



ChEw oN ThiS

Nutrition Newsletter



HEADACHE HELP

Keeping a headache diary may help you determine if your headaches are food related. Consider these questions:

- How often do you get a headache?
- Do you have neurological symptoms such as flashes, wavy lines, or blind spots before the headache occurs?
- Is the pain all over your head or in a certain area?
- Is your headache pounding, stabbing, throbbing or steady and constant?
- Are your headaches at the same time everyday? If so, when?
- How long do your headaches last?
- Do you have nasal symptoms that occur with your headaches?
- Do you have a family history of headaches? What was their diagnosis?
- Are you aware of, or suspect any

- foods that may trigger a headache?
- Do you eat a lot of cured meats?
- Do any physical activities precipitate a headache?
- Are you sensitive to light, certain smells or chemicals?
- If you are a woman, does there seem to be a connection with your menstrual cycle?
- Do any foods make you feel sick?
- Does alcohol seem to trigger headache symptoms?
- How much water do you drink?

Many factors can contribute to headaches. If you haven't explored the possibility of food sensitivities or allergies, it may be time. Many people have become headache free with the elimination of certain foods and preservatives; I know, I'm one of them! ~ Darci

HEADACHE HELP

DoN't ChEw oN ThaT

Do any of these trigger your headaches? Proper nutrition can help curb or eliminate many of these triggers!

HEADACHE TRIGGERS

- | | |
|---|--|
| <input type="checkbox"/> Alcohol (especially wine) | <input type="checkbox"/> Loud noises |
| <input type="checkbox"/> Caffeine | <input type="checkbox"/> Medications |
| <input type="checkbox"/> Dehydration | <input type="checkbox"/> Odors (including chemicals) |
| <input type="checkbox"/> Skipping meals | <input type="checkbox"/> Sleep (too little, or too much) |
| <input type="checkbox"/> Eyestrain | <input type="checkbox"/> Stress |
| <input type="checkbox"/> Fatigue | <input type="checkbox"/> Weather changes |
| <input type="checkbox"/> Sunlight or other bright light | <input type="checkbox"/> Food or food chemicals |
| <input type="checkbox"/> PMS | <input type="checkbox"/> Other |



Cancer Care

- Taking extra fiber daily, separate from medications and supplements, help keep toxic wastes from being absorbed into your bloodstream.
- Acidophilus supplements help replenish friendly bacteria in the colon.
- Burdock root, red clover, dandelion root and milk thistle are herbs that aid in protecting the liver and cleansing the bloodstream.
- Consuming garlic and onion help to enhance immune system function.



Reach for it! Health Goal

Main Course

Many people have discovered certain foods to be the source of their chronic headaches. If you suspect you have a sensitivity or allergy to food you may benefit from a diet change.

Call 303.618.7899 for your headache consultation.

HEADACHE HELP



On The Side



If you've ever wondered what the difference is between GREEK YOGURT and common yogurt. Wonder no longer!

Greek yogurt is strained of whey and water three times versus twice for other yogurts, giving Greek yogurt a thicker creamier texture similar to sour cream.

Not only is Greek yogurt creamier, it also contains twice the amount of protein, 50% less sodium and less carbohydrates than regular yogurts. Be sure and look for non-fat options, as full fat yogurts contain many fat

grams per serving.

Expect to spend more on Greek yogurt, but also understand you are getting more nutritional bang for your buck. You will stay full longer than if you consume a watery brand of yogurt. Diabetics can also benefit from the lower carbohydrate count and higher protein content as protein helps to stabilize blood sugar levels.

Breakfast idea: 1 serving of Greek yogurt, mixed berries, and a handful of nuts on the side.

Food Fight! Antioxidants



Pycnogenol is a patented extract from French Maritime pine bark that contains about 40 different antioxidant flavenoids. It helps to regulate nitric oxide amounts (free radicals) and helps to quench superoxide, nitric oxide, and hydroxyl radicals. Of all the free radicals formed in the body, the hydroxyl radical is the most dangerous because it can directly attack DNA. **Free radicals are believed to be a major factor in the progression of rheumatoid arthritis and other inflammatory diseases.** Pycnogenol is available as a supplement at your local health food store and is most effective when combined with vitamins C, E and beta-carotene, and minerals zinc, selenium and manganese. The antioxidant complex contained in Pycnogenol is found in extremely small amount in the peels and skins of grapes, blueberries, plums and cherries.

ATTAINABLE NUTRITION provides nutrition and natural health guidance for adults, teens, and children. We will customize an attainable plan for your specific needs and desires. Some of the services we provide include:

- Nutrition assessment and meal planning
- Weight loss/gain coaching
- Disease prevention and support
- Stress and pain management
- Gluten-free and food allergy assistance
- *The Edge* teen sports nutrition
- *Shop-With-You* grocery shopping service



Healthy & Happy Kids

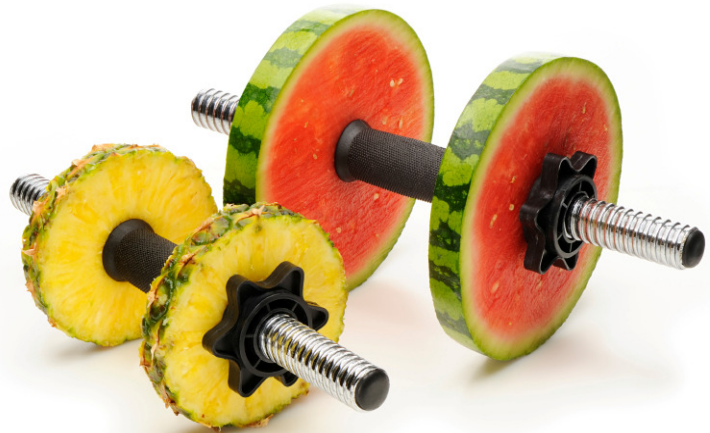
Halloween Health

- Feed trick-or-treaters well before they collect treats.
- Do other activities on Halloween so it's not all about collecting candy; this will help shorten candy collection time.
- Send them out with a small bag so it fills up faster.
- Exchange most of the candy they collect for a toy they really want.
- Buy the candy from them—kids like money too! Don't forget to throw it out!
- Be mindful of what you give to trick-or-treaters—ideas include mini boxes of raisins or pretzels, temporary tattoos, mini bubbles, pencils or stickers. Watch gifts that are a choking hazard.

The Edge: Teen Athletes

*What **fuels** your workout?*

Eating nutritionally balanced **real** foods will increase the effectiveness of your workout. Eating a variety of **colors** of fruits and veggies will provide nutrients your blood cells need for maximum muscle strength and peak athletic performance.



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