

Eat well with BHBB's Linda



BHBB Feature Article

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We catch up with the lady behind BHBB's healthy recipes – the lovely Linda Houle-Robert.

Tell us how and why you became a holistic nutritionist?

I started exploring the wonders of natural nutrition to improve my performance as a marathoner and to also help me manage my chronic illness which is MS (Multiple Sclerosis). I've had MS for 10 years now and I am now training for my thirteenth marathon. During this journey I've discovered the powers of eating live, natural and good quality foods. I discovered how to eat better to perform better; how to eat better to recover better; how to eat better to reduce inflammation and most of all I discovered how to love the food that loves me back.

Why is nutrition a passion of yours?

Food and exercise have become my best medicine and I thrive on showing clients the way to higher levels of energy and wellbeing.

We are indeed much more than what we eat, but what we eat can nevertheless help us to be much more than we are. Adelle Davis, author of *Let's Eat Right*

You are a marathon runner too. How important is nutrition when it comes to exercise?

It is important to fuel your body with the proper foods and liquids both before and after exercise/practice/competition. This will give you the best opportunity to train hard, recover quickly, rebuild and benefit from training.

A proper diet can't make average athlete elite, but a poor diet can make an elite athlete average."
Costill, 1983

New Year's is just around the corner. Do you have any tips on how to watch what you eat and drink?

Never go to a party hungry. **Eat a light snack with protein BEFORE the party.** This will prevent you from arriving at the party famished and overeating those calorie-rich appetizers such as sausage rolls, mini-quiches, cheese sticks and holiday cookies.

What should we be eating every day and why?

Leafy greens. Leafy greens are like free food. We can eat as much as we want and the more we consume the better! Chlorophyll is what makes plants green. Chlorophyll is rich in magnesium in a form very similar to how it is found in our own blood. Diets rich in chlorophyll essentially flush and replenish and cleanse our blood! Other amazing benefits that have been reported in the literature include, but are not limited to, helping to detoxify the liver, helping cleanse the intestines, rejuvenating the body, fighting inflammatory conditions like sinusitis and skin rashes and helping to normalize blood pressure. Oh and we can't forget that leafy greens are immune boosters.

If you could tell readers to follow just one rule, what would it be?

Don't eat anything your great grandmother wouldn't recognize as food. As suggested by food author Micheal Pollan; "When you pick up that box of portable yogurt tubes, or eat something with 15 ingredients you can't pronounce, ask yourself, what are those things doing there?"

To find out more about Linda check out her website – www.eatwellwithlinda.com

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