

Nutrition
and
Recipe Book
for people with
scleroderma

MORE THAN
30 RECIPES

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Table of Contents

- 5 -

A WORD FROM THE EDITOR

- 7 -

RESCUE FOODS FOR THOSE WHO LACK ENERGY

- 15 -

ANTI-INFLAMMATORY FOODS

- 21 -

NUTRITION FROM THE CHINESE ENERGY DIET

- 33 -

HYDRATE YOUR SKIN FROM THE INSIDE

- 39 -

RELIEVE ABDOMINAL DISCOMFORT

- 47 -

SCLERODERMA AND WEIGHT LOSS

- 55 -

YOGA



Audrey Potvin,

NUTRITION AND DIETETIC TECHNICIAN

You may be wondering what the connection is between a nutrition guide and scleroderma?

If you're holding this guide in your hands, it is safe to say that taking care of your health—or that of a loved one who is living with Scleroderma—is really important to you. Scleroderma is a disease to be taken seriously for its wide variety of symptoms, but also—and perhaps most importantly—because we still don't have a cure for this debilitating disease. Despite the significant progress being made, a growing number of people feel the need to find natural and safe alternatives to conventional medicine. Thus, in striving for the best possible quality of life, many have come to embrace a holistic health approach. And I am proud to say that I am one of them...

The global health approach that I advocate is based on the observation that food, which is our main fuel, strongly influences our health, whether we are sick or not. When we eat healthy, we have more energy; therefore, we are more active. When we sleep better, we think more clearly; when we are in a better mood, our digestion is improved and we feel better.

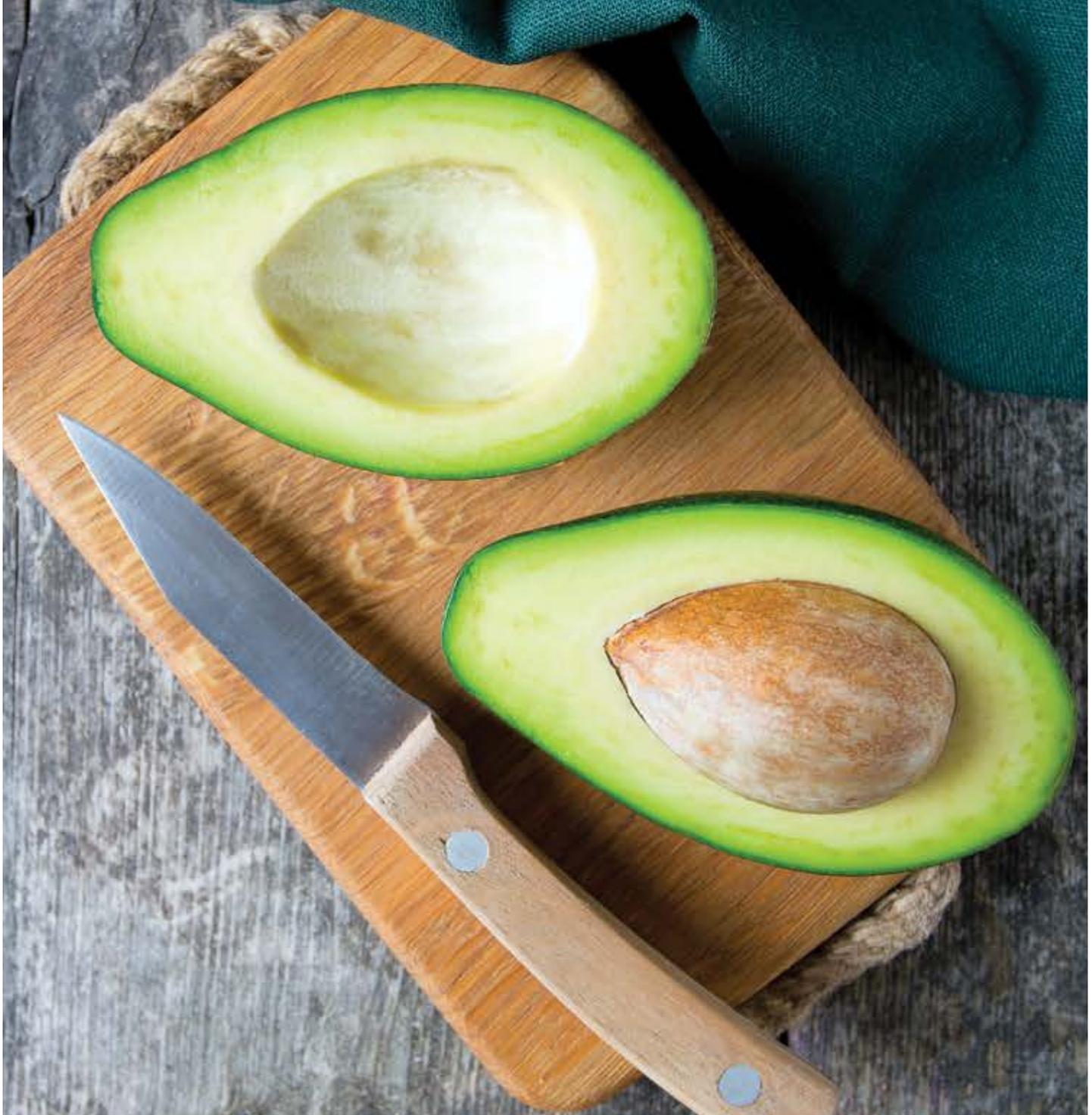
The following guide brings together texts on nutrition I have written since my involvement with Scleroderma Quebec began a few years ago. First and foremost, I want to share with you my love and passion: healthy dishes, by offering some of my best recipes related to each topic covered.

Far too often patients have, unfortunately, little control over the disease that afflicts them. However, we can choose the nutritional elements that we provide our bodies to optimize our quality of life. I deliberately chose not to include nutritional information tables, because I think it is much better to eat by combining pleasure and health, rather than eating according to our consumption of calories, fat, sugar, salt, etc. I like to say that when cooking with healthy ingredients, unprocessed foods, such as high-quality proteins, preferably vegetable in origin, good fats, good sugars, lots of fruits and vegetables, why worry about nutritional information! It is important to read the labels of the products that we consume, if only because many of them "hide" dubious ingredients with unpronounceable names! Rather, what I am advocating is mindful eating, which in my view is the most logical and easiest way to eat. No need to calculate anything. If you're hungry, eat; and when you are no longer hungry, stop eating!

The objective of this guide is to provide useful and relevant nutritional tips and, I hope, spark your interest in taking care of yourself... enjoying yourself simply and healthfully!



RESCUE FOODS FOR THOSE WHO LACK ENERGY



EATING THE RIGHT FOODS TO BOOST AND REPLENISH YOUR ENERGY



Once in a while we need to recharge our batteries.

I do not pretend to have found THE miracle solution to your lack of energy, but I am nevertheless convinced that it is possible to reduce our tiredness by being mindful of the types of food we put on our plates.

Fatigue is not a disease in itself: it's a symptom. Most illnesses are associated with fatigue. Fatigue is often the first symptom of a health problem or condition such as scleroderma, malabsorption, circulatory disorders, cancer, diabetes, depression, anemia...

Here are a few recommendations:

- Avoid alcohol, caffeine, stress, smoking and poor eating habits. These are all energy thieves!
- Include more fruits and vegetables, legumes, probiotics, dairy products, whole grains, nuts and seeds in your diet.
- Choose chicken or fish rather than red meat because fat hinders the digestive process which leads to a feeling of heaviness. If you are anemia-prone, do not overlook lean-cut red meats and offal, but limit yourself to no more than one or two servings a week.
- Try to avoid refined products like white bread, white pasta, white rice, white sugar...
- Exercise regularly and get enough rest.
- Recognize and respect your limitations, and learn to say no!
- Do not overload your stomach.
- Be sure to maintain a healthy weight.
- Some dietary supplements can help you, like bee pollen, nutritional (Torula) yeast or brewer's yeast.
- If they agree with you, some spices such as cayenne pepper and ginger seasoning can be used to perk up a variety of dishes (soups, salads, stir-fries...)

References:

Balch, MD, James F. and Phyllis A. Balch, CNC. *Prescription for Nutritional Healing*. 1997, 600 pages.
Lambert-Lagacé, diététiste, Louise. *Le défi alimentaire de la femme*. Les Éditions de l'Homme, 243 pages.
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NO-COOK VEGETARIAN CRETONS

"These are wonderful no-cook, vegetarian cretons. Cretons are a traditional Quebec pork-based spread!"



For about a dozen 250 ml containers. You can either reduce the recipe, or freeze your cretons, individually.



During my foray into vegetarianism, when I still wanted cretons on my toast or crackers, I developed a vegetarian version which I venture to say is the best in the world. You read it here! Store-bought cretons, which are far too denatured by cooking, cannot compete. It took me some trial and error before arriving at a result that looks similar to "real" cretons! I even ended up marketing them. Many were willing to pay me for this recipe but I never wanted to reveal it! To give it a texture of 'minced meat', I added textured soy for protein, which is an ingredient (between you and me) that can only be better for health than some parts of (not always the most noble!) pork which is used for traditional creton recipes!

INGREDIENTS

2 cups of textured soy protein (smallest grains possible). Easy to find in health food stores or at supermarkets with natural food in bulk.

2 cups canned chickpeas, rinsed and drained

1 ½ cups boiling water

5 tbsp. nutritional yeast flakes

100 mL tamari sauce or Bragg sauce (the latter gives a better taste than tamari in my opinion!)

¾ cup cold-pressed sunflower oil

2 ½ tsp. poultry spice

2 ½ tsp. lemon juice

1 tbsp. vegetable broth (original 'Herbamare' broth, if possible)

2 tsp. onion powder

½ tsp. garlic powder

1 tsp. mixed spices (creton spices)

½ tsp. pepper

PREPARATION

- In a bowl, add the texturized protein to boiling water to rehydrate. Mix well. Let rest for 10 minutes.
- In the food processor, mash the chickpeas.
- Add textured soy protein and the rest of the ingredients to chickpeas and mix well until it forms both grainy and creamy cretons.
- Add a little water or oil, as needed for desired consistency. If the mixture is too runny (the level of absorption of the textured protein may vary depending on the brand), you can lightly cook it in a saucepan over medium heat until the mixture thickens or add a little more textured protein to absorb the liquid.

FABULOUS NO-COOK ENERGY BALLS

"The ideal snack to sustain your energy or to enjoy after a sporting activity."

INGREDIENTS

1 tbsp. cocoa or carob
10 dates, previously softened in hot water
2 tbsp. almond butter
1 tbsp. coconut oil
Unsweetened coconut or chopped walnuts
Ground flax seeds or ground almonds, if needed to thicken the mixture



The number of servings depends on the size of the balls.

PREPARATION

- Mix all the ingredients in a food processor. If necessary, add ground flax seeds or ground almonds to thicken.
- Make balls and roll in coconut or chopped walnuts.
- Put in the fridge a few hours before serving.

"CHOCOCADO" MOUSSE

"A decadent way to camouflage avocado!"



2 servings

INGREDIENTS

1 ripe avocado
¼ cup maple syrup or honey
3 tbsp. cocoa
¼ tsp. vanilla
1 pinch of salt
3-4 tbsp. water or plant-based milk, if necessary

PREPARATION

- Mix all ingredients until smooth. If necessary, add water or milk.
- Refrigerate 1 hour before serving.



"INVIGORATING" SALAD



6 servings

"A beautiful salad full of colour and vitamins to be served as an accompaniment or as a meal by adding protein (eggs, tofu, chicken, nuts, cheese, etc.) for a more filling dish."



INGREDIENTS

- 2 lbs spinach
- 1 ripe avocado
- ¼ cantaloupe
- ½ cup alfalfa sprouts (or other sprouts)
- 2 green onions, finely chopped
- ¾ cup olive oil
- ¼ cup lemon juice
- Salt and pepper to taste

PREPARATION

- Wash spinach and remove excess water.
- Cut the avocado in two, remove the pit, peel, and cut into pieces.
- Peel and cut the cantaloupe into pieces or scoop out small balls.
- Gently add avocado, cantaloupe, green onions, alfalfa, and spinach together.
- Pour oil and lemon juice in a sealable container and shake well.
- Sprinkle the olive oil and lemon juice dressing on the salad just before serving.
- Salt and pepper to taste.

SUPER GREEN JUICE

"A genuine glass of liquid energy!"



2-3 glasses



INGREDIENTS

- 4 sticks of celery
- 3 green apples
- 3 cups of spinach (or kale)
- 2 cucumbers
- 1 lime
- Honey, maple syrup or stevia to sweeten, if desired

PREPARATION

- Extract the juice from all of the ingredients with a juicer.

FRESH FRUIT SMOOTHIE



1 serving

INGREDIENTS

1 fresh fruit of your choice (pear, peach, banana or ½ cup of strawberries or other berries)

1 cup probiotic yogurt (flavour of your choice)

1 tbsp. wheat germ

To taste (optional), add:

1 tbsp. wheat bran

1 tbsp. nutritional yeast (Torula or brewer's)

2 tbsp. ground flaxseeds

PREPARATION

- Mix all ingredients in a blender or food processor.
- Pour into a tall glass and enjoy slowly!



CREAMY PEANUT BUTTER AND BANANA SMOOTHIE



1 serving

INGREDIENTS

200 mL 2% milk or soy beverage (choice of flavour)

½ banana

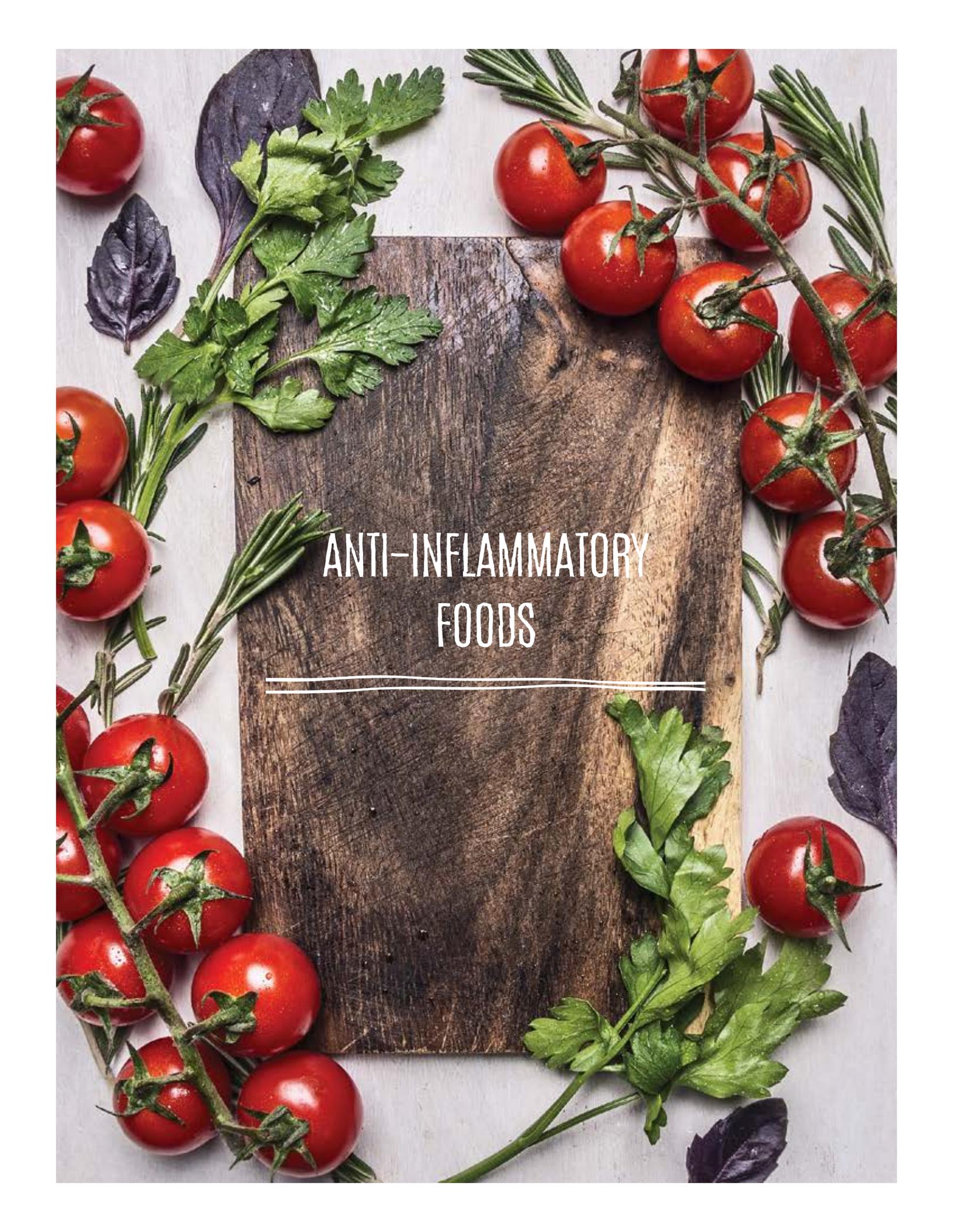
1 tbsp. peanut butter

2 tbsp. plain yogurt

A bit of honey or maple syrup (optional)

PREPARATION

- Liquefy and enjoy right away!



ANTI-INFLAMMATORY
FOODS

ANTI-INFLAMMATORY FOODS



It is possible to reduce the risk of suffering from chronic inflammation and relieve symptoms by paying attention to what we eat.

In this article, I present some foods that have anti-inflammatory properties that should be included in your diet 3 to 4 times a week.

FISH

Fish offers a rich source of omega-3 essential fatty acids (in the form of EPA and DHA). These types of fats contain powerful anti-inflammatory properties that have been shown to be beneficial in relieving arthritis pain, but also in the treatment of heart disease, arteriosclerosis and depression. Wild Atlantic salmon, herring, sardines and light tuna are all great options to include in the diet.

FRUITS AND VEGETABLES

They are loaded with phytonutrients that can prevent or even reverse the inflammatory process. Unfortunately, according to a recent large-scale study conducted by Statistics Canada, most Canadians eat far too few servings of fruits and vegetables than the 5 to 10 recommended each day... If all fruits and vegetables are good choices, the fruit with the most anti-inflammatory properties is fresh pineapple, because it contains an enzyme called bromelain.

NUTS AND SEEDS

Almonds, walnuts, freshly ground flaxseed and sesame seeds also contain essential fatty acids (omega-3) that can help reduce inflammation. Half a handful of nuts per day is sufficient to meet your nutritional requirements.

WATER

Oftentimes, a state of dehydration can promote the inflammatory process. It is recommended to drink 6-8 glasses of fresh, clean water daily to promote proper elimination and optimal health.

FOODS TO AVOID

- High-fat dairy products;
- Deli meats;
- Refined products such as white bread, white pasta, white rice, white sugar...;
- Deep fried foods and junk foods (French fries, potato chips, donuts, fried chicken...).

HABITS TO AVOID

- Excess alcohol;
- Stress;
- Smoking;
- Sedentary lifestyle.

Of course, good eating habits cannot by themselves heal any kind of inflammation and arthritis resulting from a chronic disease such as scleroderma. But while being unable to control the disease that affects us, we have at least the power to choose the foods we eat to ensure the best possible quality of life.

References:

Balch, MD, James F. and Phyllis A. Balch, CNC.
Prescription for Nutritional Healing. 1997, 600 pages.
www.canadianliving.com

Comment bien manger? Research and writing:
www.PasseportSante.net, edited by H el ene Baribeau, M.Sc., RD,
nutritionist-dietitian.

Last update: January 2011. (French only).

CURRIED SALMON WITH COCONUT MILK

"A recipe combining the anti-inflammatory effects of both salmon and turmeric!"



4 servings



INGREDIENTS

- 3 tbsp. olive oil
- 2 cloves garlic, minced
- 1 large onion, chopped
- 1 tbsp. fresh ginger, grated
- 2 tsp. curry powder
- 2 tsp. turmeric
- 2 cups cooked salmon, cut into large pieces (or another firm fish)
- 1 ½ cups coconut milk
- Salt and pepper to taste
- 4 cups cooked rice or quinoa
- ¼ cup fresh cilantro, chopped

PREPARATION

- In a saucepan, heat oil over medium-high heat, and add the garlic, onion, ginger, curry powder and turmeric. Cook for 5 minutes.
- Add the coconut milk and simmer over low heat for 10 minutes.
- Carefully add the pieces of salmon and cook 5 minutes more. Remove from heat.
- Serve on a bed of rice or quinoa.
- Garnish with cilantro.



"GUILT-FREE" FLAX CHIPS

*"Anti-inflammatory chips? They exist!
Enjoy!"*

INGREDIENTS

- 1 ½ cups flaxseed
- 2 cups lukewarm water
- 4 tbsp. tamari
- 8 sheets of parchment paper



PREPARATION

- Preheat oven to 140°F.
- Grind flaxseeds in a coffee grinder.
- With a whisk, mix the seeds with water and tamari until it becomes a liquid dough (similar to that of pancake batter).
- Let sit for 1 hour.
- Spread the dough on 4 sheets of parchment paper.
- Cover with the 4 other papers and smooth the entire surface well with your hands until the the sheets of paper have the thickness of a chip.
- Slide each sheet onto oven racks and dry at a low temperature until the chips are crispy (minimum 6 hours or overnight).
- Let cool and break into pieces of the desired size.

GOOD MORNING "OMEGA" PUDDING



1 serving

"For people who don't eat fish, this easy breakfast recipe is a terrific way to get omega-3 fatty acids. But as the majority of people don't consume enough fatty fish and, as a result, have an omega-3 deficiency, this pudding is good for everyone!"

INGREDIENTS

- 2 tbsp. hemp seeds
- 4 tbsp. chia seeds
- A pinch of salt
- ½ cup dried fruit, chopped (your choice of dates, mangos, raisins, cranberries, etc.)
- 1 cup vanilla almond milk
- Water, as needed
- Garnish: Fresh fruit, walnuts and/or pecans

PREPARATION

- Put the seeds in a bowl and add the dried fruit, milk and salt. Mix well.
- Put in the fridge to keep overnight so that the 'pudding' thickens.
- At breakfast time, add water or milk as needed.
- Garnish with fresh fruit, walnuts and/or pecans.
- Sweeten to taste with honey or maple syrup.

EASY, FLOUR-FREE CHOCO-NUT MUFFINS

GLUTEN-FREE, SUGAR-FREE AND DAIRY-FREE

*"Muffins that explode with flavour, protein and fiber!
Filling enough for breakfast!"*



12 small
muffins
or 6 large

INGREDIENTS

- 540 mL can chickpeas, rinsed and drained
- 4 eggs
- 1 ½ cups raw cocoa slivers, dark chocolate or carob chips
- ¾ cup date puree
- ¼ cup cocoa (or carob powder, but the taste will be sweeter)
- ¼ cup chopped nuts (omit if allergic or replace with unsweetened coconut)

PREPARATION

- Preheat oven to 350°F.
- Mix all the ingredients in the food processor until blended.
- Pour the batter into well-greased or non-stick muffin pans.
- Bake in the oven (grill placed in the centre) for about 30 minutes (or until a toothpick comes out clean).

Note:

It is possible, depending on the consistency of the date puree, that the batter might seem too thick or too runny. If it is too thick, add a trickle of water, and if it is too runny, add just a little more cocoa. I regularly make this recipe and eyeball it and, generally, a little more of this or that gives me beautiful, large, fluffy muffins!





NUTRITION
FROM THE
CHINESE ENERGY DIET

*This article is for informational purposes only.
It does not, by any means, replace medications or advice from your healthcare professional.*

FOUR SEASONS NUTRITION ACCORDING TO CHINESE DIETETICS



Have you ever wondered whether the food we eat should be the same in summer and winter? Do we not tend to eat more raw, cold food during summer heat waves and hot cooked food during bitter cold days (and nights)? So my curiosity led me to do some research to learn more about this very interesting, far-reaching and complex subject. The following article is intended to provide some useful dietary tips that can be easily incorporated into our daily lives to improve our overall health or simply to have fun by adding more variety to our menu.

Chinese dietetics, which has its foundations in the Yin and Yang, is something of a folk medicine that focuses on both prevention and treatment of disease. Many commercial brands have made the Yin and Yang their logo, singers allude to it in their songs, so much so that the Yin and Yang concept is now firmly entrenched in modern Western culture. However, the true meaning of this concept is often so vague as to make one wonder what it is exactly.

Originally, the concept of Yin and Yang, originating from ancient China, is derived from the observation of the alternation of day and night, activity and rest, light and darkness, cold and hot, etc.

In short, it is the opposition between two elements.

But what has food to do with the theory of Yin and Yang? Winter, the cold climate, represents the Yin and summer, with its warm temperature and heat waves, is the Yang. Foods are also either Yin or Yang.

So Chinese dietetics classifies foods according to their nature: they are cold, cool, neutral, warm or hot whether they “heat” or they “cool”.

For example, chili pepper, black pepper and cinnamon are warm (Yang), while the nature of pineapple, seaweed and shellfish is cold (Yin).

In his book *La diététique chinoise*, Christophe Labigne lists foods, by season, to be consumed according to their energy value.

SPRING

In the spring there is an increase in vital energy. To promote the revival of the Yang (heat), one would preferably eat mostly lukewarm foods which are slightly spicy and bitter, but without excess, and eat cold and raw foods very moderately.

Vegetables: carrots, asparagus, beets, zucchini, potatoes, radishes, cabbage...

Seeds and starchy foods: red beans, sweet potato, corn, wheat, barley, oats...

Spices and herbs: ginger, garlic, cumin, chives, shallots, parsley...

Animal products: lean fish, lean red meat, poultry...

Fruits: apples, dates, dried figs, papaya...

SUMMER

During the summer, vital activity is at its peak. In general, since it is generally hot, one should eat light and easily digestible foods. Fried foods and animal fats should be avoided because they cause heat to stagnate in the body.

One should also offset the loss of body fluid (caused by sweating) by consuming more cool or cold foods and naturally sweet-flavoured foods such as: melons, apples, spinach, artichoke, eggplant, celery, rhubarb, carrots, cucumber, kiwis, peaches. We must also not forget berries: strawberries, raspberries and blueberries. These foods cool vital energy and produce organic liquids. It is also recommended to drink more often during the summer in order to compensate for the loss of fluids.

AUTUMN

During the fall, the Yang energy progressively withdraws to make room for the Yin to develop. The climate is now cooling. More than ever, this is the time when we should protect ourselves from the change in temperature. Gastroenteritis is common at this time of year. The disease can easily “enter the body through the mouth”. Therefore, even if a few autumn days are still warm, Chinese dietetics recommends reducing the amount of fruit and other raw vegetables, cold drinks and naturally cold foods to prevent possibly agitating the intestines and stomach. Greater attention is also needed to ensure the freshness of foods, particularly for fish, meat and shellfish. We ought to consume more cereals (such as barley and whole wheat), vegetables (such as pumpkin, onions, cabbage, beets, turnips, peas, lentils, endives, potatoes) and fruits (such as plums, grapes, mangos, tangerines) and also nuts.

WINTER

In winter, the Yin (cold) is at its maximum and the Yang (hot) at its minimum. In nature, all life is at rest. In humans, this is the period, when the body's energy has cooled, that naturally fits with a period of rest. Winter is the ideal season to strengthen the foundations of physical vitality through tonic foods. During this season, characterized by the predominance of cold temperatures, one would benefit from eating wholesome and nutritious food such as whole grain pasta, brown rice, buckwheat, nuts and seeds, and starchy vegetables such as potatoes, Jerusalem artichoke and legumes. Fatty fish, such as salmon, mackerel and sardines, is also recommended. Finally, wine and alcohol can be consumed safely in moderation (if not contraindicated due to your health condition). "Yin" foods activate blood circulation, stimulate the appetite and the mind, protect from outside cold and enhance the effects of tonic products.

In conclusion, I would like to share a few suggestions that readily come to mind when thinking of each season:

In spring:

Snow crab, asparagus and fiddleheads, not to mention the delicious maple products!

In the summer:

We have a bounty of berries (strawberries, raspberries, blueberries) that are freshly picked!

In autumn:

We keep warm with good homemade soups made from root vegetables and take advantage of this opportunity to make preserves: pumpkin or applesauce!

In the winter:

There is nothing like having comfort food with family on a cold day such as roast turkey with cranberries, homemade pies made with our preserved apples and pumpkins from autumn, fatty fish (salmon, trout, mackerel, sardines) to help fight against seasonal depression and hot chocolate to soothe the soul!

For me, logically, there are no better and more appropriate foods health-wise than fresh seasonal products!

References:
Labigne, Christophe. La diététique chinoise.
Editions du Dauphin, 2007, 232 pages.
Revue Vitalité Québec, October 2014

NUTRITION ACCORDING TO CHINESE DIETETICS



*This article is for information purposes only.
It does not by any means replace medications or advice from your healthcare professional.*

In the first part of this article, we have seen that to achieve an optimal level of health, Chinese dietetics suggests that we should adapt our diet according to the availability of seasonal foods.

In this second part, I will address some common ailments, especially in scleroderma patients, and take a look at what Chinese dietetics has to offer in the way of symptom relief.

Clinical nutrition: Tailoring Diet for Specific Diseases

Here are some known pathologies whose symptoms, according to Chinese medicine, could be relieved with the help of some tips and foods, as well as some recipes:

RAYNAUD'S PHENOMENON

- Cayenne pepper to improve blood flow.
- Avoid greasy and fried foods.
- Reduce your intake of caffeine, which is a stimulant that constricts blood vessels.
- DON'T SMOKE.

CONSTIPATION

- Eat 2 bananas or an unpeeled apple (in the morning on an empty stomach).
- Drink a glass of warm water with 2 tsp. of honey (in the morning on an empty stomach).
- Eat 5-6 dried figs or 2 rehydrated prunes (in the morning on an empty stomach).
- Drink prune juice.
- Avoid spicy, fried food, meat, deli meat, stress and emotional strain.

DIARRHEA

- Eat rice, buckwheat or toasted bread.
- Eat pumpkin puree (or some other squash) and sweet potatoes.
- Avoid spices, dairy products, deli meats, alcohol, stimulants and overeating.

INFLUENZA (THE FLU)

- Suggested foods: mint, oregano, celery, radish, turnip, linden, and verbena.
- Drink plenty of water.

HIGH BLOOD PRESSURE (HYPERTENSION)

- Suggested foods: celery, tofu, bean sprouts, tomatoes, vinegar, squash, zucchini, melons, bananas, peaches, corn, honey.
- Eat 2 raw tomatoes in the morning on an empty stomach for a month.
- Dilute honey in hot water and drink as a tea.
- Drink carrot juice.
- Avoid: smoking, excess alcohol, greasy and salty foods, overeating, strong emotions.

INDIGESTION (UPSET STOMACH)

- Recommended foods: papaya, sweet potato, pineapple, brown rice, mint, garlic, coriander, radish, barley, apples, oranges, celery.
- Eat slowly and chew well to keep your stomach's workload low.
- Massage your stomach in quick, circular strokes for about 10 minutes after each meal.
- Avoid: heavy foods, fats, meats, dairy, deli meats, cold or raw products, as well as stress, and heated discussions, watching TV or listening to the radio while eating.
- Stay relaxed and attentive during meals.
- Do some light exercise such as taking a walk after meals.

EDEMA

- Preferred foods: corn, pumpkin, apples, coconut, chives, millet, barley, fish, leek, garlic, peas.
- Eat mainly vegetables and fish.
- Eat lots of melon in the summer.
- Drink coconut juice every day.
- Eat well-cooked barley soup regularly.
- Avoid: salty, greasy, heavy foods, wine, seafood.

COMMON COLD

- Suggested foods: ginger, cloves, basil, cinnamon, chives, coriander, black pepper, onion, pumpkin.
- Avoid: seafood, fats, vinegar (vinegar's acidity decreases sweating and "keeps the cold inside").

OBESITY, OVERWEIGHT

- Recommended foods: garlic, chives, pearl barley, shallots, white cowpeas or black-eyed beans, cardamom, seaweed, squash, fennel, cloves, celery, leek, melon, strawberries, green tea.
- Avoid: sweets, excess red meat, deli meats, dairy products, alcohol.

Finally, why not try to remedy a wide variety of mild ailments and discomforts by incorporating a few of these foods in our menu?

The only risk we run is to bring variety to our diet.

So let's have fun and see whether our symptoms improve!

References:

La diététique chinoise. Christophe Labigne, Éditions du Dauphin, 2007, 232 pages.

Revue Vitalité Québec. October 2014.

Canada's Food Guide (<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>).

AUTUMN SQUASH AND GINGER SOUP

"A tasty way to warm up chilly weather!"



4 servings

INGREDIENTS

- 1 large squash (pumpkin, butternut squash, or acorn/pepper squash)
- 4 peeled cloves of garlic
- 1 yellow onion
- 1 tbsp. fresh ginger, chopped
- 1 tbsp. olive oil
- 1 tsp. salt
- 3 cups water or vegetable broth
- 2 tbsp. pumpkin seeds to decorate

PREPARATION

- Peel the squash. Cut it into 2 and remove the seeds. Cut into small pieces.
- In a thick-bottomed saucepan, sauté garlic, onion and ginger.
- Add the squash, salt and water (or broth).
- Bring to a boil, then reduce heat and simmer until the squash is tender.
- Mix in a food processor.
- Garnish with pumpkin seeds and serve.



FRUITY SUMMER MOUSSE

"Enjoy seasonal berries that are so rich in antioxidants with this beautiful recipe!"

INGREDIENTS

- 2 cups cashew nuts, soaked for 2 hours
- 1 cup strawberries, raspberries or fresh blueberries
- ¼ cup of honey
- ½ cup coconut oil, melted
- 1 tsp. vanilla extract
- A pinch of salt
- ¼ cup water, as needed



4 servings

PREPARATION

- Mix all the ingredients in the blender until the mixture is very smooth. Add water, if necessary.
- Refrigerate for 2 hours.

SPRINGTIME ASPARAGUS SALAD

"Using asparagus, a tasty green vegetable rich in vitamin C, in this side-salad is a perfect way to celebrate spring: it is light, mineral-rich and a tonic!"



6 servings

INGREDIENTS

- 1 lb. (455g) fresh asparagus, cooked with steam until al dente
- ½ cup chopped pecans (roasted or not) or walnuts
- 2 tbsp. olive oil
- 3 tbsp. fresh lemon juice
- ¼ cup parmesan shavings (optional)
- Salt and freshly ground pepper to taste

PREPARATION

- In a small bowl, combine olive oil and lemon juice.
- Place the asparagus on a serving platter and coat with dressing.
- Sprinkle with pecans or walnuts and refrigerate 1 to 2 hours before serving.
- Once ready to serve, sprinkle with parmesan cheese, if desired, and season to taste.



*Variants:

- For a more Asian version, you can replace the lemon juice with 4 tsp. of tamari (or soy sauce), and replace the olive oil with sesame oil, and pecans with sesame seeds. Omit parmesan.
- This salad may also be delicious with feta or blue cheese, or, for a milder flavour, goat cheese.
- For those intolerant to dairy products, you can replace the cheese with crumbled tofu or cashew 'cheese' (available in most of the health food stores, or easily reproduced at home with recipes from the internet!).

Winter Recipe

EASY COQ AU VIN



4 servings

"Coq au vin is a popular dish from France. I reinvented a lower fat version, using chicken breast instead of the upper thighs that are often used for this recipe. In addition, I omitted black olives but feel free to add them if you wish. This is a recipe that I make when I feel like having a comforting dish, or when I have guests. Besides being able to freeze the dish, it's even better when reheated!"



INGREDIENTS

- 4 small skinless and boneless chicken breasts, cut into large cubes (preferably organic)
- 3 tbsp. olive oil
- 1 chopped onion
- 2 chopped garlic cloves
- 1 cup small Paris or button mushrooms (or sliced mushrooms)
- 1 ½ cups canned Italian tomatoes, drained and coarsely chopped
- ½ cup red wine
- 1 tsp. dried thyme
- 2 bay leaves
- A pinch of salt
- A pinch of pepper

PREPARATION

- Heat the oil in a saucepan and sauté the chicken cubes until browned. Set aside.
- In the same saucepan, sauté the onion, garlic and mushrooms for about 5 minutes.
- Add the tomatoes, wine, thyme and bay leaves and bring to a boil.
- Add the chicken cubes with salt and pepper.
- Cover and simmer for about 40 minutes.
- Remove the bay leaves and serve on rice, pasta, or on cooked spaghetti squash.

COMFORTING WINTER SOUP

"Because during the cold season, nothing warms us up better than a good homemade soup!"

INGREDIENTS

- 3 tbsp. olive oil
- 1 chopped onion
- 4 small chicken breasts, cut into cubes
- 2 cloves garlic, minced
- 3 cups carrots, celery and turnip (in equal portions)
- 796 mL canned tomatoes or fresh tomatoes, cubed
- 4 cups chicken or vegetable broth
- 2 bay leaves
- Salt and pepper to taste



4 servings

PREPARATION

- Heat the olive oil in a large saucepan.
- Add chicken, onion and garlic and sauté for about 2 minutes.
- Add the carrots, celery, turnips, tomatoes, broth and bay leaves.
- Cook for about 20 minutes or until vegetables are tender.
- Season to taste.



HYDRATE YOUR SKIN
FROM THE INSIDE!



HYDRATE YOUR SKIN... FROM THE INSIDE!!!



Owing to our busy lifestyle, especially in winter, our skin is often subjected to the harmful effects of harsh environmental conditions which can leave it dry and itchy. In the following article, I share with you some important tips you can put into practice to help tip the scales in your favour when it comes to fighting the main causes of skin dehydration, besides those due to scleroderma or medications.

First of all, it is important to know that good skin hydration is essential for skin health. The two leading causes of skin dehydration are the lack of water and oil in your skin. Of course, there are several very effective creams currently available on the market, but if you only moisturize the surface of your skin, the positive effects achieved will be at best partial and short-lived.

Additionally, it is worth stressing that severe dry skin is a potentially inherited condition.

But there are other factors that may contribute or worsen it. These factors include:

- An unbalanced diet;
- Excessive heating of our homes;
- Overexposure to the sun, wind, cold, chemical agents, soaps, perfumes, bathing or showering too frequently, etc.;
- Nutritional deficiencies such as a lack of vitamin A and/or B;
- Age.
- Avoid as much as possible alcohol and caffeine because these have a diuretic effect which increases dehydration.
- Avoid processed foods containing chemical additives and preservatives.
- Do not smoke, because smoking deprives the skin of the much-needed oxygen and nutrients it needs to stay healthy.

Here are a few tips to help promote healthy and well-moisturized skin:

- Drinking plenty of water (i.e. 1.5 to 2 liters per day).
- Eat foods rich in essential fatty acids such as fatty fish (salmon, sardines, herring, etc.) and nuts and seeds (walnuts, almonds, flaxseeds, sesame seeds, sunflower, etc.). These fats are essential for proper hydration of the skin (and hair).
- Choose a colourful variety of fruits and vegetables every day such as carrots, broccoli, beets, tomatoes, grapefruit, blueberries, raspberries, etc. They are good sources of vitamin A, which strengthens and protects the skin. Furthermore, according to the recommendation of the Harvard School of Public Health's *Healthy Eating Plate*, we should fill at least half of our plate with colourful fruits and vegetables.
- Cook with cold-pressed and extra virgin oil.
- Eat whole grain cereals to ensure an optimal intake of B vitamins.
- Use olive oil, argan oil, vitamin E, shea butter, or aloe based skin products. As for me, I apply shea butter on my face and the drier areas of my skin every night and I get very good results.
- Always apply a moisturizer all over your body after bathing or showering.
- Use a sunscreen with an SPF of at least 30 that is free of oxybenzone (BP-3) and PABA.

Obviously, it is only in the long run that you will notice an improvement in the hydration and radiance of your skin. As with everything else, it's a question of tenacity and perseverance, but it's well worth trying!!!

WALNUT "PARMESAN"



About 2 cups



"Walnut 'Parmesan' is full of good fats, omega-3 and B vitamins from nutritional yeast (it is the latter that gives it the sought-after 'cheese' taste). Besides being delicious on salads or pasta, this alternative to parmesan is suitable for people intolerant or allergic to dairy products."

INGREDIENTS

2 cups walnuts
1 tsp. salt
1 tsp. chopped fresh garlic
(or ½ tsp. of garlic powder) (optional)
2 tbsp. nutritional yeast flakes (not to be confused with baking or active yeast. It is carried in several grocery stores as well as in health food stores.)

PREPARATION

Mix all ingredients in a food processor until small lumps form.

HOMEMADE HEMP MILK

"Hemp seed is rich in good fats (and one of the best sources of omega-3) and B vitamins which promote healthy skin. And with its nutty flavour and smoothness, this plant-based milk will certainly encourage you to drink more liquid!"



4 servings

INGREDIENTS

- 1 cup shelled hemp seeds*
- 4 cups water
- Honey or maple syrup to taste, if desired

PREPARATION

Mix in a blender and... enjoy!

* It is possible to replace the hemp seeds with the same amount of other kinds of seeds (sesame, chia, or sunflower) or nuts (almonds, walnuts, macadamia nuts, cashews, etc.). In some cases, you will need to filter the milk to make it smooth.



"LUMINESCENCE" SMOOTHIE



2 servings

INGREDIENTS

- 2 cups kale (or other greens)
- 2 bananas
- 5 large strawberries or 1 mango
- 1 cup coconut milk
- ¼ cup water (or more if required)
- Maple syrup or honey to sweeten (optional)

PREPARATION

- Mix all of the ingredients in a food processor or blender. Add water as needed.



RELIEVE ABDOMINAL
DISCOMFORT

STOP GASTROINTESTINAL DISCOMFORT IN ITS TRACKS!



If you suffer from scleroderma, you may have bowel problems causing symptoms such as constipation and/or diarrhea, bloating, pain, abdominal distension (gas), etc. We often blame wheat (gluten) and dairy products as the principal culprits for a wide range of digestive problems that also occur in people with IBS (irritable bowel syndrome).

But in 2005 a new dietary approach was developed by Sue Shepherd, an Australian nutritionist.

She found that the range of foods causing gastrointestinal disorders extended far beyond the consumption of wheat and dairy products. What does this new dietary approach called FODMAP consist of? Basically, it advocates that, in some cases, certain foods containing carbohydrates should be restricted from our diet. These carbs, by fermenting in the colon, cause bloating, gas and abdominal pain. We call them “fermentables”.

WHAT DOES THE ACRONYM FODMAP STAND FOR?

F = Fermentable (poorly absorbed in the small intestine, rapidly fermented by colonic bacteria, increased water delivery to the bowel due to high osmotic activity)

O = Oligosaccharides (e.g. Fructans and Galacto-Oligosaccharides or GOS)

D = Disaccharides (e.g. Lactose)

M = Monosaccharides (such as excess fructose to glucose)

A = And

P = Polyols (Sorbitol, Mannitol, Xylitol and Maltitol)

Here is a list of food sources high in each of the FODMAPs that you might consider limiting or avoiding as they have been linked to digestive discomfort:

EXCESS FRUCTOSE:

apples, watermelon, mangos, corn syrup

LACTOSE:

milk, yogurt, cottage cheese, ricotta

FRUCTANS:

asparagus, cabbage, onions, wheat and rye (large amount), apples

GALACTO-OLIGOSACCHARIDES (GOS):

legume beans (e.g. baked beans, kidney beans, bortolotti beans), lentils, chickpeas

POLYOL PRESENCE:

apples, pears, watermelon, cauliflower, mushrooms, peppers, sugar “alcohol” (sorbitol, xylitol, maltitol), gum and sugar-free candy, etc.

IMPORTANT

Some foods containing FODMAPs are necessary for good intestinal health. Therefore, you should not eliminate them entirely from your diet. You simply have to learn to cut back on foods to which you are most sensitive. So it is advisable to follow the FODMAP diet under the supervision of a qualified nutritionist. Since each food has a specific function, the foods that you remove from your diet, even momentarily, have to be replaced by others. Work with your nutritionist to find the right balance.

For more details on the diet and a list of the foods high and low in FODMAPs, I invite you to visit Shepherd Works's website at <http://shepherdworks.com.au/disease-information/low-fodmap-diet/> and talk with a nutritionist and a health professional.

This approach will not cure all your ills, but if some of your symptoms are caused by what is in your plate, it is quite possible that you will notice a significant improvement in your symptoms.

In conclusion, I would like to offer some personal tips on how to prevent or relieve discomfort following the intake of fermentable foods:

- Cook legumes by adding a rehydrated piece of kombu seaweed (which improves digestion). Some canned brands already contain kombu;
- Allow legume seeds to germinate and become sprouts before cooking;
- Add ginger to your dishes;
- Eat mostly gluten-free grains (quinoa, buckwheat, etc.);
- Replace ordinary milk with lactose-free milk or vegetable milk (e.g. almond, coconut, etc.);
- Season with tamari, miso or nutritional yeast. These condiments contain probiotics and/or enzymes which facilitate digestion (in addition to adding a lot of flavor to dishes!);
- Avoid desserts after meals containing fermentable foods;
- Mint, fennel, ginger and cinnamon in tea are excellent to help digest a heavy meal and eliminate gas;
- Make a vegetable puree to "break" the fibers that might cause irritation. In addition, some scleroderma patients might have some difficulty chewing raw vegetables which can prevent normal digestion. For example, cruciferous vegetables, grated in salads, will cause much fewer symptoms than if eaten in large pieces;
- By avoiding chewing gum (especially on an empty stomach between meals), carbonated water or talking while eating, can reduce bloating;
- Eat slowly, chew well and listen to your hunger and satiety signals;
- There are probiotic supplements and digestive enzymes available in food stores and pharmacies, which are usually effective for those having difficulty with digestion. Activated charcoal is also very effective, but is counter-indicated for those taking medication. Start by talking to your health care professional who can help you determine the best path to choose according to your condition.

The gut is closely linked to our emotions: the network of neurons lining our gut is so extensive some scientists have nicknamed it our "second brain". That's a good reason to worry about the health of its intestinal flora!

References:

www.PasseportSante.net (Articles by Hélène Baribeau and Audrey Cyr, nutritionists).
Prescription for nutritional healing. James F. Balch, MD / Phyllis A. Balch, CNC, 1997, 600 pages.

BUCKWHEAT PANCAKES (gluten-free)

"It's not only toast and cereal that can be eaten for breakfast."



12 pancakes

INGREDIENTS

¼ cup olive oil
 2 ¾ cups buckwheat flour
 1 tsp. baking soda
 1 pinch of salt
 1 ¾ cups cold water
 Choice of topping

PREPARATION

- In a blender, add 3 tbsp. of oil and other ingredients. Mix for a minute and let stand 15 minutes.
- Heat the remaining oil in a frying pan. Pour the batter to make a thin pancake. Brown on both sides.
- Delicious with a drizzle of maple syrup, almond butter and bananas or, more traditionally, with butter and molasses!

MERINGUE-STYLE WHIPPED CREAM (dairy-free)

"An easy-to-make and easily digestible substitute for whipped cream!"



4 servings

INGREDIENTS

4 large egg whites (for fragile immune systems or pregnant women, use pasteurized egg whites)
 ¼ cup sugar (or white stevia powder)
 A pinch of salt
 ½ tsp. vanilla
 ¼ tsp. cream of tartar (optional)

PREPARATION

- Beat the egg whites until soft peaks appear.
- Add sugar, salt and cream of tartar. Beat until the cream has stiff peaks.
- Enjoy with a low FODMAP fruit such as: bananas, blueberries, raspberries or strawberries!

"EASY AS PIE" BANANA ICE CREAM (dairy-free)

"A cool treat that small and big kids alike will love!"

INGREDIENTS

- 4 frozen bananas, sliced
- 1 tsp. vanilla
- 1 pinch of salt
- ½ cup maple syrup or honey (optional)



3-4 servings

PREPARATION

- Put frozen bananas, vanilla, and salt in the blender.
- Mix until blended.



CHOCO-BANANA ICE CREAM (a gourmand version!)

*"Lactose intolerance will not be difficult with this version of banana ice cream.
Better than store-bought, I assure you!"*

INGREDIENTS

- 3 frozen bananas, in pieces
- ¼ cup unsweetened vanilla almond milk
- 1 tsp. almond or peanut butter
- 1 tbsp. cocoa powder
- 2 tbsp. chocolate chips
- Maple syrup to taste



2-3 servings

PREPARATION

- Place all ingredients in a food processor and pulse until the mixture is smooth and creamy.
- Enjoy immediately or freeze 1 hour in an airtight container.

QUINOA TABOULI

"A fresh classic with quinoa, a small gluten-free grain full of protein that replaces wheat!"



INGREDIENTS

- 2 cups cooked quinoa
- 2 green onions, finely chopped (omit, if you do not tolerate raw onions)
- 2 ripe tomatoes, cut into small cubes (though the result will be different, substitute red peppers for tomatoes if the latter are too acidic)
- 1 cup curly parsley, very finely chopped
- ¼ cup fresh lemon juice
- ¼ cup olive oil
- Salt and pepper



2-3 servings

PREPARATION

- Mix all ingredients.
- Marinate for at least ½ hour or more for flavour. This salad is even better the next day!

"TUMMY COMFORT" SALAD WITH GREEN BEANS, CHEESE, AND ALMONDS



4 servings

"It is often a challenge to find a tasty vegetable accompaniment to avoid later symptoms for those with fragile intestines. This salad contains green beans, hard cheese and almonds: three low FODMAP ingredients. In addition to being easy to prepare, it is elegant enough for entertaining guests!"

INGREDIENTS

- 4 cups fresh green beans
- ¼ cup almonds (soaked in the refrigerator 8 hours to facilitate digestion), peeled if desired and cut into pieces
- 4 tbsp. hard crumbled or grated cheese (Cheddar, Swiss, Mozzarella, Brie, Camembert) or lactose-free or vegan cheese
- 2 tbsp. olive oil
- 1 tbsp. fresh lemon juice
- Salt and pepper to taste

PREPARATION

- Boil water. Add beans and cook for about 1 minute.
- Transfer beans to iced water to blanch.
- Drain and dry.
- Place beans on a serving platter with almonds and cheese.
- Add the olive oil and lemon juice.
- Salt and pepper to taste.

MISO AND SESAME SAUCE

"Of all foods, I prefer miso by far. I add it to almost everything: sauces, salad dressings, soups and even on my toast!"

This fermented soybean paste has the texture of peanut butter and is very popular with the Japanese who have it as broth for breakfast. In addition, this living food is rich in B vitamins, protein and the type of good bacteria that maintains the health of our intestinal flora. This delicious sauce, that can also be used as a dip, promotes better digestion of food with which it's used.

INGREDIENTS

6 tbsp. sesame butter
(or almond or natural peanut butter)
2 tbsp. light or dark miso
(I prefer the light because it has less sodium.)
1 tbsp. non-pasteurised apple cider vinegar
5 tbsp. water (or more, for a more liquid consistency, depending on your preference)
1 clove garlic, finely chopped (optional)
3 tbsp. unshelled sesame seeds
(which can be replaced with slivered almonds or chopped peanuts)



6 servings

PREPARATION

- Mix all ingredients, except sesame seeds.
- Pour on your favourite cooked vegetables, such as delicious broccoli or cauliflower, or on whole grain pasta, or use as a dip for your veggies.
- Sprinkle sesame seeds and enjoy!





SCLERODERMA
AND WEIGHT LOSS

SIGNIFICANT WEIGHT LOSS AND SCLERODERMA



Some people are naturally thinner than average, and that's fine. For others, however, weight loss may be associated with health problems, as in the case of scleroderma, with which we are specifically concerned here.

Sudden weight loss may result from malabsorption, often caused by chronic diarrhea, ulcers, diverticulitis or even stress. Sometimes weight loss may be caused by the side-effects of drug treatments, such as nausea, vomiting and loss of appetite.

Here are a few recommendations:

- First, if you've lost a lot of weight in a relatively short time without dieting, make an appointment to see your doctor right away. Your doctor will work with you to try to determine what's causing the weight loss and adjust your treatment plan, medication or diet if necessary.
- To help you limit your weight loss, it is important to consume enough energy (kcal) according to your needs, your age, your height and gender. And if you suffer from malabsorption, your needs will be even greater. I suggest as a reference tool *Canada's Food Guide*, but with a particular focus on high-calorie foods such as: root vegetables (potatoes, sweet potatoes, corn, beets, rutabaga...), bananas, dried fruits, whole grains, eggs, chicken, avocados, cold pressed oils, cheeses and nuts. Preferably, grain products such as bread and pasta should be made from whole grains.
- Eat cream-based soup, adding to your soup either cooking cream 10-15% MF, milk or soy milk. These soups are usually richer in protein and calories than broth-based soups.
- Eat smaller, more frequent meals rather than three large meals a day. Do not forget to include some snacks and above all, eat slowly.
- If illness and fatigue cause a significant loss of appetite and difficulty eating, nutritional supplements may be a temporary solution. Supplements however aren't intended to be a food substitute; your nutritional needs should be met primarily by eating "real meals" containing whole foods. Nutritional supplements are intended to complement a healthy diet and may be eaten as snacks or taken in small portion several times a day. Talk to your doctor or a dietitian about which supplements and what doses might be appropriate for you. Be sure to ask about possible side effects and interactions with any medication you take.
- Avoid fried and fast food in order to get more calories. Anyway, this may affect your energy level and the quality of your sleep. Instead, try these snacks between meals or in the evening: smoothies, whole grain crackers with cheese, nuts, toast with roasted peanut or almond butter, 2% yogurt sprinkled with some ground flaxseed or "granola-like" cereal and, why not, a few pieces of dark chocolate with 70% cocoa...
- Avoid coffee, alcohol and soft drinks, which can irritate the digestive system.
- If possible, exercise regularly (walking, for example). Moderate exercise helps in the absorption of nutrients and increases appetite. However, avoid intense physical activity such as running, tennis, etc.
- Make time to enjoy your meals in a relaxing environment away from the tv/laptop/phone/iPad/. Avoid eating when you are too tired or stressed out.
- Try to avoid cigarette smoke filled places, and if you smoke, seriously consider quitting!!!!

References:

Prescription for Nutritional Healing. James F. Balch, MD / Phyllis A. Balch, CNC, 1997. 600 pages.
Nutrition thérapeutique. Lise Gagnon, Éditions St-Martin, 1994, 404 pages.

"MOCK" CHEESECAKE with Chocolate and Protein

"It's healthy but calorie-rich, so for those watching their weight, one tiny piece is enough!"



8 servings

Crust with nuts:

INGREDIENTS

- 1 ½ cups chopped pecans or walnuts
- ½ cup brown sugar
- 2 tbsp. soft butter

PREPARATION

- Preheat oven to 400°F.
- Butter a pie plate (or a springform pan).
- Combine nuts, sugar, and butter in a bowl and mix well.
- Press the mixture to the bottom of the pan and to the sides.
- Bake in the oven for 10 minutes and cool.



Cake:

INGREDIENTS

- 680 g silky, semi-firm tofu, drained and dried
- ¾ cup semi-sweet chocolate chips
- ¾ cup cocoa
- ½ cup sugar of choice (white sugar, brown sugar or coconut sugar)
- 1 tsp. vanilla
- ¼ cup vegetable oil
- 2 tbsp. lemon juice

PREPARATION

- Preheat oven to 350°F.
- Melt chocolate in a microwave at intervals of 30 seconds. Mix well between intervals.
- Stir in the tofu, cocoa, sugar, vanilla, oil, lemon juice and melted chocolate. Mix until the consistency is smooth.
- Pour over the nutty crust.
- Cook 20 - 25 minutes or until the cake is firm. Remove the cake from the oven and let cool. Refrigerate until cake is thoroughly chilled.
- Garnish, if desired, with fruit puree and chocolate shavings.



VEGGIE SPREAD

"A healthy, delicious and energy-packed spread!"



8 servings

INGREDIENTS

- 2 ½ cups sunflower seeds, soaked 8 hours
- ½ cup ground almonds (if needed)
- ¾ cup grated carrots
- ½ red onion
- ¼ cup chopped parsley
- ¼ cup sunflower oil
- ½ clove garlic
- 1 tbsp. fresh lemon juice
- 2 tbsp. apple cider vinegar
- 3 tbsp. nutritional yeast flakes (optional)
- 1 ½ tsp. salt



PREPARATION

- Mix all ingredients (except for the ground almonds) in a food processor until an even dough forms.
- If the mixture is too wet, add a little almond powder or if it is too thick, add a little water.

* Delicious as a sandwich spread with alfalfa sprouts or lettuce and some sliced avocado or tomatoes.

CREAM BUDWIG "THE COMPLETE MEAL"



1 serving

"For people who need to replenish nutrients."

INGREDIENTS

- 4 tsp. fresh white cheese (or silky soft tofu)
- 1 small ripe banana
- ½ lemon, juiced
- 2 tsp. flax or sunflower oil
- 2 tsp. flaxseed (sunflower or almonds)
- 2 tsp. brown rice or whole buckwheat
- Choice of fresh fruit

PREPARATION

- Grind the seeds and cereals in a coffee grinder.
- Beat the cheese or tofu and oil with a fork.
- Mash the banana with a fork. Add it to the mixture of cheese and oil, and then mix it all with the lemon juice.
- Add the seeds and ground cereal.
- Add fruit (cut into pieces) to the mixture and enjoy!

* For a sweeter taste, you can add a drizzle of maple syrup or honey.

EASY ALMOND COOKIES



Approximately
24 cookies



*"Small biscuits can be eaten even without an appetite!
This is a beautiful, quick and easy recipe for recharging
your batteries!"*

INGREDIENTS

2 cups almond butter
1 cup brown sugar (Sucanat) or coconut sugar
2 eggs
24 whole almonds

PREPARATION

- Preheat oven to 325°F.
- Mix all ingredients.
- Shape into small balls and place on a non-stick baking sheet.
- Press an almond on each cookie.
- Bake for about 15 minutes.

Note:

The cookies will harden while cooling, so do not overcook them even if they seem soft when they are hot.

EASY CAROB FUDGE

"I rediscovered this recipe I created 20 years ago, when I was the manager of a 'Deli' counter in a health food store, that was very popular with customers at the time."

For those who wish to maintain a healthy weight, eat in moderation. Even if it is 'healthy', it has a lot of calories and it is easy to eat several pieces! I will now reveal the secret..."



INGREDIENTS

2 cups carob chips, unsweetened
¾ cup natural peanut butter
2 tbsp. vegetable oil, cold-pressed
(I use sunflower oil for this recipe)
½ cup unsweetened coconut or walnuts

PREPARATION

- In a thick-bottomed pan (or double boiler), melt carob chips, oil and peanut butter over low heat.
- Once melted and blended, add nuts or coconut.
- Pour into a greased pan.
- Cool and cut into pieces.
- Enjoy!!!!

HEALTHY OLIVE OIL MAYONNAISE

"A delicious homemade mayonnaise recipe that adds only good fat to your salads or to be used as a healthy alternative to sandwich spreads!"

INGREDIENTS

- 2 cups olive oil
- 2 egg yolks
- 2 tsp. lemon juice (or cider vinegar)
- 1 tbsp. Dijon mustard
- Salt and pepper to taste



PREPARATION

- Put the egg yolks and mustard in a food processor (or in a large bowl if you don't have one). Add salt and pepper and mix.
- Stream the oil in the food processor (or bowl) and mix at a high speed (or with a whisk) until the mayonnaise is firm.
- Add lemon juice or vinegar and continue to whip.

* For a sweet-and-sour mayonnaise, you can also add a drizzle of honey. Delicious!





YOGA

YOGA



A LIFESTYLE APPROACH THAT CAN IMPROVE OVERALL HEALTH

Scleroderma patients often have many symptoms which may sometimes be difficult to relieve with current medications. Thus, it becomes even more important for them to follow the basic rules of a healthy lifestyle, like eating healthy and being physically active. Ever since I started yoga, about a year ago, I've noticed a decrease in muscle pain, as well as an ability to better manage anxiety through breathing and meditation exercises and to enjoy a general sense of wellbeing. Moreover, thanks to the techniques learned, I can now benefit from doing yoga at any time of day by practising stretching exercises or postures to achieve the desired effects. A yoga session usually includes a portion of guided relaxation, stretching exercises, breathing exercises and a moment of meditation in which one focuses on being fully aware of oneself in the present moment. Scleroderma can cause several problems including a lack of flexibility, energy, appetite, morale, sleep, and compromised circulation to the lower extremities, etc. Yoga involves specific exercises which contribute to the proper functioning of the entire human body.

Several studies have shown the benefits of yoga. Here are a few:

- Stretches, soothes and tones the body
- Brings grace and flexibility to the body and its movements
- Shapes up the body
- Cleanses organs
- Strengthens the nervous system to better respond to stress
- Alleviates physical and mental fatigue
- Stimulates lymphatic drainage and overall digestive detoxification, and helps eliminate mucous
- Balances the endocrine system and blood pressure
- Restores a sense of balance, harmony and self-confidence
- Stimulates focus and concentration
- Soothes problems related to the menstrual cycle as well as the effects of menopause
- Relieves feelings of anxiety, nervousness and insomnia
- Stimulates optimal functioning of the skeletal system, joint action and spinal movement
- Enhances mental clarity, strength and physical stability
- Alleviates muscle tension
- Prevents spine deformation
- Relieves asthma and diabetes related symptoms
- Increases blood flow and restores body vitality
- Calms the mind
- Develops courage, determination and mental strength
- Brings a feeling of lightness and wellbeing
- Relaxes the entire body
- Unblocks the stagnant energies in the body

In addition, yoga has features that are appropriate for many.

The courses generally take place in groups, in a safe, non-competitive environment. Yoga requires no special skills. It facilitates mental and muscle relaxation almost instantly.

Eventually, it develops flexibility and helps treat many musculoskeletal problems. Regular practice seems to help alleviate serious health problems and promote better overall health.

In conclusion, if you want to tip the scales in your health's favour,

I strongly suggest you sign up for a yoga class in your area.

Many centers even offer, on a trial basis, one or two free classes.

Therefore, it doesn't cost much to give it a try. And who knows, it may well turn out to be one of the best decisions you'll ever make regarding your health.

References:

www.PasseportSante.net (Approches complémentaires > Thérapies) (In French only).
Guthrie, Catherine. *Befriending the Body: Find Peace and Relief From Autoimmune Disorders Through Yoga*. Yoga Journal, Yoga and Health, August 9, 2010.
<http://www.yogajournal.com/article/health/befriend-the-body/>

"TENDERNESS" BARS

"Did you know that oats have an anti-stress effect?"

Besides being nutritious, oats are rich in thiamin, a B vitamin essential to the proper functioning of the nervous system, as well as complex carbohydrates which maintain optimal energy levels throughout the day. Buckwheat, in addition to being gluten-free, is a good source of magnesium and therefore acts as a muscle relaxant (according the PasseportSante.net website). I actually created this homemade granola bar recipe for early mornings on-the-run and as a healthy snack!



Approximately 18 bars

INGREDIENTS

- 1 ½ cups old-fashioned oats
- 1 cup buckwheat flour (or any other flour, if you prefer another taste)
- 3 cups chopped dates, chopped walnuts, and dark chocolate chips (in equal portions)
- 1 cup brown sugar
- 1 ½ tsp. baking powder
- ¼ cup sunflower oil
- ½ cup water
- 1 ½ tsp. vanilla

PREPARATION

- Mix the dry ingredients. Add the remaining ingredients and mix well.
- Press the mixture in an oiled baking pan.
- Preheat oven to 300°F and cook for about 35 minutes.
- Cool and cut into bars.



"VITALITY" OATMEAL



1 serving

"A hearty and easily-digested breakfast that helps you concentrate and stay energized throughout the day!"

INGREDIENTS

- ⅓ cup old-fashioned oats
- ¼ cup coconut or almond milk
- ¾ cup water
- 1 pinch of salt
- ½ cup berries (blueberries and/or strawberries or raspberries)
- 1 pinch of cinnamon
- 2 tbsp. unsweetened coconut flakes (or slivered almonds)

PREPARATION

- Simmer oats, milk, water, salt and cinnamon uncovered for 20 minutes. Stir with a wooden spoon during the last 5 minutes of cooking.
- Let stand 5 minutes.
- Add the berries to the mixture.
- Garnish with coconut or slivered almonds.

"SERENI-TEA" SMOOTHIE

"A delicious way to gently start the day or to enjoy a relaxing break!"



2 glasses

INGREDIENTS

- 2 cups soy or almond milk
- ½ tbsp. powdered green tea
- ½ frozen banana
- 1 tbsp. honey (or more if desired)



PREPARATION

- Mix all of the ingredients in a food processor until the mixture is smooth and creamy.

BANANA KEFIR

"Before a yoga session, it may be difficult to find the perfect recipe to keep you from feeling hungry or bloated. We're looking to feel energized rather than stuffed."

That's why I created this simple and easily-digested kefir beverage that contains probiotics (to avoid gastrointestinal symptoms during some of the more acrobatic positions!) and proteins for the feeling of satiety, good carbs from maple syrup (to fuel the muscles that are used in yoga) and bananas for potassium (to avoid frequent muscle cramps, especially if certain movements are performed for the first time).

INGREDIENTS

- 1 cup natural kefir
- ½ banana
- 1 tbsp. maple syrup (or honey)



1 portion

PREPARATION

- Mix the ingredients and slowly sip at least 1 hour before your yoga session.

Note: If you don't particularly like the "effervescent" quality of kefir, you can replace it with probiotic yogurt and add water until your beverage is of the desired consistency.

You have Scleroderma?

You know someone who has Scleroderma?

You want more information?

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