

TURNIP *The* BEETS

HOLISTIC NUTRITION & WELLNESS

Newsletter

July 2020

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News

Hello everyone and happy July 1st!!

I'm so excited to introduce the *Turnip The Beets Newsletter*. I've been wanting to put this together for quite some time so that I can share with you amazing recipes, client success stories, nutrition information, product highlights and more. Before we get into the fun stuff, I thought it would be helpful to introduce myself and what my nutrition practice is all about.

My name is Sabrina and I'm the founder of *Turnip the Beets Holistic Nutrition & Wellness*. For as long as I can remember, I've had a passion for nutrition and helping individuals transform their health from the inside out. By using food, natural supplementation and lifestyle suggestions to heal your body, you can truly begin to feel like the best version of yourself both physically AND mentally. If you're reading this newsletter, you've already taken positive steps to better your health and I'm grateful to be part of your journey. Now, let's *Turnip the Beets* in your life because there is no better time to start feeling good than now ;).

Recipe

Berry Coconut Popsicles

Recipe adapted from The Busy Baker



Looking for a sweet treat to share on Canada Day or throughout the warm summer months? Try out this Berry Coconut Popsicle! It's filled with antioxidants, healthy fats and the kids love them too.

Ingredients

- 1 1/2 cups frozen mixed berries (your choice!)
- 1 can coconut milk (full fat)
- 2-3 tablespoons real maple syrup (honey works too!)

Instructions

1. Add the berries, coconut milk and maple syrup to the blender and blend on high speed until very smooth.
2. Pour into popsicle moulds and freeze for 6 hours or overnight.
3. Enjoy!



What is Holistic Nutrition?

As a Holistic Nutritionist, my goal is to help optimize your health and prevent disease, rather than chase it. I work with clients to create personalized plans that support both physical and mental health. The initial consult is an hour long where we have the opportunity to explore your health history to help determine the root cause of the signs and symptoms you're experiencing. Instead of masking the symptoms using medication, we use nutrition, natural supplementation and other lifestyle suggestions to encourage your body to heal so that you can look and feel your best.

Some areas that Holistic Nutrition can help with are:

- Sustainable Weight-Loss
- Digestive Health (Bloating, Reflux, Gas, Constipation, IBS, Colitis, Crohns)
- Skin Health (Acne, Eczema, Psoriasis, Anti-Aging)
- Hormonal Imbalances (PMS, PCOS, Blood Sugar Management)
- Chronic Fatigue
- Insomnia
- Auto-Immune Conditions (Arthritis, etc)

& More!

Client Spotlight

This month, I want to celebrate Sam! I'm happy to share her story because I think it will resonate with many of you that are either on your wellness journey or hoping to start.

When I first met Sam, she had mentioned that her main goal was to lose weight. She explained that she had been very active at the start of her last relationship and felt great about herself. Over time, she found herself getting "too comfortable" and her healthy habits and self-care routine started to shift. Her life stress had increased, her physical activity declined to almost nothing, she stopped eating mindfully and she was eating late at night. While looking back at pictures of herself in December, she realized that it was time to make a change. She began getting more active by implementing training 5 days a week and was able to lose some weight but hit a plateau that wouldn't budge for 2 months. Rather than giving up, Sam had reached out to me.

We did a full health history to determine the root cause of the plateau which was digestive issues and hormonal imbalance. After a few weeks, the weight started to come off again, her digestion improved, her energy was soaring and her confidence grew. I've been so fortunate to work with Sam – she is full of good energy, she has always been honest with me and I loved her openness to trying new things along the way.

Sam's transformation has renewed her confidence and she continues to crush her health goals! To see Sam's transformation, check out the Turnip the Beets Instagram and Facebook Page @turnipthebeets_

Product Highlight

This month's product highlight is **ChocoMint DF Bar!**

If you're working on weight-loss, need an energy boost in the afternoon or want a healthy on the go snack **ChocoMint DF Bar** is a great option. It's not only dairy-free, gluten-free and vegan, but it's also high in fibre and protein to keep you satiated throughout the day. As an added bonus, it's *coated in chocolate* for all of you chocolate lovers!



If you'd like to try **ChocoMint DF Bar**, you can order your box of 12 by emailing me at sabrina@turnipthebeets.ca.

Free 15-Minute Consult

Curious how Holistic Nutrition can help support your health goals? Email me to book your Free 15-Minute Consult!