

Recipes for a strong immune system

□ Book links staying healthy with eating the right foods

By Edna Manning
for The Saskatoon Sun

The tremendous response she received from the first edition of *Eat Away Illness* prompted author and speaker Paulette Millis to write a second, more comprehensive book on health and nutrition.

"My purpose in writing this book is to help you cut through all the conflicting information we receive, and learn to build health naturally and choose only ingredients and foods that heal," Millis states in the introduction of her book.

A secondary goal was to create awareness and help people realize there are steps they can take to restore their health.

"I want people to recognize they don't need to live in fear of being susceptible to illness and disease. We need to begin to educate ourselves and understand that what we put in our mouths can either build our immune system or tear it down.

"Health or disease is determined by the state of the 'terrain' (the body), rather than a battle against 'germs.' By changing our lifestyles we can build healthy habits that will restore our immune systems, give us more energy, help us lose weight and balance our hormones. Drugs may get rid of the symptoms, but they do not heal the body. Healing and rebuilding the body occurs from the inside out and takes time," she says.

Millis used the same format for the second book as she had for the first. Recipes are on the left-hand pages and theory on the right-hand pages. All of the recipes call for whole foods; healthy fats, oils and sweeteners; and unrefined sea salt. New to this book, however, are directions for gluten- and dairy-free substitutions.

"There is a huge demand for gluten and dairy-free products but many available in the supermarkets are made with unhealthy ingredients, and are essentially junk food. I want people to know they can make their own products from healthy ingredients that are gluten- and dairy-free," she says.

The first section in the book is *Cleansing the Body* which briefly discusses different cleanses that will help to detoxify the body.

A short section, *A Look at Allergies* deals with possible causes of allergies and how to eliminate them.

Eating Healthy 101 is an in-depth look at digestion, the macronutrients, carbohydrates and fibre, proteins, fats and how to achieve a proper acid/alkaline balance in the body. The body's normal pH is slightly alkaline, and unless we maintain the proper pH level, our bodies can't heal themselves. An ideal, healthy diet should consist of 80 per cent alkaline foods.

"The Raw Food section is for people who want to understand why raw food is better, if it works for them and how to start incorporating it into their diet," Millis says.

One section talks about how to sprout seeds and grains, and the health benefits derived from including them in our diet.

The section on *Superfoods* includes a list of foods that are loaded with nutrients and are excellent in preventing illness, building immunity and promoting healing.

The section on *Vital Fruits and Veggies* discusses good habits we need to cultivate in our vegetable and fruit intake.

An entire chapter talks about the dangers of caffeine. *Microwaving: Helpful or Harmful?* has been a popular topic, Millis notes.

Energy Boosting Plan lists ways we can recharge our batteries through exercise, getting sufficient sleep, managing stress and choosing the right foods, for instance.

Hormonal Components of Healing is a topic many people are not familiar with, Millis says. "The thyroid, for example, is responsible for metabolism. If the thyroid isn't working properly a host of problems can arise including weight gain, depression, low energy and fertility difficulties."

The section titled *Supplements* provides suggestions and information about why supplements may be necessary.

"Stress affects nutrient absorption and some drugs deplete the body's stores of nutrients. Our Canadian winters keep us inside, contributing to Vitamin D deficiency," she states.

"A chapter on *Emotions and Needs: Their Roles in Healing* was important because I believe in looking at the whole person, not just what we eat."

The section on *Spirituality* discusses the necessity of regular prayer and meditation to facilitate good health and well being.

"My section on *Menu Plans* has been very well received," Millis notes. All menus are well-balanced, and include a protein, a good carbohydrate, as well as raw and cooked



Paulette Millis' book *Eat Away Illness* hit the non-fiction best-seller list at McNally Robinson

—Photo by Edna Manning

vegetables. Other ideas, such as how to eat right when travelling and eating out are also in the book.

The book also includes colour photographs, a glossary of terms, a recipe index, a theory index, as well as references, resources and a recommended reading list.

"When I first put the book together it was for my clients and other practitioners such as naturopaths, massage therapists and chiropractors to use as a nutritional manual. When people come to me, we work as a team. I provide them with the information and they do the work. I can't fix anybody, or heal anybody. I don't pretend to.

"I want people to recognize there's no quick fix. If you've been living a certain way for a number of years, your body is depleted, drained and exhausted. It's going to take a while to build it back up. But it can be done," Millis says.

Millis is a registered nutritional consulting practitioner, a registered orthomolecular health practitioner, and a registered social worker. She became interested in nutrition after dealing with a number of personal health issues. As she began implementing changes in her diet and lifestyle, her health improved. She began to study nutrition and today has 20 years experience in speaking and writing about health and nutrition

She has spent the past six months promoting and marketing her book across Western Canada, doing media interviews, book signings, as well as conducting seminars and cooking demonstrations. Her book hit the non-fiction best seller list at McNally Robinson several weeks ago.

"I recently got my book into the Medicine Shoppe in Edmonton. I find that particularly gratifying because it helps to marry the medical model with the natural health model," she says.

At a recent cooking presentation at the Farmers' Market called Lunch and Learn, Millis demonstrated how to prepare what she called guilt-free holiday goodies. She utilized vendors' produce and supplies at the market to prepare several dishes that visitors could sample. She discussed how to prepare healthy, delicious pies, tarts, fruit cakes, chocolate, cookies, snacks, special breakfasts, desserts and beverages using whole foods, natural sweeteners, and good fats that will build the immune system.

Millis will be conducting more presentations at the Farmers' Market during the coming year. For further information about upcoming events, and to order her books or to book speaking engagements, call 244-8890. You can also visit her web site at www.healingwithnutrition.ca.