

# Inside Lead

## Eat whole foods for health: visiting author

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A Saskatchewan holistic nutritionist will visit two Edson stores this week to share her tips on eating one's way to a healthy body.

Paulette Millis will appear at Mother Nature's Whey and Shining Stars on Tuesday (Aug. 4) to promote her newly updated book, *Eat Away Illness*, and answer questions about attendee's personal healing challenges.

Her book, a new edition of *Eat Away Illness*, covers multiple areas dealing with relieving illness and symptoms through healthy eating.

"We can't get real food in our society anymore, so [I'm] focusing on helping people recognize what is a real, whole food and where can you get it and how you can make it taste good. Once people learn that, they'll never go back to all that junk," Millis explained in an interview last week.

"I'm just really wanting people in this country to wake up."

In the 1990s, a number of illnesses prevented Millis from working. By educating herself on what foods promote health, she said she eventually cured her symptoms and reentered the work world with a lively enthusiasm.

In the late 1990s Millis put out a whole-foods cookbook. It was so popular she decided to turn it into a full book.

"It went three, four or five printings and I decided I better get serious."

She now has three similarly themed works, each building on the knowledge she gained from her own struggles with illness and the nutritional path she took to health.

After studying up on natural nutrition for her own needs, Millis eventually began working food advice into her social work at her private practice in Saskatchewan.

"I started learning on my own. I started going into the area of nutrition

with my clients, because nobody else was doing that. People don't recognize that nutrition has so much to do with their mood and their well-being emotionally. I started teaching my clients and doing workshops."

She went on to take part in training from the Canadian School of Natural Nutrition. She also focuses on "whole body healing" and re-building cell lining from inside out, or orthomolecular health.

She often tells the story of how she once suffered from a combination of illnesses including hypothyroidism, lupus, and Raynaud's. Without medicine, she says she healed herself by changing her diet.

"It was very tough. I didn't have anybody doing what I'm [now] doing. I was running around like a chicken with my head cut off. There's so much information out there right now, and so many products available that are so confusing to consumers."

Half of the book is dedicated to recipes; the other half describes theories on healing symptoms and illness through the consumption of healthy foods. Rather than just a cookbook though, she says it's a manual to healing.

"Nothing's traditional, everything is about healing the body. All the foods are whole, I don't use any white flour of any kind, I don't use any bad fat, I don't use any sugar whatsoever, I use natural sweeteners and whole-grain flours."

It's a simple guide, to teach readers how to navigate on their own the world of healthy foods, she said.

She said she offers instructions for making snacks and light meals, to focus on those weak moments that usually lead people to the nearest fast-food drive thru.

"I don't focus on main dishes, because anybody can cook a piece of meat."

Also, there are alternative ingredients in most of the recipes that make them gluten-free.

She said she encourages people to follow her food plan in conjunction with doctor's advice.

"I don't tell them, 'don't take drugs.' I say 'We will heal your body and you and your doctor can decide six months down the road if you can back up on any of this stuff.'"

She said if a person is struck with an illness, they can find the basic outline for a healthy diet in her book. From here they look at further options for healing like cleansing, detoxing, medicating, or receiving emotional treatment.

"That's all part of healing the whole body."

She also focuses on healing the symptoms of high cholesterol, high blood pressure, fibromyalgia, thyroid and depression.

"It's ways to do things simply, it's not complicated. It's how to make something that's easy to access, easy to make and you don't need to take all day."

She is a registered nutritional consultant practitioner, registered holistic nutritionist, as well as a Registered Social Worker, teacher, facilitator and counsellor.

"A lot of new and emerging stuff is coming out with nutrition, but it's also the tried and true [sometimes called] 'alternative' or real food."

And whole foods aren't necessarily more expensive. Millis used an example of a parent preparing an after-school snack for her children. By using beans to create a healthy hummus dip, it costs less than purchasing multiple bags of packaged snacks.

"It's always cheaper when you use whole foods. That costs you pennies compared to buying bags of chips and cookies."

She added, "We are lucky in Western



Photo submitted

Author, social worker and holistic nutritionist Paulette Millis will be in Edson this week to share secrets from her book *Eat Away Illness*, which encourages those suffering with illness to consume whole foods.

Canada, we have a lot of good food being produced. It's our best-kept secret. People don't know about it, they just run to the grocery store. Once you start looking for this, once you know what you want and know it's out there, it will come to you."

On Aug. 4, Paulette Millis will be at Mother Nature's Whey from 2 to 4 p.m. and Shining Stars store from 7 p.m. to 8 p.m. Though the book signing is free, a donation of \$10 to cover expenses will be requested for the presentation. Food samples will be available.