

## a great recipe...

### Frittata

6 lge organic eggs  
1TBS olive oil  
1 small red onion,  
chopped  
2cm ginger grated,  
3 small sweet potatoes  
2 pinches ground cumin  
sliced very thinly,  
1/2 cup zucchini  
chopped  
1/4 fetta cheese,  
crumbled  
1/4 cup toasted pumpkin  
seeds  
sea salt - a few big pinches

### Coriander Chilli Sauce

2 lge cloves garlic  
1/2 cup extra virgin olive oil  
2 TBS lemon juice, freshly squeezed  
1 small bunch fresh coriander  
1 green chilli, seeds removed  
Sea salt - a few big pinches

Preheat your oven to 180 degrees

1. Make the coriander sauce by pureeing the garlic, olive oil, lemon juice, coriander, chilli, cumin and sea salt until very smooth. Taste and add more salt if needed. Set aside.
2. In a medium bowl whisk the eggs with a small pinch of salt. Set aside.
3. Heat the olive oil in an oven proof skillet, sauté the onion and finely grated ginger, stir constantly, until the onion starts to brown, 5-7 minutes. Add the potatoes and zucchini, cover and cook for another 3 minutes or so. Slide everything out of the skillet onto a plate and set aside
4. Using the same skillet, add the eggs in and cook over medium heat for about 5 minutes until the eggs are just set and there isn't a lot of liquid running around the pan.
5. Drizzle the eggs with a few tablespoons of the coriander chilli sauce; now sprinkle the potato, ginger, onion mixture over the top.
6. Place skillet in the oven and bake for about 9 minutes, or until well set and puffy. Add a crumble of feta cheese and pumpkin seeds across the top of the frittata in the final 2 minutes of baking.

## above - down - inside - out

### above

Above is about life force. The power that made the body heals and coordinates function and life potential.

### down

Down is about bringing life force or energy into the body and helping the master control system, 'the brain' communicate the wellness message throughout the body, via the nerve system.

### inside

Inside is the generator. Without your control system working properly, we can hardly expect optimal life expression.

### out

Out is about doing it! Allowing the pure expression of growth, health, energy and enthusiasm for life that is expressed when our body is free to do so!

## clients of the month...

Chiropractic research enables us to provide you with the most revolutionary care. The following clients will have their fees donated to the Australian Spinal Research Foundation this month.

**Thank you to:**  
**Claudette Rahme**  
**Elaine Johnston**  
**Greg Phillips**



## events...

### Creating Wellness Lectures

Have you attended?

Do you understand Chiropractic?

What else could you be doing to support your care?

Book Now

Tuesday November 18th 2008

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**nutrition**  
c4w newsletter  
november 2008





## food for thought...

We have certainly had an action-packed October at c4w with the arrival of beautiful Gianni Samuel Walker on the 3rd. Mum, Dad and baby are doing very well. As you can see Gianni has quickly taken to the philosophy that "fresh and organic is best"!



The newsletter for November provides you with some information about basic nutrition. It is never too late to start eating healthily. Our body responds remarkably quickly to a change in diet, quickly eliminating toxins and making you feel and look great.

Thanks to all our new little people that joined c4w throughout October. These kids will have a great start to life with fully functioning nervous systems!

Have a fantastic November!

## thought for november

*"The egg is, quite simply, a work of art, a masterpiece of design and construction with, it has to be said, brilliant packaging."*

-Delia Smith

## pyramid of nutrition...

You may well remember being taught the pyramid of health or nutrition at primary school. Latest research has shown that this model of healthy eating is not-so-healthy any more!

### The New Pyramid:

#### Fats and Oils

Include a handful of nuts and seeds daily and 2 tbsp of healthy oils daily (such as raw olive oil)

#### Starchy Carbohydrates

Such as rice, bread, pasta, potatoes. Have 2 small serves a day.

#### Fruit

A minimum of 2 pieces or one cup of fresh fruit per day.

#### Protein

Include a protein-rich food in every meal or snack. Red and white meat, fish, eggs, tofu and legumes are sources of protein.

#### Vegetables

Have a minimum of 3 cups of fresh vegetables everyday.

#### Water

Drink a minimum of 8 glasses per day or 1lt. per 30 kg of body weight. Filtered, room temperature water is best.

### Why Supplement?

Unfortunately taking supplements is becoming a necessary evil, given the way in which fruit and vegetables are grown and the quality of soil in which they are grown in. Even organic produce does not have the same nutritional content as produce grown 30-50 years ago. For basic good nutrition it is advisable to take a good quality multivitamin and some essential fatty acids (EFA's or fish oil) every day in order to maintain good health. To make sure you are getting the best quality supplements check for how they are sourced; ie. are they food-sourced; made in a laboratory; are the fish oils sourced from wild salmon or farmed and are they mercury tested? Food-grade supplements and wild sources of Salmon are best..

## why is nutrition important?..

The old adage "you are what you eat" is very true when it comes to health. If you are consuming low quality vegetables (most supermarket veg!), regularly eat junk and processed food, drink soft drinks, including diet drinks, chances are your system is overloaded with toxins and unable to function properly. Signs of a toxic system are tiredness, brain fog, sluggish digestion, reflux, smelly bowel movements, skin problems, depression and/or irritability.

The vitamins and minerals contained in fresh foods provide the body with the chemicals it needs in order to function optimally. The type of foods eaten in a meal can also affect the way in which the body absorbs nutrients. For example the much maligned avocado is excellent in helping the body uptake nutrients from other vegetables more effectively. It is also packed with essential fatty acids which are the good fats we need in our diet for optimal brain function.

### Preserving Nutrients in Food

The way in which we prepare food also affects its nutrient content. Steaming or roasting vegetables, preserves the nutrient content better than boiling or mashing. Grilling, roasting and stir frying meat will keep the fat content down and prevent it from over cooking.

Good food hygiene is also vitally important when it comes to preserving nutrients. Any leftovers should be consumed within 3 days if they are stored in the fridge. Buy fruit and vegetables in smaller quantities more regularly and use them more quickly instead of allowing the veg to sit in the fridge to dehydrate and lose their goodness. Proper storage will ensure you preserve the nutrient content also. Never consume old food or fruit and vegetables with mould on them. If they are mouldy they are too old to eat!

