

NOURISHING BALANCE
INTEGRATIVE HEALTH TEAM



**BRAIN
TO BODY
WITH
NOURISHING
BALANCE
TOOLKIT**

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WHO WE ARE

Nourishing Balance is an integrative health clinic providing virtual holistic health services across Canada. We work from a place of understanding and support to establish a plan that helps you thrive. Our integrative team works together to better understand your life challenges and provide individualized care. By taking an evidenced-based, holistic approach to healthcare we can help you develop sustainable, achievable goals.

How are we different from other integrative health clinics and individual service providers?

We understand the frustration of health issues being treated as personal problems that people feel they need to solve themselves due to inadequate support from other providers. . This can lead to ineffective treatments and care plans as this approach fails to account for the interplay between all the body's systems. At Nourishing Balance, we look at you holistically considering both your physical and mental health. Each of our clients will have a different experience with our team as we don't take a one-size-fits-all approach. With all of our practitioners, your problems and concerns will be heard and you will be treated from a place free of bias and stigma.



The purpose of this discovery booklet

The purpose of this booklet is to provide you with further insight into our team members' practices, including what we value, what we specialize in currently throughout our professional development, and the key tips of advice we each live by.



MEET THE TEAM



MAIYA AHLUWALIA, RD

Owner & Registered Dietitian

Maiya is a registered dietitian specializing in women's health, perinatal nutrition and pediatrics. Maiya supports families from preconception, during pregnancy and postpartum including paediatrics where it gets fun with introducing solids and picky eating.

ANIKA DHALLA, RD

Registered Dietitian

Anika is a registered dietitian specializing in working with chronic disease (diabetes, HTN, high cholesterol etc.), gastrointestinal health (IBS/IBD) and eating disorders. Anika takes a weight inclusive approach to her practice and is fluent in English and Hindi.



LINA RAHOUMA, RD

Registered Dietitian

Lina is a registered dietitian and works with a variety of clients. She specializes in sports nutrition, adolescent, and women's health. |

Lina takes a weight-inclusive lifestyle modification and behaviour change approach in practice, where she works with you to devise actionable goals to achieve your bigger health and performance outcomes. Lina is fluent in English, French and Arabic.



BHAVIN MISTRY, RD**Registered Dietitian**

Bhavin is a registered dietitian and aims to gear his practice towards inclusivity, diversity, and sustainability. Bhavin is a firm believer in adopting “all foods fit” and “everything in moderation” mindsets. Bhavin specializes in working with men (as many dietitians do not normally specialize in men's health), those with chronic disease, and complex pediatric care cases such as tube feeds, failure to thrive, and food allergies.

**JULIA PETRAKIS, NP****Pediatric & Adult Nurse Practitioner**

Julia is a nurse practitioner working with both children and adults. Julia noticed a gap in our healthcare system when having her own son. Julia integrates traditional medicine and a holistic approach in her practice. She is able to diagnose, prescribe and order lab testing,

BELAL MURAD**Health Promotor & Wellness Assistant**

Belal is a nutrition student aspiring to be a registered dietitian. If you have any questions about our services, billing, tech concerns, Belal is there to support you! You can message him on the chat function on Practice Better or give us a call!



MICHELLE MEIER, RSW**Registered Social Worker**

Michelle is a social worker and works collaboratively with clients to help them uncover their innate wellness and discover helpful ways to cope with the normal and extraordinary challenges of life. She enjoys working with individuals around anxiety, women's issues, depression, self-esteem, and relationships. In her sessions, she likes to draw from CBT, DBT, Narrative, and ACT.

**TRISTAN PUNSALAN, MACP, RP****Registered Psychotherapist**

Tristan's mission is to help you navigate through the challenges you are experiencing and facilitate meaningful change. She works from a culturally sensitive, anti-oppressive, and trauma-informed lens to address a range of concerns and take a holistic approach to therapy. This includes anxiety, depression, suicidal ideations, ADHD, BPD, self-esteem and body image issues, relationship concerns, cultural challenges, and life transitions.

WHAT WE VALUE

The things we believe in that help make this company extraordinary.

WORK-LIFE BALANCE

It's common to compliment people on how much of a "hard worker" they are. The phrase "girl boss" has also been a term used in recent years to call out women who work long days and drink endless cups of coffee to keep up their busy lifestyles. At Nourishing Balance, while we appreciate hustle culture we recognize that it is not sustainable without a proper work-life balance. We prioritize achieving your goals while also allowing time to rest and recharge in mindful ways that are at the same time not only achievable but are sustainable long-term (and will prevent unavoidable burnout).

PERSONALIZED CARE

Health care is not a one size fits all approach. Our team has experience in many areas of care, where we often work together to help guide you toward improved health. Each of our health professionals personalises their health strategies to best fit *you* as their client. This is because there is no single solution to achieve health! With our team, we collaborate with one another to help you feel your absolute best, in the most achievable way possible that suits your individualized needs.

MIND & BODY CONNECTION

Our thoughts form our habits in our day-to-day lives. These habits form ritualistic routines and they impact a person's overall health. This is why at nourishing balance, we not only teach our clients about healthy habits. We help connect evidence-based research into health practice and enforce easy-to-achieve goals that are personalized to you. This enforces the mind and body connection because when you think you can achieve something and incorporate it as a ritualistic daily habit, your lifestyle begins to shift. Tasks that seem daunting and unachievable become easy to complete because of that mindful awareness of one's own health and their body in physical form.



EVIDENCE-BASED TIPS FROM OUR TEAM

1. MAIYA, REGISTERED DIETITIAN



Goal setting:

Before starting your health and wellness journey, you need to create some goals. Setting goals that are realistic and sustainable starts with ensuring that they are S.M.A.R.T goals.

S.M.A.R.T goals are:

S- specific

M- measurable

A- Achievable

R- relevant

T- timely

EXAMPLE

An example of a goal is wanting to exercise more. What types of exercise will fit into your day-to-day lifestyle that you enjoy doing? Can you measure the amount of time you are doing this exercise each week? Are you capable of doing this exercise even though some weeks might get really busy for you? Is this exercise relevant to achieving your health goals, such as wanting to lower blood pressure? For how long is this exercise being incorporated into your lifestyle?

Before you start your journey with the Nourishing Balance team, see if you can come up with some SMART goals. Share them with your providers and review them to make sure they are SMART. These goals will allow you to track your success and changes with your provider.

It is very common to struggle with creating these goals for yourself. If you find yourself having trouble coming up with SMART goals, this is why as health professionals, we are here to guide you through it!

EVIDENCE-BASED TIPS FROM OUR TEAM

2. ANIKA, REGISTERED DIETITIAN



Ways to form a healthy relationship with food

Recognize food is nostalgic

Nostalgia is an emotion that is focused on the sentimental yearning for a past period. We connect with our past through this emotion, and it can be triggered by smells, tastes, and textures, which can bring you a lot of comforts.

Food is just...food!

When we demonize foods or give food these negative adjectives, it can result in disordered eating patterns. By qualifying foods with labels like good or bad, we may start to qualify ourselves in a negative way. We start to negate our own self-worth. We are placing a moral judgement on food, as if the food has done something “bad” to you.

The difference of comfort foods vs. comforting with food

You may want to consider other ways to comfort yourself, especially if you're feeling worse after eating some of those foods you reached for to comfort yourself. Perhaps there are hobbies or activities that can provide you with comfort or soothe you, with other possible benefits

EVIDENCE-BASED TIPS FROM OUR TEAM

3. LINA, REGISTERED DIETITIAN



Food and exercise lifestyle tips

Being active doesn't mean going to the gym!

You can find ways in your day to be active that does not include going to the gym. Start by choosing the stairs instead of going up the elevator at work. Park a little further from the door. Carry your groceries on multiple trips to add more steps. Stand for a few extra hours in the day. Find a 10 min online video and follow it. There are so many ways we can incorporate movement in our day that does not involve going to the gym!

Remember all the things our body does for us!

Our bodies are built in such wonderful synchronicity that allows us to breathe through our lungs, move with our legs, hold with our hands, eat with our mouth and digestive system, dance and so much more! As humans there are days where we get caught up in the way it looks or how it makes us feel, on those days, take a step back and remember all the good it does for you!

When in doubt, add colours!

The colours in our food come from vegetables and fruit, every colour has its corresponding molecule that provides us with so many benefits and protection. The reality of the matter is, we all need more veggies than we consume. So when in doubt, always try to incorporate more colours through veggies and fruits in your meals. Top tip: try to have at least 2-3 different colours per meal!

Frozen is just as good as fresh

Buying fresh fruits and vegetables can be expensive and they go bad quite quickly if not used. If you're able to make sure you consume them before they go bad, by all means continue buying fresh. However, if that is a struggle, don't hesitate to walk through the frozen aisle and pick up a few bags of frozen veggies and fruits! They are harvested at their peak and frozen right away which ensures that they maintain their nutritive benefits.

EVIDENCE-BASED TIPS FROM OUR TEAM

4. BHAVIN, REGISTERED DIETITIAN



Men's Health Tips

Men's Health is an area that is often overlooked and not readily discussed in society. Men or individuals who identify as men often experience "health stigma", which is a set of negative and typically unfair social attitudes attached to individuals who seek support regarding their physical or mental health. Shame and/or guilt is placed on men which symbolizes weakness or a "perceived deficiency" to being a stereotypical man. Men are often pressured to uphold certain masculine norms in society in order to be viewed as a "man". Reluctancy for seeking support is a barrier that men commonly experience to achieving a healthful life.

Awareness, education, and advocacy are definitely needed in the area of Men's Health. Allowing men to have a voice and either seek support/guidance or share their experiences in a non-judgemental way is important in addressing the gaps in this area of health.

Tips and Advice from a Health Practitioner:

1. Reach out to a close friend or family member who you trust and know will listen to what you have to share.
2. Talk to your physician or medical provider regarding any concerns you may have whether it is physically or mentally (i.e. if something does not feel "right", get it checked out).
3. Eat well-balanced meals and do some form of physical activity or movement that feels good to you each week.
4. Listen to your body and what it needs. Trust your gut/instincts.

EVIDENCE-BASED TIPS FROM OUR TEAM

5. JULIA, NURSE PRACTITIONER

Words of Wisdom



Although all medications pose risk of side effects, our daily habits can be equally as harmful. For example a diet low in nutritional value has side effects; High stress has side effects; poor gut health has side effects. We cannot control the side effects of medications (unless you do not take any), but we do have direct control over our daily habits. The bacteria in your gut play an important role in the breakdown and elimination of hormones from the blood. Take a look around you, and see how your daily choices are affecting you. It's not uncommon once you improve your gut health that you see improvements in your overall well-being.

Wellness tips:

1. Engage in some form of physical activity that increases your heart rate safely. This can be a short ten minute walk, to a one hour strength training work-out. This can be done every day.
2. Stick to the parameters of a grocery store. This is where you can find most of the wholesome foods including fruit, vegetables, meats, dairy, etc. Fresh foods are generally healthier than processed and preservative foods which you will find in the center aisles. Too many preservatives can also affect your well-being.
3. Never underestimate the power of having restful sleep. During sleep, your body works hard to support brain functioning. If you get inadequate sleep, this can raise your risk for chronic health conditions long-term. Sleep has an impact on weight, sugar metabolism, hormones, emotional behaviors, and immune system. Aim for 7-9 hours of sleep a night.

EVIDENCE-BASED TIPS FROM OUR TEAM

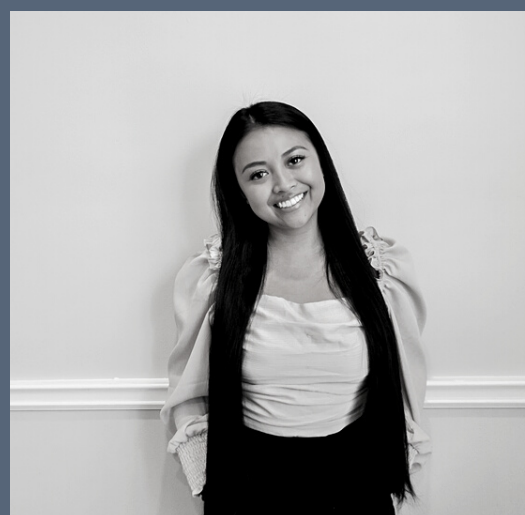
6. TRISTAN, REGISTERED PSYCHOTHERAPISTS

Grounding strategies

Deep Breathing

A simple technique that's excellent for managing emotions. Not only is deep breathing effective, it's also discreet and easy to use at any time or place.

- Sit comfortably and place one hand on your abdomen. Breathe in through your nose, deeply enough that the hand on your abdomen rises. Hold the air in your lungs, and then exhale slowly through your mouth, with your lips puckered as if you are blowing through a straw. The secret is to go slow: Time the inhalation (4s), pause (4s), and exhalation (6s). Practice for 3 to 5 minutes.



Challenging Irrational Thoughts

Anxiety can be magnified by irrational thoughts. For example, the thoughts that “something bad will happen” or “I will make a mistake” might lack evidence, but still have an impact on how you feel. By examining the evidence and challenging these thoughts, you can reduce anxiety.

- Put thoughts on trial. Choose a thought that has contributed to your anxiety. Gather evidence in support of your thought (verifiable facts only), and against your thought. Compare the evidence and determine whether your thought is accurate or not.
- Use Socratic questioning. Question the thoughts that contribute to your anxiety. Ask yourself:
 - “Is my thought based on facts or feelings?”
 - “How likely is it that my fear will come true?”
 - “What’s most likely to happen?”
 - “If my fear comes true, will it still matter in a week? A month? A year?”

EVIDENCE-BASED TIPS FROM OUR TEAM

7. MICHELLE, REGISTERED SOCIAL WORKER



Communication

Good communication begins with your thoughts. In complementary transactions, communication is smooth and easy, whereas in crossed transactions, there is often tension and confusion.. Additionally, the way you think about a person may shape your interaction.

Two ways to improve your communication is through active listening and non-violent communication.

Active listening is being in the present in the moment and truly listen to the other person. This is done by:

- Being fully present in the conversation
- Showing interest by practicing good eye contact
- Noticing (and using) non-verbal cues
- Asking open-ended questions to encourage further responses
- Paraphrasing and reflecting back what has been said
- Listening to understand rather than to respond
- Withholding judgment and advice
- Tolerating silence.

Non-violent Communication is the willingness and the ability to approach and perceive issues in a non- judgmental way.

Here are the four steps:

1. Observation ≠ Interpretation/Evaluation - Communicate your observations without interpreting them
2. Feelings ≠ Thoughts- Understand your emotions and express them in a non-judgmental way
3. Need ≠ Strategy -Express your needs
4. Request ≠ Demand - Make a clear request

WHAT'S NEXT? ¹⁴

We hope that this toolkit has given you some insight and tips from our team. You are receiving this toolkit as you have started to work with one of our team members. At Nourishing Balance we are an integrative team meaning that we offer mental health, medical health and nutrition services in one place. Thank you for trusting us with your health and we hope that this toolkit has given you inspiration of other aspects of your health you want to grow. We are here to support you when you are ready.

Are you ready?

Discovery Call with Maiya
15 minutes @ C\$0.00, By phone

Let's get started with a FREE discovery call where I take some time to learn about you, why you are seeking a dietitian and how we can work together to achieve your goals! You also have the chance to learn about my experience and expertise and ask any questions!

Book now

Initial Consultation
1 hour @ C\$170.00, By phone, Online/Video chat

Book an initial consultation with Maiya where she will review your dietary intake, lifestyle, medical history and any recent bloodwork you have had. This is an opportunity for Maiya to learn more about your specific needs in order to provide you with a unique nutrition and supplemental plan.

Book now

Follow-up Session
45 minutes @ C\$115.00, By phone, Online/Video chat

This service includes one follow-up sessions with Maiya, where she will discuss your dietary and supplemental recommendations based on your unique needs and bloodwork.

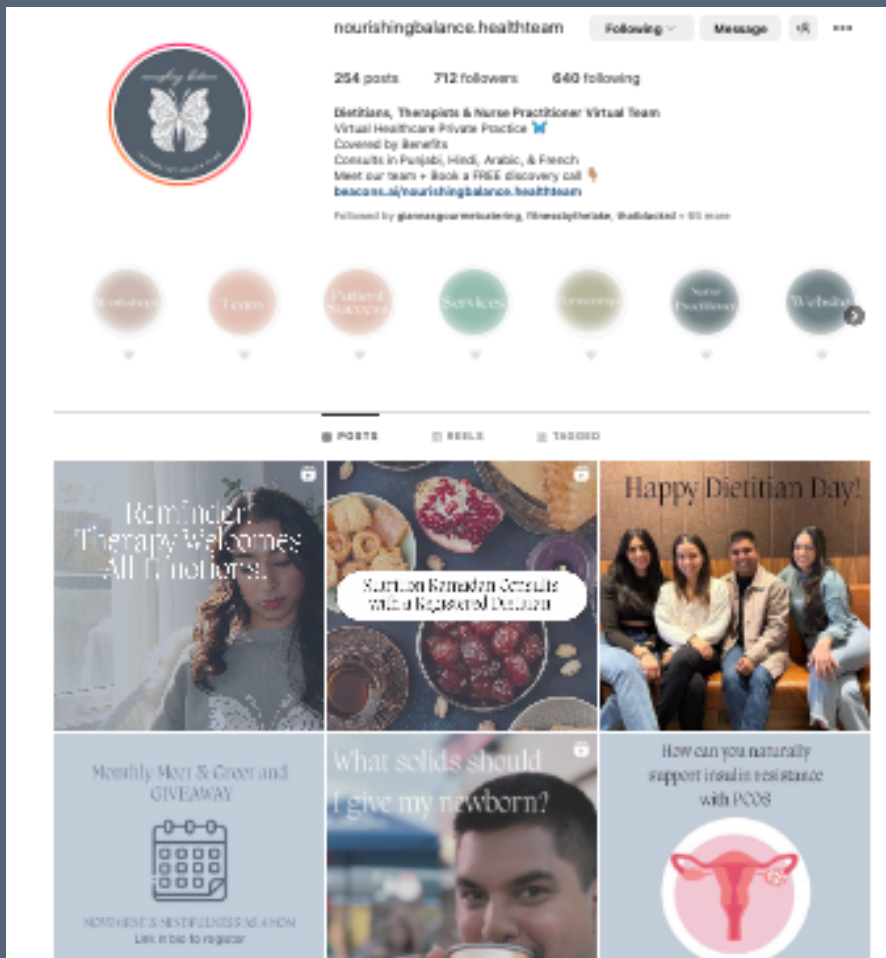
Book now



Read detailed descriptions of each team member's services on Practice Better and click "Request a Session" to get started



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