



Sofia C Pereira, PhD, Health Coach  
Author of The Food Anthropologist

Another spin around the sun brings us to another Fall season. As much as we can appreciate cycles and routines, there is unique pleasure gained from new things. The joy of experimenting. This newsletter is full of tips on how to further explore your food as well as enrich your rest (recovery) and down time. Wishes for happy and healthy eating this Fall, essential for long-term top performance.

I apply a scientific and wholistic approach towards helping you create a personalized “roadmap to health” that suits your unique body, lifestyle, preferences, and goals.

Information at [www.besthealth.life](http://www.besthealth.life) or e-mail [sofia@besthealth.life](mailto:sofia@besthealth.life)

Your physical self is, in fact, made up of what you eat. Considering that you will eat every day, it's best not to stress about food. Plus, a general state of wellbeing comes from not fretting over the time it takes to buy food, prepare, eat a meal, and clean up. Basically, it's best to accept that eating is an important part of life and that you might as well enjoy it, whatever that means to you.

I like to take the time I spend around food as an opportunity to regroup. Letting myself go into the textures, the smells, and the creation of a dish is one of my favorite ways to spend downtime. Time for feeling, creating, nourishing, and hopefully sharing. I find getting involved in the kitchen the ideal way to do mindfulness and change the mental focus. Taken together with eating consciously and sharing, food can be so integrating! Wherever you are on your food journey, take this Fall to challenge your knowledge and go further in your enjoyment of food!

## Eating with pleasure

As handy as a how-to food guides may seem, strict diet guidelines generally don't work long-term. Your needs change, and if you travel often, your food choices can vary greatly. The trick is viewing food as inevitable factor in your life and taking on the challenge with a positive mindset.



Enjoying local fresh fair is good, wherever you are. I recommend looking at [this guide](#) to the [100 most nutritious foods](#). Most you will recognize, and perhaps eat on a regular basis, many of the foods presented. For example, number one is almonds. Familiar, right? However, I have never heard of number two on the list, CHERIMOYA fruit. May this list serve as an inspiration to try new foods!

Time scheduled around food is valuable, and should not be considered wasted time. Balance is key, as is eating wholesome foods from a variety of sources. If you don't enjoy cooking, try it again! Even consider taking a cooking class or talking to me for small tips. For those on my side of the hemisphere, Fall is a perfect time to start eating oatmeal for breakfast. Wonderful with fresh fruit and nuts or seeds.

Eat healthy and stay healthy. If you need to lose weight, you should not be going hungry. The take home message is to find a way to enjoy food time, widen your food repertoire and explore the power of food.

Spice it up!

As picante as the title sounds, this small piece is about herbs and spices. As you saw on the previous page, in [the 100 most nutritious foods](#), herbs and spices are right up there in nutrient density. Herbs and spices have wonderful properties with various health benefits, as evidenced in this guide describing the [essential spices for athletes](#). Their anti-inflammatory properties are relevant for us all, as autoimmune diseases and aging related degeneration are linked to inflammation.

Spices, much like the title insinuates, should bring pleasure to cooking and eating. And Fall is a wonderful time to explore with spices. Smell a few classical ones, such as cumin and cinnamon, both used in Africa as well as South America. Or turmeric, which is great in hot milk, with a bit of cinnamon or honey if you like sweet.

The spices used throughout the world do not vary that much, it is how they are combined that makes dishes characteristic. Once you have some spices at home, the way you mix them allows you to travel the world through food. For a more Indian (coriander, cumin, mustard, cardamom, turmeric) or Thai soup-like dish, you can use coconut.

MEXICAN	CARIBBEAN	FRENCH
 CORIANDER	 ALLSPICE	 NUTMEG
 CUMIN	 NUTMEG	 THYME
 OREGANO	 GARLIC POWDER	 GARLIC POWDER
 GARLIC POWDER	 CLOVES	 ROSEMARY
 CINNAMON	 CINNAMON	 OREGANO
 CHILI POWDER	 GINGER	 HERBES DE PROVENCE
NORTH AFRICAN	CAJUN	THAI
 CARDAMOM	 CAYENNE PEPPER	 BASIL
 CINNAMON	 OREGANO	 CUMIN
 CUMIN	 PAPRIKA	 GARLIC
 PAPRIKA	 THYME	 GINGER
 TURMERIC	 ROSEMARY	 TURMERIC
 GINGER	 BAY LEAVES	 CARDAMOM

<http://saharateasandspices.com/spice Rack>

Take control of your health

Our health is influenced by what we do, what we think, our emotional state, our social selves, the ones we love... and our excesses. How everything affects our overall wellbeing is so interconnected that sometimes it is difficult to define what is the right thing to do. We are also experts at putting off actions towards ourselves. We all know that we should eat more fruits and veggies, that we should move more, sleep better, and stimulate our brains by reading more or studying. Incorporate food knowledge and lose weight, get in better shape... or simply go beyond and explore with foods. Now is the perfect time to start a new personal health project. One thing is clear, doing something which positively influences our health often promotes more positive actions. I would be happy to hear from you and provide ideas, [contact me](#).