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## February 2013 Newsletter

Having followed my four weeks of detox, I'm now at the point that I can add in the odd treat here and there without being controlled by it. Every time I get to this point I'm surprised - usually when I start a detox I think I'm beyond help!

- [News from Fitbiz Training](#)
- [Lifestyle Tip: Soil Nutrients](#)
- [Seasonal Foods](#)
- [Recipe: Salmon Fishcakes](#)

And as ever, please feel free to forward this to family or friends, or alternatively point them in the direction of the sign-up box [on the website](#) - remember they'll get a free copy of my article Myths of Fat Loss when they subscribe!



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### News from Fitbiz Training [\[back to top\]](#)

- People are always asking me what I eat because I refuse to eat boring / hippy food! So I've decided to keep a completely honest diary of what I eat on my [Facebook page](#) (eek, that sounds scary!). I'll do it for a week initially, if you like it and tell me you do, I'll keep going. [Become a fan of the Facebook page here.](#)

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### Lifestyle Tip: Veg Is Going To Be Less Nutritious [\[back to top\]](#)

I heard on the news a couple of weeks ago that because of all the rain this year, the nutrient quantities in our veg is going to be hugely reduced. I read a book a few years ago (I can't find the book for some reason, it must be one I've lent to a client, nor can I remember who had written the letter, but anyway, I remember what the letter said!) which had a copy of a letter sent to the Government pre WW2 saying there was concern about the quantity of nutrients in the soil and the feeling was that something had to be done about it if we were going to get anything like the amount of nutrition from foods that we used to. Given how much more food has been grown in the soil since then, nutrient levels must be really really low by now!

So, how can we take control of this? Firstly, organic veg has much higher nutrient quantities than non-organic veg. Buy veg which you're going to eat the outside of, or which has very thin skins, to get the best value from organic. Secondly, make sure you're eating enough vegetables - about 10 portions a day; five a day just isn't enough, and only count proper veg; not processed smoothies or juices etc. Homemade juices on the other hand are fantastic; if your digestion isn't as good as it should be, taking the fibre out of the veg by juicing it means the nutrients are much more easily absorbed by your body.

Finally, you can supplement with a good quality multi vitamin and mineral. I don't think synthetic supplements are as good as real nutrients, but they will definitely help to keep your body topped up. Its best to have your levels tested so you can choose the best individual supplements for you, or I can take a look at your diet with you and we can work out the best plan. If you're buying a general purpose supplement, make sure to buy good quality - supermarket own brew supplements aren't as good as supplements from a company who spends all day living and breathing the best supplements!

I'll end with a thought for you:

"You can trace every sickness, every disease and every ailment to a mineral deficiency" - Dr Linus Pauling

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### Seasonal Foods [\[back to top\]](#)

*Vegetables around in February are:*

Brussels sprouts, cauliflower, celeriac, celery, chicory, Jerusalem artichoke, kale, leeks, parsnips, purple sprouting broccoli, shallots, swede, turnips

*And February's fruits are:*

Bananas, blood oranges, clementines, kiwi fruit, lemons, oranges, passion fruit, pears, pineapple, pomegranate, rhubarb, tangerines

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### **Juice Of The Month** [\[back to top\]](#)

Since I am a huge fan of juicing these days, I thought it would be a nice idea to add in a juice idea to the newsletter. I love vegetable juices with a little bit of fruit in them for sweetness. These aren't to be used instead of anything, they're just a way to increase how many vitamins you're eating, plus they feel like a nice, sweet treat.

#### **Apple, broccoli, cucumber and spinach**

Use two apples, about 2cm of broccoli stalk, 1/4 cucumber and a handful of spinach. Sounds horrible, looks like you collected it from a mouldy puddle... Tastes really quite nice!

I'd thoroughly recommend [this juicer](#).

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### **Recipe: Salmon Fishcakes** [\[back to top\]](#)

This is an adapted recipe from the Waitrose Kitchen magazine

I usually advise my 1-2-1 clients to avoid potatoes - not because they're evil, rather because starchy veg tends to be of less nutritive value than non-starchy veg. Have this meal after a workout to reduce the effect of the sugar in the potatoes.

**Prep:** 20 minutes

**Cook:** 10-12 minutes

**Serves:** 4

- 500g potatoes - peeled and cubed
- 3 salmon fillets (wild Alaskan is better than farmed)
- 250g spinach
- 1tbsp English mustard
- 2 spring onions, sliced
- Zest of 1 lemon
- Coconut oil

#### **Method**

1. Boil your potatoes for 10-15 minutes until soft. Drain and mash with a little butter
  2. Gently grill your salmon, skin side up, until just cooked through. Leave to cool then peel the skin off and discard
  3. Pour a kettleful of water over your spinach in a colander and leave to cool. Squeeze all the water out then roughly chop.
  4. Add the mustard, spring onions and lemon zest to the mash, followed by the spinach. Flake the salmon and add to the mixture
  5. Shape the mixture into fish cakes
  6. Pop straight into a hot frying pan with coconut oil in
  7. Cook for 5-6 minutes each side
  8. Serve with a big salad
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Until next time, enjoy staying healthy!

Best wishes,

Heather



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