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*This Holiday Season, all of us at The Pacific Wellness Institute would like to wish you many little mind-body comforts: Coziness, Great Tasting Nutritious Meals, Smiles from Friends and Loved ones, a Sense of Well-being and Gratitude*

*Running out of time, but not out of benefits?*

WARNING:

Procrastination may result in more stress.

If you would like to avoid the hassle of squeezing in last minute massage appointments in December, you could start coming for your regular treatments now. Please keep in mind, the December overflow can be very stressful and you may not be able to schedule your appointment on short notice.

You may wish to call your insurance company to check the amount of unused coverage for this calendar year and start planning your visits now.



Join

To receive this newsletter and other information by email, please send a message with your name and email address to [info@pacificwellness.ca](mailto:info@pacificwellness.ca)

PACIFIC WELLNESS QUARTERLY promotes health and wellness by providing the latest health and nutrition news, healthy cooking recipes and important updates on insurance and office information. Please pass this newsletter along to your friends and associates so that they can enjoy the information on good health as well.

This newsletter is not to be used as a substitute for medical advice.

## BREAKING FREE AND IMPROVING OUR BODIES WHILE DOING IT

By Nicole Basque, B.A., RMT

Spending any amount of time with children always reminds me of how fearless they are. They try things, they step outside of their comfort zones and they courageously endeavour new activities without the slightest hesitation. These tiny people take leaps of faith all the time and never seem to set limits on themselves (unless an adult has done so for them, but I digress).



As adults, we rarely act as children do. We often say “I can’t do this”, “I can’t do that” without even attempting to meet the challenge. We impose limits on ourselves and stay within the limits of our comfort zones because they are familiar. We follow a routine that is tested and true. We fear change.

I was recently made aware of how much we limit ourselves as adults. In June, I decided to train for the half-marathon that was scheduled in Toronto for October 2011. Each training day, progressively adding more distance and time, I felt surprised and satisfied. I kept thinking “Wow Nicole, you did that?! I didn’t think you could...” Even during the actual race, I was going through the motions, running alongside 22,000 people thinking, “Wow, I am really doing this!”

I clearly remember around the 16th kilometre saying to myself, “Ok Nicole, you are doing this; you are completing this task...why can’t you pay off your debt?” That’s when it hit me. I had been placing limits on my physical capabilities and those limits were, in turn, translating into other areas of my life. I realized that stepping out of my comfort zone as an adult is something that I need to do. Taking leaps of faith and trying new (and sometimes frightening) things is important for my growth as an adult. We often wrongfully equate advancement in age with limits. “Oh I’m too old for this” or “Oh I could do that when I was younger, but I’m

old now,” are part of our vocabulary...but why? Shouldn’t getting older mean that we can do more things? That we are capable of trying everything we want to do?

Physical activity is an important medium through which we can achieve a new sense of self. Often, adults fear trying to start an exercise routine. “It’s too hard”, “I’ve never worked-out before”, “I hate the gym” are common excuses not to try a new activity. However, the benefits of daily exercise, both mental and physical, far outweigh the excuses.

Our bodies depend on regular exercise to stay healthy, as do our minds. Ailments such as osteoporosis can be prevented with weight-bearing activity (i.e. walking, hiking, biking, and even light weight-lifting exercise). Inflammatory diseases such as Fibromyalgia and Arthritis can be dampened and managed through movement (aqua-aerobics is a great no-impact activity for all ages). Heart disease can be prevented by regularly increasing our heartbeats and breaking a sweat for a minimum of 30 minutes a day (that’s less time than it takes most of us to commute to work!). Because exercise promotes blood flow, it also encourages a systematic cleanse that helps our bodies get rid of toxins. It helps our skin

glow, our digestion improve (by increasing our metabolism), our muscle function, and our peace of mind.

Exercise comes in all forms as well. There are so many alternatives to the standard gym work-out. Take a fencing class, commit to a daily walk with a friend, try aqua-aerobics, or take a dance class, just to name a few. Don’t be afraid to push past your limits and see how strong and capable you are! I recommend starting with 30 minutes of physical activity 3 times a week. Keep an exercise journal to track which activities you do, and how long you spend doing them. Your success will be apparent and I am positive you will be pleased and surprised at how capable and how strong you are. As a result, you will feel better physically and mentally.

Enrich your life. Push past your limits. Instead of saying “I can’t”, say “I can” and “I will”. Go for it, act like a child!

*Nicole Basque, B.A., RMT has been practicing massage therapy at The Pacific Wellness Institute since 2009. She received her Personal Trainer Certification in 2009 through CanFit Pro while studying Massage Therapy at The Canadian College of Massage and Hydrotherapy. Some of her favourite activities include running, spinning, yoga, weight training and playing the piano. To arrange your appointment for a therapeutic massage session with Nicole, please call us at 416-929-6958.*

## Clinic News

### Pacific Wellness Welcomes a New Massage Therapist: Angela Garrett, RMT



As a practicing Registered Massage Therapist since 2005, my clinical experience has helped many people in a variety of ways. Some of my clinical focus includes stress reduction, decreasing the severity and frequency of headaches, improving mobility, reducing insomnia, and pain management. I develop individualized treatment plans, perform clinical assessments such as orthopaedic and neurological testing, and create self-care plans for clients. Noticing changes and improvements in my clients is a part of my job that I find particularly satisfying.

When I'm not working as a massage therapist I am helping tutor massage students. I assisted in the understanding of Neuroanatomy and Neurophysiology, Massage Theory, Standards of Practice and Code of Ethics, Healthcare Bi-laws and Therapeutic Relationships.

Now I'm a proud member of The Pacific Wellness Institute team, I look forward to expanding my knowledge in a new setting and continuing to build a rewarding career.

*To arrange your appointment with Angela for a Swedish massage or deep tissue massage treatment, please call us at 416-929-6958.*

Hi, I'm Angela. I grew up in Barrie Ontario. My love for life has led me to achieving goals that many others only dream of. One of my most notable achievements was winning a full national scholarship for the Massage Therapy Program at Centennial College, Toronto. As an active member of the community I derive deep satisfaction from helping others, naturally leading me to a career in healthcare.

### *Gift Certificates from Pacific Wellness*



*Easy to buy and most appreciated.*

*Who qualifies for your gift of health this time around?*

- *The one who needs to slow down*
- *The one who will be doing the snow shovelling this winter*
- *The one who has pains and aches*
- *The one who never gets spoiled*

*...Or simply the one who loves coming to Pacific Wellness!*

### *Holiday Alert*

Our office hours for the holiday season are as follows:  
December 24th 9am-2pm  
December 25th - January 3rd closed  
We will re-open on Wednesday, January 4, 2012 at 9am.



# Seasonal Recipe

## Fresh Pasta Sauce with Spaghetti Squash

Original Recipe by Nicole Basque, RMT

Yields 6-8 portions



### Wet Ingredients:

- One package of either ground chicken or ground turkey  
\*for a vegetarian option, substitute the meat for a can of mixed beans, drained and rinsed\*
- Four cloves of garlic, minced
- One cooking onion, chopped
- One chilli pepper of choice, chopped finely (optional)
- Three carrots, chopped or grated
- One red pepper and one green pepper chopped roughly
- One zucchini, chopped
- Three stalks of celery, chopped
- One cup of spinach, chopped
- Three large fresh tomatoes, chopped  
\*any other vegetable that you like can be added – be creative!\*
- One can of tomato paste
- Two large cans of chopped tomatoes
- Two large Spaghetti Squashes, sliced in half

\*You can substitute the spaghetti squash for any other squash if you like. The squash is used as a bowl, and as a replacement for the pasta, so other types are fine. Acorn squash is a great alternative also. I chose spaghetti squash because it really is like spaghetti: once it is cooked it will come out of its rind in long, noodle-like pieces.\*

- Extra virgin olive oil

### Dry Ingredients:

- 1 tsp Tarragon (optional)
- 1 tbsp Oregano
- Dried Chilli seeds to taste (optional)
- Cayenne pepper to taste (optional)
- 2 Bay leaves
- ¼ cup Parsley (or to taste)
- ¼ cup Cilantro (or to taste)
- A pinch of Salt
- Pepper (to taste)

### Method:

- 1) Combine garlic, onions, carrots and fresh chilli peppers with 1tbsp olive oil in a large pot. Cook until the onions begin to soften and the garlic begins to brown.
  - 2) Add the meat, the pinch of salt, and the pepper, and let the meat cook through
  - 3) Once the meat is cooked, add the rest of the vegetables (NOT the squash).
- \*I like to add the green and red peppers at the end, while the sauce is simmering so that they remain a bit crunchy, but you can add them now if you choose\*
- \*The ground chicken/ground turkey is lean, so you won't have to drain it once it is cooked. If you opted for the vegetarian sauce, add the beans at the end, along with the other canned ingredients.\*
- 4) Stir all of the dry ingredients to the mixture.
  - 5) Add the cans of chopped tomatoes and the can of tomato paste. By now you should have a nice looking sauce.
  - 6) Bring the sauce to a simmer and let it sit for at least half an hour. The longer you let the sauce simmer, the more the flavours will blend, the tastier the sauce!

- 7) Set your oven to 400 degrees.
- 8) Place the halves of spaghetti squash sliced-side-up in an oven-safe pan that is at least two inches deep.
- 9) Pour approximately an inch of water in the bottom of the pan, and cover the pan with aluminium foil.
- 10) Let the squash cook until tender, approximately 15-20 minutes.
- 11) Once the squash is cooked, you can serve your delicious meal.
- 12) Scrape out the inside of the spaghetti squash. You should have yummy noodle-like strands of the squash. You can scrape out the inside of the squash onto a plate, or use the peel of the squash as a bowl.
- 13) Add the sauce to your "spaghetti" and enjoy!

\*If you use another type of squash, no need to scrape out the insides once it is cooked. Simply use the half as a bowl, add the sauce, and enjoy!\*



## Nutritional benefits:

Ground turkey and ground chicken are great lean substitutes to ground beef. They have less saturated fat, and are easier for your body to digest.

It is also a great idea to eat at least one vegetarian meal per day, so using a blend of beans instead of meat is a great way to do so and still get a proper protein serving with your meal. Be sure to drain and rinse your can of beans as the liquid in the can is often high in sodium.

Adding tonnes of vegetables to any meal ensures proper digestion and absorption. Vegetables are loaded with important nutrients and vitamins that ensure health and proper bodily functions. Try to use every color of vegetable in your meals, as each color corresponds to different vitamins and minerals that your body needs. The more colors you eat, the healthier your meal!

The peels on vegetables are made of cellulose, which your body cannot digest, but this is a good thing. Cellulose acts as roughage and literally cleans you out. It promotes proper motility and healthy bowel movements, which in turn help ensure that your body properly absorbs nutrients. Substituting noodles with squash can help lower your blood sugar levels (especially if you regularly consume white pasta). Whole grain noodles or brown rice noodles are also a great, healthy alternative.

## *Thank You for Your Comments*

We would like to express our thanks for posting this nice comment on our blog.

*Monica is amazing, not only efficient in what she does, but transfers you her good vibes,  
I highly recommend her.*

*Also the customer service given by Claudia is really excellent.*

*~ Rosa Says: October 14th, 2011 at 1:11pm*