



Welcome April! And welcome warmer air and longer days!

There is no better time than spring time to *Spring Into Health* by taking advantage of the seasonal produce that April has to offer. Feel free to scroll down and become inspired to upgrade your spring pantry or maybe try out a new recipe or two!

April is also recognized as Irritable Bowel Syndrome (IBS) Awareness Month, bringing attention to this common condition that affects the digestive system. While IBS is not fully understood, there are many strategies that can help manage symptoms. With the guidance of a Registered Dietitian, individuals can develop a personalized approach to eating and lifestyle habits that supports symptom relief and improves quality of life.

Look out for our 2nd April newsletter coming mid-month with more information regarding an exciting new event scheduled called "She Blooms - A Women's Nutrition Summit". I have partnered with a colleague Dietitian to bring you this event. Stay tuned for more details including registration dates!

Wishing all my Christian and Jewish readers a Happy Easter and Happy Passover!



Filomena Vernace-Inserra
Your Registered Dietitian &
Newsletter Contributor



Claire Champion
Newsletter Contributor



We are thrilled to share that Inner Health Nutrition Consulting has been named the highest distinction **Diamond Winner in the Reader's Choice Awards** for Best Nutritional Services in the City of Vaughan!!

The Diamond Winner designation represents **the highest level of achievement**, awarded to the top-voted business. This recognition is based on community nominations and a formal voting process, **reflecting the trust and support of those we serve.**

Thank you to all of my clients and followers who put their trust in me each and every day and showed this through their vote for me this year.

I am honoured to hold this title for now 2 years and will continue to work at being my best for you, my community!

Irritable Bowel Syndrome (IBS) Awareness Month ⁽¹⁾

What is IBS?

April is recognized as Irritable Bowel Syndrome (IBS) Awareness Month, bringing attention to this common condition that affects the digestive system. IBS can present a range of symptoms, including bloating, abdominal discomfort, constipation, and/or diarrhea, which often vary from person to person.

While the exact cause of IBS is not fully understood, it is considered a disorder of the gut-brain interaction, meaning communication between the digestive system and the brain plays a key role. Symptoms can be triggered by factors such as stress, previous gastrointestinal infections, food sensitivities, and certain dietary choices. Common dietary triggers may include high-fat or fried foods, caffeine, carbonated beverages, and fermentable carbohydrates also known as FODMAPs.

Although there is no one-size-fits-all cure, IBS can often be effectively managed through individualized strategies such as dietary modifications, adequate fibre intake, stress management, and, when needed, medications targeted to specific symptoms.

Myth Busters!

Myth: IBS is "just stress"

Fact: Irritable Bowel Syndrome is a real disorder involving the gut-brain axis—stress can worsen symptoms, but it's not the sole cause.

Myth: You need to cut out tons of foods

Fact: Restriction isn't always necessary—targeted, personalized changes work best; Working with a Registered Dietitian can help to identify and provide suggestions to lessen and resolve symptoms.

Myth: IBS is the same for everyone

Fact: Symptoms and triggers vary widely! A Registered Dietitian can help implement tools to better understand what these are and how your symptoms!

Management Strategies

- Identify trigger foods by noticing patterns (this can differ for everyone). Start tracking!
- Manage stress (gut health is closely linked to mental health); Start observing!
- Eat regular, balanced meals (avoid skipping meals)! Set small goals to start!
- Slow down when eating! It's fun to set a timer on your phone and realize how quickly (or slowly) you eat!
- Stay hydrated! Keep a water bottle with you at all times!
- **Suffer from IBS type symptoms? Consider working with a Dietitian for personalized guidance! Call or email our office [HERE](#) to book your appointment to get you started feeling better! Most clients experience significant improvements in just 2 weeks!**

If these symptoms resonate with you and you're looking for support in managing them in a way that fits your body and lifestyle, a **Registered Dietitian** can help you develop a **personalized plan** to improve your symptoms and overall quality of life.

Click **HERE** to book an appointment!

At Inner Health Nutrition Consulting, we now offer microbiome testing - **GutCheck and GutCheck VIVO for women.**

GutCheck uses advanced sequencing technology to **analyze your gut microbiome** and provide **personalized recommendations to improve gut health** and overall wellness. The gut microbiome is a complex community of microbes (bacteria) that plays a key role in digestion, inflammation, mental health, skin health, heart and brain function, weight management, and sleep, as well as playing a **role in IBS.**

Everyone's microbiome is unique, and that is why GutCheck **transforms gut health** through personalized, science-driven insights.

Click **HERE** to visit our website and find out more about GutCheck!





Seasonal Produce for April

With spring coming, we can also welcome spring produce. Eating in-season, local fruits and vegetables comes with many worthwhile benefits, including (2):

- **Better taste:** Picked at peak ripeness for optimal flavour
- **More affordable:** Greater supply often means lower prices
- **Higher nutritional value:** Fresher produce retains more nutrients

Here are a few spring favourites and what they offer nutritionally (3,4):

Asparagus

- Rich in **vitamin C** and **folate**
- *Vitamin C supports immune function and helps your body absorb iron*
- *Folate is important for cell growth and development, especially for red blood cells*

Carrots

- High in **beta-carotene** and **potassium**
- *Beta-carotene is converted to vitamin A, which supports vision and skin health*
- *Potassium helps regulate blood pressure and supports muscle function*

Snap Peas

- A good source of **vitamin C** and **fiber**
- *Vitamin C supports immune function and helps your body absorb iron*
- *Fibre support digestion, helps keep full for longer, and improved insulin sensitivity*

Radishes

- Contain **antioxidants** and small amounts of **vitamin C**
- *Antioxidants help protect your cells against damage from harmful molecules in your body*

Try Something New! Try These Recipes!

Tomato Gnocchi Soup



Vegetable Cornbread



Moroccan Stew



Blueberry Raspberry Focaccia



References

1. Irritable Bowel Syndrome <https://cdhf.ca/en/digestive-conditions/irritable-bowel-syndrome-ibs/>

2. Benefits of buying seasonal. produce <https://www.nationalbreastcancer.org/blog/4-reasons-to-eat-seasonally-this-spring/>
3. Nutrients of vegetables <https://www.canada.ca/en/health-canada/services/food-nutrition/healthy-eating/nutrient-data/table-4-vegetables-vegetable-products-nutrient-value-some-common-foods-2008.html>
4. Benefits of vitamins <https://medlineplus.gov/ency/article/002399.htm>

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