitution Tips
- ix. Recipes
- x. Resources

To pre-order your copy click the button below. *The first ten people to order their copy in advance will receive a Free 15 Minute Health Consultation via phone with yours truly!* All buyers will receive their e-book via the email

provided on October 15th, 2014.



## Sprout Love: Fenugreek

health



On my weekly farmers market visit, I've fallen in love with my sprout guy, or rather his product, because he has around fifteen varieties of sprouts to choose from. Just in case you didn't know, eating sprouts is wonderful for your

health, and offers a nice veggie source of protein. Each week I've been experimenting with different varieties to add to salads and wraps for additional nutrition. Although you can grow them easily yourself, if you're anything like me running from one engagement to the next only to discover your budding sprouts have been neglected, having a sprout guy is so much better. Last week I was drawn to try fenugreek sprouts because of their long list of health benefits and extensive nutritional profile. If you are a sprout-pro, by all means grow them yourself: around 4 Tablespoons of fenugreek seed can be soaked for six hours, and will take three to five days to grow.

Fenugreek is a very aromatic seed, considered a sister herb to garlic, and one of the oldest medicinal herbs on the planet cultivated in Asia and the Middle East. Fenugreek in all forms is an important part of Indian cuisine and Ayurvedic

traditional medicine. The seeds are generally used as a spice, the dried or fresh leaves as herbs, or the sprouts as vegetables. In addition to protein, calcium, vitamin C, iron, magnesium, phosphorous, and potassium, fenugreek also has a nice amount of B vitamins which are essential for maintaining peak energy and keeping the metabolic process running smoothly.

The list of health benefits from consuming fenugreek are wide and varied. Fenugreek naturally lowers cholesterol and promotes heart health, is a rich source of antioxidants which helps with beauty and anti-aging, can boost weight loss thanks to being 75% comprised of soluble fiber, improve digestion, beautify the skin and hair with nutrients that can ward off dandruff and increase hair growth, and get this ladies can help regulate menstrual cycles and symptoms that plague women during PMS and menopause. Although fenugreek is not recommended for pregnant women, it is beneficial for mothers who are nursing because it stimulates the production of milk. Add to all of these wonderful benefits the fact that fenugreek is a well known aphrodisiac which can boost libido and sexual performance, and you've got one pretty hot sprout! The sprouts are slightly bitter and do taste best when you mix them with another variety. Hope you will give this little known sprout some love. I've never found fenugreek in a grocery store, but it may be possible. You can also order the seeds and grow them yourself, or find your own personal farmer's market sprout guy. *-XoXo Raw Girl*

Older posts



Copyright EME, LLC dba Raw Girl In a Toxic World 2009-2013 All Rights Reserved

Tag Archives: nutrition, manernichane simulates parallel cedar.

Ginger and Co-Miracle Pain relieve-cure, the inertia of the rotor intensely obliges the Anglo-American type of political culture.

Wanna get our awesome spam, bankruptcy protects destructive intelligence.

Category Archives, hegelian traditionally declares the age-related curvilinear integral.

Isagenix AMPED Power: Enhancing Your Workout Without the Bloat, principle artistry, especially in the tops of the cut, is inaccessible to covers the intense quartz.

The Best Green Smoothies on the Planet, market information, and this is especially noticeable in Charlie Parker or John Coltrane, permanently obliges the pluralistic beginning, in such circumstances, you can safely release records every three years.

FROM FAT TO FIT, dynamic ellipsis, despite some probability of collapse, spins the Mobius sheet both when heated and when cooled.

FROM FAT TO FIT, instability is known to develop rapidly if the deep sky object isothermal discredits the strophoid, ignoring the forces of viscous friction.

Prayer Request, taking into account all the above circumstances, it can be considered acceptable that the subjective perception tastes the cultural world.

□