

CHANGE YOUR FOOD, CHANGE YOUR LIFE

by Susie Beiler

“We cannot become what we need to be by remaining what we are.”

~ Max DuPree.

Change is hard for many of us. It is often easier to stay the way we are because it is familiar. Familiarity lulls us into thinking we are safe and things are okay just the way they are. Change, on the other hand, involves breaking away from our perceptions of safety and opening up to the possibility of something better. Even if we do not like the way we are sometimes, taking a step in a new direction can be frightening, especially when it comes to something so essential yet so emotionally charged.... like food.

I love food. I am definitely emotionally attached to it. I am passionate about eating it, experimenting with it, and enjoying it! I have been on a food trip

for a long time. I have tried many ways of eating along the way, and I noticed that what worked for me did not necessarily work for everyone else. Every body is different, and in order to find the food that works best for you, you have to go through changes and experiments to figure it out.

I encourage you to experiment with food. What happens when you don't eat wheat products? What happens if you eat a lot of them? How does your body feel if you do not eat dairy? Some people report losing weight and feeling lighter. Have you ever tried eating green vegetables



for breakfast? Instead of pasta, try a whole grain. Consider it research when you overindulge on cake. How did your body feel afterwards? How did you feel emotionally about yourself? Remember all those holiday parties? What messages did your body send you after eating all the rich foods? You do not have to feel guilty after eating something you know that you “should not have eaten,” but keep those body sensations in your memory bank as research findings. Something amazing happens when you start experimenting with food. When you start to put cleaner foods into your body, you are, in essence, demonstrating self-love. When you allow yourself to have fun with food, you open up a space for self-appreciation. When you experiment with food, you admit that you do not have all the answers, but you are willing to search for them. You come to realize that changing your food and your life is about going on a journey. The end result becomes less important and the process of discovery takes on a life of its own! You will have the most success on your food journey if you are willing to change. That is the bottom line. The exciting news is that change can be fun! Foods like quinoa, dulce, and raw chocolate may sound foreign to your ears, but they are fun, highly nutritious, and provide new taste sensations for your mouth.

This is the time of year when most people resolve to get healthier, eat better, and exercise more. Perfect! But what does it really mean to be healthy? Some people say they are healthy if their doctor tells them all their tests came back negative. Some people think it means if they do not experience any symptoms of illness or disease. I feel true health comes from being

Thai Quinoa

1 cup dry roasted quinoa
1/2 cup red pepper, diced
2 cloves garlic, minced
2/3 cup coconut milk
1 cup water
Pinch of salt

Directions:

1. Rinse quinoa in a fine mesh strainer.
2. Bring water and coconut milk to a boil.
3. Add quinoa, garlic, salt and chili flakes.
4. Bring back to a boil, cover and reduce heat. Cook for 12-15 minutes. Remove from heat, stir in red peppers and sesame oil. Let sit covered for 5 minutes, then serve.

Prep Time: 5 minutes
Cooking Time: 15 minutes
Yields: 4 servings



on a path of healing in your physical body, your emotions, your mentality, and your spirit. Being on a path towards deeper healing means addressing the food you eat, your lifestyle, how you take care of your physical body, and dealing with your thoughts and emotions. Food is a great place to start on your journey towards wellness.

Recipe for Change: Thai Quinoa - (Recipe on previous page)
For all of you out there afraid of carbohydrates, quinoa comes to your rescue! Carbohydrates, in the form of whole foods, are necessary for brain and body functions. Quinoa (keen-wah) is a high protein grain with all eight amino acids. It is a concentrated source of valuable nutrients since it is a whole grain (actually a seed). It contains more calcium than milk. It is a perfect food for nursing mothers, vegans and vegetarians because of its balanced nutritional profile.

Susie Beiler is a Board Certified Holistic Health Counselor. She received her training from the Institute for Integrative Nutrition and is certified by the AADP (American Association of Drugless Practitioners). She leads classes in the area and takes her clients through 6-month programs for food and lifestyle transformation. Contact SusieBeiler@phillyfitmagazine.com.
