

TURNIP *The* BEETS

H O L I S T I C N U T R I T I O N & W E L L N E S S



NEWS

Happy 2024! Hope everyone had a great holiday season and start to the new year so far.

Before we jump into this months' topic, I wanted to remind everyone that our baby girl will be here soon and [my last day for client consults is March 7th !!!](#)

This is a great time to **book yourself in to update your supplements, nutrition/recipes recommendations for the winter season and even looking ahead into Spring.** Remember that your body is always changing and so are its' needs.

You can book your 30 minute consult on the [Practice Better Portal](#) and if you have any trouble, you can also email me at sabrina@turnipthebeets.ca and I can help you set that up. Looking forward to connecting with all of you soon!

The first newsletter of 2024 will be on **gut health** – Yay!!! I truly believe it's the **foundation of health** and if we can optimize that, everything else will run a lot smoother. After the holidays, most people are struggling with bloating, weight gain, puffiness, irregular bowel movements and low energy (likely from improper nutrient absorption from sluggish digestion). I'll be sharing information on risk factors, a **warming recipe that supports your gut** and an **incredible client transformation!**

Sabrina

IN THIS ISSUE

TTB NEWS

CARROT GINGER
MISO SOUP

GUT HEALTH +
DIGESTION

CLIENT SPOTLIGHT:
JENNIFER!



Ginger Carrot Miso Soup

Looking for a creamy and nourishing soup that is great for supporting your gut? Try this Carrot Ginger Miso Soup. It's gluten-free, dairy-free, and cozy on a cold winter day.

Ingredients (serves 6):

- 1 yellow onion chopped
- 2-3 garlic cloves chopped
- 2 tbsp olive oil
- 9 carrots peeled and diced
- 1 medium sweet potato peeled and diced
- 2-3 inches of fresh ginger peeled and chopped
- 2 inch piece of fresh turmeric peeled and chopped
- 1 tbsp white miso
- 3-4 cups bone broth depending on consistency.
 - Start with 3 cups and add more later if needed.
- 1/2 can of coconut milk



Recipe adapted from Precious Time Blog

Instructions:

1. In a large pot, on medium/low heat, add the olive oil, onions, garlic, carrots, sweet potato, salt and pepper. Saute for about 7-8 minutes.
2. Add in the ginger, turmeric, white miso, 3 cups of broth (start with 3 cups and add more later if you want a thinner consistency), coconut milk, and a little more salt and pepper.
3. Cover and cook on medium heat for about 20 minutes or until the veggies are soft.
4. Transfer everything into a blender (you may have to do it in batches) and blend until smooth. If it's too thick, you can add more coconut milk or broth if needed. Adjust seasoning as needed and enjoy.

PRODUCT HIGHLIGHT

Still not feeling great after the holiday season **OR** looking for some new recipe inspiration? [Check out my 2024 New Years Reset Meal Plan!](#) I've also included a **bonus, e-book** with additional recipes that you can incorporate throughout the winter months. From drinks to desserts and everything in between.



Gut Health

Gut health continues to be an important topic of conversation and for good reason.

The type of bacteria and microorganisms that live in your gut can influence both your mental and physical health. They are responsible for processing our food, delivering vitamins & minerals to the right places, supporting our hormones, our mood and even our immune system. If your gut bacteria aren't happy, you'll likely be dealing with a lot more than just digestive discomfort!

There are several factors that can impact the quality of your gut microbiome:

- Nutrition - are you feeding your microbiome the right foods?
- Physical Activity
- Medication (past & present)
- **Antibiotics** (if you've recently been on antibiotics, it's like setting fire to a rainforest and it's very important to work with a practitioner to help build your gut integrity back up to avoid health issues from arising)
- Quality of water
- Stress
- Sleep
- Environment: cleaning products, skincare, pollution, pesticides

When you have an imbalance of "good" and "bad" bacteria, health issues can start to arise such as anxiety depression, colitis, food sensitivities and if we ignore them for too long, we might begin to see development of more serious health issues such as autoimmune conditions and metabolic syndrome.

Signs Your Gut Needs Some TLC:

- **You're experiencing negative digestive symptoms.** Are you bloated after meals? Constipated? Have loose or irregular bowels? Reflux or heartburn after meals?
- **You're craving sugar/carbs.**
- **You're always sick or it takes you a long time to recover from a cold.**
- **You're dealing with eczema, acne or other skin disorders.**
- **You have unexplained weight gain.**
- **You've got joint chronic pain.**
- **You're struggling with anxiety, depression or mood swings.**



Fortunately, there are many tools that can be used to help heal a person's gut! The best approach is to understand the **root cause of the imbalances** and to use a **360 approach** that includes modifying nutrition, supplementation and lifestyle. Remember that it's more than just taking a probiotics (often that can make digestive issues worse if it's not the right kind). An easy place to begin is by adding foods to your diet that help nourish your microbiome!

If you need help kickstarting a healthy gut, feel free to reach out to me at sabrina@turnipthebeets.ca.



Client Spotlight

JENNIFER



This month's client spotlight is Jennifer!!

Jen reached out to me initially to work on **weight loss, increase her energy** and to **help her develop healthy habits that she would be able to maintain long term**. She had done the diets before which worked, but it wasn't sustainable and didn't help her thrive.

She felt old, tired, drained and needed lots of coffee to help get her going in the morning. She was ready for a new routine that fit into her busy work schedule and that helped her feel energetic throughout the day.

In addition to her goals, it was clear after the health history that **her digestion and gut health needed some love** and **her hormones were imbalanced** based on her symptoms which is where we started our journey!

After the first 2 weeks of implementing the new recipes, supplements and lifestyle changes, she was already starting to feel better. **Some amazing shifts she noticed included:**

- 5 lbs weight loss
- Reduced bloating
- Better sleep
- No 3pm energy crash
- Improved BM
- Her persistent cough disappeared
- Improved/Balanced mood
- Less inflammation/puffiness all over

This goes to show that when you get to the **root cause of a health issue, everything else starts to improve in the body**. Instead of trying to guess which supplements to take or what food to eat, it's way more efficient to work with someone that can provide you with the exact tools that you need to see results.

By the fourth week, she continued to see improvements in all those areas in addition to decreased cravings, overall gut health was feeling great, motivation to get more active and sleep had improved significantly allowing her body to continue to heal. Fast forward to now and she's been able to continue implementing her new lifestyle with ease even in her high seasons of work, she's exercising 3-4 days a week, she's feeling confident and organized in the kitchen and her family gets to benefits from the delicious recipes!

Super proud of all the amazing changes you've made and grateful to have been part of your health transformation journey. Way to go Jen!

Make sure to follow me on IG to check out Jen's transformation on my IG page @turnipthebeets_ which will be posted in the next week.

Lets Chat



Not sure which Holistic Nutrition Package is right for you?

Feel free to schedule a *Free 15 Minute Call* by sending me a DM on IG or email me at sabrina@turnipthebeets.ca

For more tips, follow me on Instagram. Turn on post notifications & add me to your favourites for stories and posts so you never miss a "beet"



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Visit my website:



www.turnipthebeets.ca

Quote of the month

~ "Action is the foundational key to all success." ~

