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Issue: 14 07.08

Ascent, providing the foundation for a healthy life

Hello!

Each morning as I step into the office, I am aware of the need to teach my patients that the food they put into their body is one of the most important parts of their healing. All too often, we eat without thinking, we eat on the run, or we eat to satisfy our emotions. Frequently, we have forgotten to eat for health's sake!

The following article addresses the challenges we face as we try to shop for groceries and to eat healthy in our fast paced society.

Live healthy!

Dr. Julie Marchiol, DC, FIAMA

PS: You've asked, and we've listened! We are now offering [Rolfing](#) as a part of our core services. Read about [Chris](#), our new Rolfer!

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**Keep It Simple!**

Article contributed by Dr. Julie Marchiol, DC, FIAMA

When we're forced to look at our eating habits, it can become overwhelming. The prospect of change often appears like a huge mountain to climb. So, as I reflect as to why my patients think that choosing foods and eating healthy is difficult, its clear to me that with today's mass marketing of "low fat", "reduced fat", "fat free" and ingredients that sound like laboratory concoctions, deciding what to buy and eat can be flat out challenging. My message to you is to enjoy, and keep it simple!

Eating can help your body decrease inflammation, decrease sugar handling problems, decrease fatigue, increase energy, increase clear thinking and increase positive well being. So, on that note let's look at some simple ways to do this:

**Make a menu for the week:** This is the key to simplicity. Energy consumed in the morning equals less stress at dinner time. Pick a day and sit down. Choose to cook/eat 4 meals at home and count the other nights as leftovers or grab and go nights. It may be easier to make Friday, Saturday and Sunday your cooking days so, think outside the box.

**Eat organic, local and with the seasons:** Check out farmers markets (remember, you already have your menu for the week) to guarantee that you are eating seasonal and local foods. Look for farms, co-ops, and organic companies that will deliver fruits and vegetables to you. There is even a company that delivers fresh frozen salmon if you so choose.\*

**Become a label reader:** If it starts with hydrogenated, enriched, or something that doesn't sound like a food, don't buy it. This becomes easier as you shop.

If all this still seems overwhelming, start with the pre-cooked meal case at your local health food store. Buy a few meals and see how you enjoy them.

Use your meal time to sit down and talk with each other. Enjoy each other and take a break. Just doing this will promote calmness, better digestion, thankfulness for your friends and family, and a better sense of keeping life simple. Use other times to discuss serious or stressful life matters.

Future articles will touch on simple breakfast, packing lunches and continue with the dinner suggestions. All this information is available through our office for you. My goals are to ultimately empower you to eat to live. Eating with thought is the first step in all cases I see. Through diet, my patients have experienced improvements with ADHD, illness in children and adults, structural pain, inflammation, depression, thyroid problems, digestive problem and many other conditions.

We take our bodies and our food for granted. Our careers and responsibilities cause us to be structured and under pressure all day long, with food becoming our outlet or reward. I want you to see food as your fuel and enable it to provide benefits in your health.

For names of places or more menu and recipe ideas contact our office and we will gladly make an appointment with you to discuss your food therapy, and to provide you with resources, menus and shopping list ideas.



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