

Spring '06

Recipe

Almond Crusted Trout

Yields 4 servings, 271 calories per serving and 1.9 grams of fiber per serving

Ingredients:

- 1 tsp parsley, minced
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1/2 cup almonds, finely chopped
- 2 tsp canola oil
- 4 - 4oz trout fillets

Instructions:

- 1 Preheat oven to 350 degrees. Combine parsley, salt, black pepper and almonds.
- 2 Coat top of each piece of trout with mixture.
- 3 Add oil to a hot pan.
- 4 Sear the bottom side of the fish in the pan, about 4 minutes.
- 5 Place the trout on a baking tray lined with parchment paper and bake in a 350 degree oven for 10 minutes, or until fully cooked. The fish should flake apart easily with a fork and should be a creamy white color. ■

**COOKING WITH THE CHEF**

Meet the spa chef and learn some of his secrets on how to prepare simple yet essential spa cuisine recipes. Discover some user friendly tips on how to cook delicious yet healthful food for you and your family.

YOGA & FASTING WEEKEND

March 3 - 5, 2005

Come join us for a weekend of yoga and fasting at New Age Health Spa.

Through out the program a juice fast combined with spiritual classes will help to destress, clear our heads and get back on track with our dietary goals.

Weekend programs can fit into most peoples busy lives and do provide cleansing, detoxification and relaxation benefits.

WINTER CLEANSE

Start the New Year refreshed and renewed. Our Winter Juice Fast Mini Week provides an opportunity to experience the benefits of fasting, which include: cleansing and detoxification of the body, increased energy, clearer skin and the ability to transition to a better diet. Enjoy nutritious meals of fresh fruit and vegetable juices, potassium broth, wheatgrass juice and our special fasters soup. An orientation, daily group activities and two free treatments valued at \$160 are included in the program.

January 22rd-27th ■

NUTRITION NOTES**Low Carb Craze**

By Brenda Jaeck, Certified Holistic Health and Nutritional Counselor.

Carbohydrates as a food category have "taken a licking" the last few years. With the popularity of diets such as Atkin's it seems that they are now the "bad" food. The problem is that we NEED carbohydrates to function. They supply us with energy.

Everyone knows someone that has gone on a low carbohydrate diet and lost weight. Few people know anyone that has actually kept the weight off. Low carb diets are not maintainable over a long periods of time. Furthermore, by eliminating or drastically reducing carbohydrates from the diet it leaves the body starved for this food category. What eventually happens is the body flips and craves massive quantities of carbohydrates. This is why often when coming off of a low carb diet people can not stop eating carbohydrates because their bodies are starved for them. The result: people often gain back all the weight they lost, and then some.

The problem is not carbohydrates as a food category; but rather the TYPE of carbohydrates that our society generally chooses to eat. When most people think of the word carbohydrate they think of bread, pasta, chips and the like. These foods are all highly processed. As a result they have little substance and few nutrients.

What's the solution? Integrating HEALTHY carbohydrates in your diet. These should be as close to nature as possible - meaning not processed. This includes fresh fruits and vegetables as well as whole grains. Some choices for whole grains include: brown rice, barley, quinoa, millet and many others. When eating whole grains instead of processed grains one generally eats less as a result of the bulkiness and fiber and the food is broken down much more slowly in your body. This allows us to be filled up faster with fewer calories and keeps us satisfied for a longer period of time.

Incorporating quality carbohydrates is one way to create a more balanced diet maintainable over the long haul. ■



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