

Wellness Journey

I would like to welcome you to my wellness column. My name is Linda Houle-Robert and I've been living with MS for ten years now. When I was first diagnosed, I knew very little about MS so I embarked on a journey of learning everything I could about this disease. I began exploring all of my options and even started training for marathons. This was the start of what is now my passion; learning how nutrition, diet and exercise, and lifestyle with an optimistic approach, is effective in managing my MS. I continue to research and discover the wonders of nutrition. My goal is to inspire and empower you to make healthier food choices and hopefully help you along your journey to wellness.



Linda Houle-Robert

What is the first topic?

As a first topic for this new column, I thought I would talk about breakfast. Many people skip breakfast because they do not feel hungry in the morning or are trying to save on calories. Unfortunately, skipping breakfast often results in over-indulging later in the day on the wrong types of foods such as muffins, cookies, cakes, doughnuts and coffee. Even if you are not hungry, you should always start your day off with a light breakfast.

Why?

Eating breakfast fires your metabolism (your fat burning engine), balances your blood sugar to keep

cravings away and keeps your mental energy high.

Have any great breakfast recipes?

Sure. One of my favourites is this recipe for a delicious healthy breakfast porridge that I love to eat with fruit. Another favourite is a recipe for a smoothie. It really is a great way to get a whole whack of nutrients right at the beginning of your day and get a good jump on things. By including some protein, it keeps me satisfied until lunch.

Healthy Breakfast Porridge

½ banana
 ½ cup blueberries
 1/3 cup each rolled oats (not instant)
 2/3 cup water
 1 tsp vanilla
 ¼ tsp each cinnamon and nutmeg
 ¼ cup slivered almonds
 1 medium grated apple

Mix all ingredients in a saucepan. Cover and place over moderate heat. When mixture comes to a boil, reduce heat to low and continue to simmer for another 20 minutes, stirring continuously. When porridge is smooth and cooked through, remove from heat and serve.

Strawberry Banana Smoothie

½ banana
 ½ cup strawberries
 ¼ cup organic plain yogurt
 1 cup skim milk or soymilk or brown rice milk or almond unsweetened milk
 1 Tbsp flaxseed oil
 1 Tbsp protein powder (whey or hemp or soy)
 (I like to use the chocolate flavour, but vanilla is also good)
 A few ice cubes.

Combine all the ingredients in a blender and blend until smooth. If it is too thick I add about ½ cup purified water. Enjoy!

“The groundwork of all happiness is health.”
 Leigh Hunt (1784-1859) British Poet, Essayist