



Nourishing the Body

One of the greatest mysteries is the relationship between spirit and body, formlessness and form. Our commitment to love and nourish the body is a deep bow to life and accepting our place here on earth. Good food is acceptance of life. We are here; let us enjoy being alive in a health-filled well nourished body.

There are many theories about what is a healthy diet. Going beyond what we eat, I believe it is important to relax and de-stress around eating and food in general. For example, if you are getting stressed out because you can't find the right brand of yogurt or soy milk is that healthy?

Recently, after many years of trying to lose weight, a miracle happened and for no apparent reason the weight fell off. This happened a few weeks after I became an Atkin's drop out. I have always loved eating, but it was too easy to convince myself to jump on this band wagon or that about what was healthy and would lead to a slim figure. For many years I would try whatever nutritional aid promised the next miracle. Time would pass...no miracle. I would drop the product until the next great product or diet came along. So what happened? As near as I can figure I simply gave up. I started eating things I really enjoyed, perhaps in smaller portions. That is it. The whole idea is to love your body. Eat what is fresh, yummy, and appealing to you in a slightly smaller portion. Sometimes I would skip dinner if I was not particularly hungry

and eat fresh fruit pie or some other desert instead of dinner. When you do not feel deprived I think you are happier.

Very often now I do not eat a lot of sweets, but once in a while I will have some. If I have sweets, I prefer maple syrup or honey. Quality over quantity is the way to go. Also, if the house is not filled with junk food you simply do not eat it. After awhile you begin to prefer healthier treats. Make an apple crisp with sunflower seeds and walnuts in the crisp and eat it with a bit of yogurt. What could be more heavenly?

My favourite food is raw tuna. I love Japanese cuisine and our big treat is going out once a week to a favorite sushi place. I love fish, fresh vegetables, nuts, seeds, and fruit. Eating as naturally and organically as I can is also a priority. Try a wholesome homemade soup for dinner. These are easy and delicious. While trying to find a non-dairy cream soup I created a simple veggie puree that makes a great soup base. It is low-fat, low carb, low cal and made from organic onions.

Veggie Cream

- 2 T Extra Virgin Olive Oil
- 8 Organic Onions
- 4 Cups filtered Water
- Assortment of chopped veggies and / or seafood
- Sea salt and Pepper to taste

Directions

Sauté onions in oil at a medium low temperature until soft. Put in the blender with a little water to blend. Use this as a base for veggie or seafood soup gently steaming them in the veggie cream. Add as little or as much water as you like to reach desired consistency. If no oil is preferred, sauté the onions in water stirring regularly to prevent scorching. Enjoy!

*Make veggie cream a thicker consistency and you have an ideal pasta sauce.

Good wholesome food is very simple. Learn to prepare some recipes even if cooking is not your big thing. It is fun to serve friends and food is such an easy way to show you care about them. You are helping them to nourish their bodies and be healthier. It is also one of the great pleasures to share food with friends, talk, and enjoy life. It is the simple things in life that really create joy. Eat, drink, and be merry. We are here so let's enjoy this beautiful life!

Cynthia Vangolen is honoured to share insights with those exploring life. With over 20 years of experience as an intuitive counsellor, she offers private consultations, meditations, and classes. For more information call (604) 657-3465 or e-mail iam@uniserve.com.



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