



Weekly Tip:

How badly do you really want to shed those unwanted pounds?

I have always said that the best way to avoid eating those unhealthy foods that sabotage us is to simply not buy them in the first place so... stop yourself before you do!

When shopping for groceries, whether using a cart or a basket, whether it is just a quick stop or your weekly splurge go straight to the aisle that sells sugar. Seriously. Grab a 10lb bag of sugar and carry it in your arms. As you struggle with it, let it serve as a reminder to you about the un-needed fats and sweets you usually leave the store with.

When you are done your shopping, put the sugar back and as you rejoice in the feeling of losing that extra burden and leave without the unnecessary extras, think about how great it will feel when the 10lbs you leave behind aren't from a bag of sugar, but from your butt!

Trick or Treat?

For those that are trying to avoid temptation, Halloween can be a very difficult time. I say time and not just day because in reality—Halloween lasts two or three weeks!

First you have to actually buy the treats that you are going to give out—when do you do that? Well, you have to do it early or you can't get the good stuff right? Then if you have kids it is the trick or treating—the sorting of their candy and of course having it around while they work through it. After Halloween we then have to deal with the household leftovers and all of the discounted candy on sale everywhere we look.

Halloween lasts from Thanksgiving to Remembrance Day so how do we avoid eating our weight in miniature chocolate bars? Well firstly we should understand exactly why we want to avoid them so let's take a quick look at one of my favorites the miniature Kit Kat Bar—how many of u remember those in our plastic pumpkins when we were kids and how many of us still sneak them out of the candy bowl on Halloween night?

A treat-sized Kit Kat bar is only 12grams and in that 12 grams you will find a whopping 60 calories, 3g of fat and 6g of sugar! Yep in just one tiny bar and who stops at just one?

To keep that little bar in perspective let's compare it to a regular kitkat bar which weighs 45g and has 230 calories with 12g of fat and an astounding 22g of sugar. Not many of us who are watching our diets for health and weight loss goals would consider scarfing down a whole chocolate bar—at least not very often but be honest with yourself—how many of those miniatures do you sneak over the Halloween season thinking that it is just a small treat?

Those small treats may look small but 3 or 4 of them add up to a regular bar and if you are anything like me (yes I do it too), I can easily eat a bag or two of them myself over the course of a few weeks. Because they are small we don't think of them as being bad for us, but don't fall into that trap - they are evil and they are just one small part of that treat bag, we won't even get into the jelly beans, jujubes and licorice twists!

So how do you avoid the Halloween trap and calories? Well the first step is to just not buy it. I know, I know you want to tell me that you HAVE to have treats for the kids but if you can't have them around (like me), just don't have them around! That is the first step! You can give out juice boxes, themed school supplies, popcorn - the options are endless!

Don't forget that the kids don't need any more treats than you do, as much as they want pounds and pounds of sweets - what is more important, their wants or their needs?

If you are stuck in tradition and refuse to give out any treats other than candy, here is what you do;

- choose treats that you DON'T like! Can't stand licorice—that's what you buy. I hate gum—that works for me!
- Don't buy your treats until Halloween Day and only buy a bag or two—have non-candy treats for back-up in case you run out.

- When seeing the sales on November 1 remember that there is no amount of money that you can save that will enrich you as much or for as long as good health will!

And if you really, really need some help avoiding treats this Halloween - reach out for help! It won't be the first or the last time I have talked someone down from the chocolate-coated ledge of a sugar binge!



Recipe Corner

Delicious and nutritious snack and meal ideas that are perfect for the whole family!
Straight from Michelle's kitchen!



Michelle's Blog:

www.butterflyconsultations.com/blog

Curried Carrot & Ginger Soup

Perfect for fall, this multi-layered and easy to make soup will not only help you clean up the garden, it will keep you warm all winter long! It is perfect on it's own as a meal or even in a mug as a delicious and nutritious snack!

In a large soup pot, sauté one whole diced onion in 1 tbsp. of olive or canola oil. Add 1 tablespoon curry powder. Add 6 cups of diced or sliced fresh carrots and stir until coated in the oil. Add 4 cups of vegetable broth (or enough to completely cover carrots) and let simmer on medium for approximately 30 minutes or until carrots are soft and tender.

Use a wand processor or pour carrot mixture into a blender to puree and return to pot. Add water to thin to desired consistency (I prefer mine thick). Add about a teaspoon of fresh grated ginger or 2 tsps. of dried ginger and more curry powder to taste. Let simmer for another 30 minutes to meld the flavours.

Serve with a dollop of cream or a sprinkle of ginger and enjoy!

Are you restricted???

I have written countless articles about how to stay active and exercise when your mobility is restricted by injury, illness or disability but what happens when you literally just can't do anything?

There are instances when we are physically incapable of exercise in any form and honestly I have never really given those times much thought because they are outside of my area of expertise or at least they were up until the past 3 weeks.

Being confined to bed rest for a minimum of 7 weeks and not even being half-way through it has given me plenty of time to think about the physical, mental and emotional adjustments that we have to make in order to keep ourselves in balance. It would be incredibly easy to fall into depression, resentment, binge eating and general misery. I thought that would be my path to be honest, the first few days were exactly that way I will be honest, but you can't stay healthy if you stay unbalanced for long.

Pregnancy complications are not the only reasons a person may be confined and restricted—hip replacements, back injuries, surgery recuperations, there are countless ways that a person may find themselves in a position such as this and it is not fun. So how do you survive? How do you stop yourself from undoing all of the good you have accomplished in your life, physically and emotionally?

Well the first step (SPIRIT) is to actually swallow your pride. None of us like feeling vulnerable or ask for help myself included but to be in a position of needing help and not receiving it—for any reason, only feeds the negative energy that will make your recuperation even harder. Understanding that the people around you love and want to help you is often hard to accept but if you don't let them and you don't reach out, your independence and pride will soon turn to loneliness, resentment and even anger. Don't fall into that trap.

The second step (MIND) is to stay busy. Just because your body is restricted doesn't mean that your mind has to be. What do you enjoy? Books, crafts, movies, writing?

If none of these appeal to you - there is no time like the present to try something new. Maybe it is finally the time to actually do something you have always wanted to do. Keeping your mind busy, staying focused on things other than your physical condition will help you to heal. If all you think about is illness and injury, the more power over your body and mind you give them. Give your power to something more productive.

The third step is your body Not only must you follow the instructions of your medical team and take any medications necessary, you have to balance the rest. Being incapacitated changes what your body needs for fuel as you definitely burn less. Many of us find ourselves wanting to eat more out of boredom but this is a dangerous habit when we have no outlet for activity. Small frequent meals/snacks, low in fat will aid in digestion and consuming no more than 1600 calories a day will help us avoid adding padding while healing.

Mind, Body and Spirit we MUST balance them all, always.

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