

THE MOM & CAREGIVER™

JANUARY 2018
VOLUME 20 / ISSUE 1

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A Free Magazine for Parents and Caregivers



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On The Cover



This is what joy looks like! Twenty years of *The Mom and Caregiver* is cause for celebration!

Photographer
Photostylist

One-12 Photography
Sabina Manji
Melissa Warkentin

If you have any comments or suggestions, please contact us at 519.652.9226 or at editor@themomandcaregiver.com.

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Sabina Manji - Chief Editor

CELEBRATING MY 20th!!!



Dear readers, friends and supporters,

"Yesterday, when I was young, there were so many issues waiting to be done."

This month *The Mom and Caregiver* magazine is printed with the pride, joy and happiness of 20 years of trial and error, change and growth.

Yes, this is our 20th anniversary edition! Our cover this month came about purely by accident – it was not staged or planned. What you see has not

been altered or filtered in any way. My inner child was glowing with happiness and this moment was captured by Cynthia, our photographer, simply by chance.

I want to share my absolute appreciation to you, my dear followers, advertisers and staff by showing just how much this anniversary means to me. My smile sings, thanks to you all! The confetti represents the ideas, love and sharing that *The Mom and Caregiver* has offered to the winds of time and what we have received in return.

What a happy moment and experience this has been.

"Twenty years ago, I was so young.

My new baby – this magazine – was begun.

I ventured onto the publishing stage.

The magazine, printed in black and white, on just one page."

How we've grown! And, so have the 16 cover children from past editions, holding the one they were featured in. Over the next 20 years, we hope some of their children will keep the tradition alive.

So, folks, here we are. It's January 2018 and another 20 years begin. Please continue to join me on this journey. We've got some exciting things planned!

I want to close my editor's note by acknowledging, with deepest sincerity, the care and dedication that our support staff has given.

You also made this happen.

Happy New Year to all! 🎉

Sabina Manji,
Chief Editor

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JANUARY EVENTS

01/2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
HAPPY NEW YEAR!	1 New Year's Levee Eldon House	2 Board Game Extravaganza LPL, Pond Mills	3 Playdough Free Play LPL, Stoney Creek	4 Western Mustangs Women's Hockey Thompson Arena	5 Five Oceans London Brewing Co-operative	6 Winter Afternoon Movie LPL, Jalna
7 London Lightning Budweiser Gardens	8 Storytime LPL, Central	9 Beginning with Baby LPL, Cherryhill	10 Storytime LPL, Sherwood	11 Jan. 11-14 World Financial Group Continental Cup Western Fair	12 Music for Young Children London Children's Museum	13 Bilingual Storytime LPL, London
14 Imagination Station Museum London	15 Stargazing Night Hume Cronyn Memorial Observatory	16 Jan. 16-Feb. 3 Silence Grand Theatre	17 London Lightning Budweiser Gardens	18 Jan. 18-20 London Food & Wine Show Western Fair	19 Jan. 18-28 Nurse Jane Goes To Hawaii Palace Theatre	20 Mini Pop Kids Live Centennial Hall
21 Free Guided Tour Museum London	22 Storytime LPL, Central	23 Nature in the City (tracking migrant birds) Wolf Performance Hall	24 Jeff Dunham Passively Aggressive	25 Western Mustangs Men's Hockey Thompson Arena	26 Jan. 26-28 Lifestyle Home Show Western Fair	27 Jan. 26-27 Pirates of Penzance Western University
28 Surfin' Safari Bill Culp Aeolian Hall	29 Curious Public LPL, Central	30 Nature in the City (fossils) Wolf Performance Hall	31 Books for Babies LPL, Stoney Creek	For More Details and Events Visit  Your Online Parenting Resource		

Jan. 11-14
World Financial Group Continental Cup
Western Fair

January 15
Stargazing Night
Hume Cronyn Memorial Observatory

Jan. 18-20
London Food & Wine Show
Western Fair

Jan. 26-28
Lifestyle Home Show
Western Fair

January 29
Curious Public
LPL, Central

January 30
Nature in the City (fossils)
Wolf Performance Hall

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THE SCOOP ON POOP

Your baby's health can be observed in their poop. In the first days of life, a newborn's bowel movements consist of a thick black or green substance called meconium, which fills your baby's intestines before birth. Once meconium clears, stool changes to yellow-green, usually appearing mustard-like with seedy particles.

Normal pooping patterns vary from one poop every several days to several poops per day. Breastfed babies usually stool

more often than formula-fed babies. Younger babies tend to poop in succession so perhaps wait until your baby is done before a diaper change. Infrequent stooling may not mean constipation if stools are soft and your baby is gaining weight and feeding well.

Poop colours vary but pay attention to certain ones. White poop is unusual and may indicate a liver problem so contact your baby's doctor right away. Red poop may indicate blood if your baby is not

eating or drinking anything red. Blood can be seen in newborns who swallowed blood during delivery or are sensitive to cow's milk protein. Irritation of the anus may cause streaks of blood to appear outside stools. Visit your baby's doctor to make sure it's not a problem. Black poop after your baby's first few days of life may suggest old blood and merits a visit to the doctor.

If baby poop is watery or exceeds feeding frequency, check for dehydration

or an intestinal infection if your baby seems sick. If poop is dry or hard, your breastfed or bottle-fed baby may not have enough fluids.

Once your baby starts to eat solids, harder poops may mean your baby is eating too many constipating foods. Try offering more vegetables and fruits, like prunes. If your baby is still constipated, ask your doctor for advice. A bit of fruit juice like apple or pear juice might help draw fluid into the poop to make

it softer. As a rough guideline, an ounce per day for every month of life up to four months can be given.

You baby's poop will have different patterns, forms and colours. If you don't know what it means, ask your doctor! 🍌

Becky Biqi Chen was a resident in general pediatrics for three years at the Children's Hospital at London Health Sciences Centre. She is currently specializing in pediatric gastroenterology during her fellowship at the British Columbia Children's Hospital.



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DOES THIS MAKE SENSE?

All children use their senses to play and learn. There are the five senses we can easily name: vision, hearing, touch, smell and taste. And then there are two other senses that are “invisible” but just as important. These two senses help us maintain balance and make us aware of the spatial orientation of our body.

The vestibular sense relates to movement and it helps us maintain our balance and co-ordinate our movements as we interact with our environment. Receptors are in the inner ear and are triggered when we move our head. The vestibular sense works with other senses such as touch, sight and sound to help us know where our head and body are in space. With our vestibular sense we can maintain an upright position and our balance when walking.

What is the easiest way to help a child develop a healthy vestibular system? Go to the playground! Swings, slides, climbing, jumping and running are all activities that provide input to the vestibular system to make it stronger.

The proprioceptive sense (or proprioception) refers to the messages that receptors in the joints and muscles send to the brain to help us co-ordinate and grade our movements. It allows us to have an awareness of where our body is in space and the amount of force or pressure needed to complete a task. Proprioception lets you ride a bicycle without having to

watch your feet on the pedals or your hands on the handlebars. You don’t need to figure out how much pressure you need to push the pedals. Instead you can watch where you are going!

Activities to improve the proprioceptive sense include pulling a wagon, pushing a cart and lifting – anything that involves movement with or against resistance. This triggers the receptors in our joints and muscles that send the messages to our brain. Swimming is a great whole body proprioceptive activity – movement against resistance.

Everyday activities that encourage movement and exploration will help develop a strong vestibular and proprioceptive sense. Unloading groceries, carrying a backpack, and sitting on a therapy ball are all activities that use our vestibular and proprioceptive senses.

Not all children want to go down a slide or jump on a trampoline. We don’t all process input in the same way so some of us like the feeling we get on a roller coaster and lots of us don’t! Remember, we need to honour a child’s preferences for movement experiences – they are guided by their senses. 🧠

Bindu Anne Cherian
Occupational Therapist and Parent Infant Therapist
Home Visiting Program for Infants (HVPI), Child and Parent
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THE CIRCUMCISION DECISION

Circumcision has become one of the most heated discussions facing young families of baby boys. To cut or not to cut has fuelled many fierce debates within families, and social media is no stranger to this roaring fire. Instantly, that tiny piece of skin covering the tip of your baby's penis is now everybody's concern and people feel it's their righteous duty to shame and ridicule you no matter what side of the fence you're on.

In Canada, the overall rates of circumcision have been declining over the last few decades. This is likely due to the recommendation of the Canadian Paediatric Society who claim that the procedure is medically unnecessary.

While couples make this difficult decision together, it's dad's vote that tends to weigh on the heavier side. After all, he is the most familiar with the equipment and his own "snip-status" tends to be a major deciding factor.

Despite the trends, both team V-neck and team Turtleneck dads feel very strongly about their side of the field. A quick



Facebook poll in my local dad group rounded up almost 200 votes in just a few hours. I asked if their sons were circumcised and what their top reason was. Just over half of the votes favoured the snip and their main reason was to have matching members in the household. Medical reasons, religion, and aesthetics combined to about 10 per cent of the cut vote.

Team Turtleneck's top two motives were tied. Either dads decided to leave it be since they felt there is no real medical reason to go through with the procedure, or they were also driven to have their boys match their dad.

No matter how you slice it, getting the right information is key. Don't rely solely on your Google search, outdated studies, or the choices your parents made. Talk to your physician, weigh the pros and cons, and make a choice based on facts, not emotions. This is your son, your family, and your choice.

Frank Emanuele is a proud father of two sons and special education teacher for the local public school board. When not parenting or educating, Frank enjoys cooking, photography, movies and video games.



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Can Your Teeth Indicate You Have Celiac Disease?

Brushing Up Tips for your Pearly Whites

When most people think about the signs and symptoms of celiac disease, the first things that come to mind are typically gastrointestinal in nature. However, there are some oral symptoms that may be warning signs that you could be suffering from celiac disease.

In children, those symptoms include:

- Delays in dental eruption (late onset of teeth coming through gums)
- Reduction in saliva production
- Discolourations of the teeth in the form of white, yellow, or brown spots
- Pitting of the teeth
- Translucent tooth appearance


Defects of the tooth enamel aren't seen as frequently in adults with celiac disease, likely due to the onset of the

disease after the teeth are fully developed or the cosmetic alteration of teeth. However, adults with celiac disease may show their symptoms in other ways that can be seen in the mouth, such as:

- Recurrent canker sores or ulcers
- Chronic dry mouth
- Atrophic glossitis (characterized by a smooth, shiny, red tongue)

If you experience any of these symptoms, tell your dentist. He or she may recommend that you see your family doctor for testing to determine whether you do have celiac disease. The earlier you can be diagnosed, the more effectively the disease and its symptoms can be managed.

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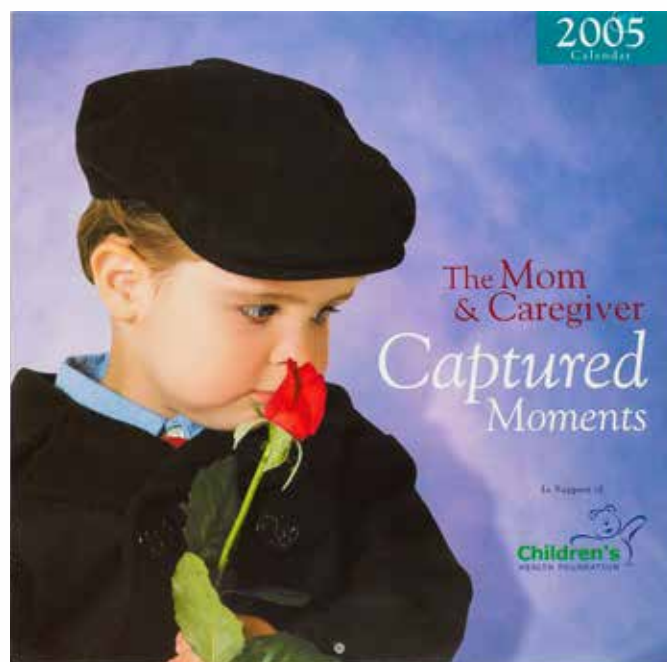


Photo: Rachel Lincoln

WHERE ARE THEY NOW?

To help celebrate our 20th anniversary, we're featuring a past cover kid in each issue this year.

Meet Preston. He's 15 years old and in grade 10 at Ecole Secondaire Monseigneur-Bruyere. He was on the cover of the calendar when he was 3.

What are your current interests?

I play hockey for the London Junior Knights, and also play high school hockey, volleyball and basketball. I was the 2015 JDRF (Juvenile Diabetes Research Foundation) Canada Youth Ambassador

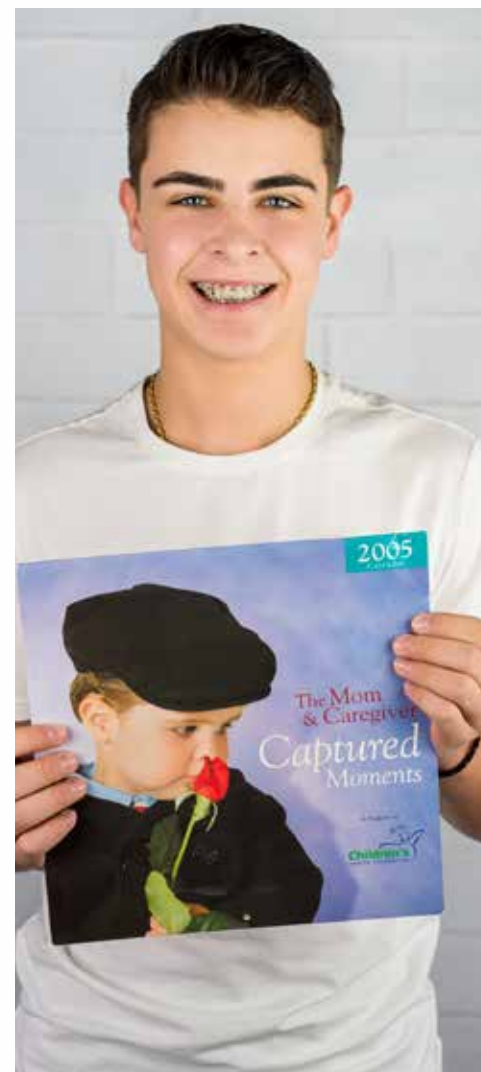


Photo: One12 Photography

of the Year and 2015 Ontario Junior Citizen of the Year. I also wrote a book called Preston's Big Game about Type 1 Diabetes and volunteer for many local charities.

How do you feel when you look back at your cover?

I feel proud and can't believe how cute I was!

What does it mean that we've asked you to come back now?

I'm excited and it brings back fun memories. I still remember seeing my cover hung up at my great-grandmother's and grandmother's house; they never took it down.

A word from Preston's parents:

What has your experience with Sabina and The Mom & Caregiver magazine been like?

The Mom & Caregiver has been a constant support to us and the community. We've loved picking

up magazine – learning what's new, and getting great ideas, fun facts and info. Sabina and the magazine helped us get through our parenting roles much easier and with less stress. The articles have helped us feel that we're not alone.

What have you enjoyed about The Mom & Caregiver magazine, besides your child being on the cover?

The great advice! We love seeing what's new in the parenting world and what's happening in town. The education articles have been excellent to read. We enjoy seeing all the great photos and fun ideas for kids of all ages.

Anything else you'd like to add as we celebrate our 20th?

Although our children are getting older, we still look forward to the monthly issues! Keep up the great work! 🌟

TESTIMONIAL

"I have been involved with The Mom & Caregiver magazine for approximately eight years. The quality speaks for itself, targets my direct audience and Sabina is just so wonderful to work with. She truly cares about the magazine and her passion shows! Photographing the covers has been an absolute joy. What an inspiring magazine to bring the community together."

- Cynthia, One-12 Photography

LOOK HOW FAR WE'VE COME!!!



Biz Showcase

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ooobaby supports children through World Vision with every purchase.

After an emotional six-year wait, I adopted my beautiful daughter Shia in 2011. I did everything an expectant mother does - decorating the nursery, stocking up on adorable baby clothes and looking for a 'baby' bag. I spent over a year searching for one that suited my style, my needs and my budget. Finally I realized I needed to design my own. I wanted leather for quality and longevity but, most importantly, I wanted a style that didn't scream baby bag. I dove into designing this labour of love, working with manufacturers in Canada, the UK and Brazil. Ultimately I found a fabulous manufacturing partner in Italy.

The luxurious Italian pebbled leather is beautifully soft and so supple it conforms to your body. The high-quality leather is processed with the utmost respect for the environment and safeguarding the health of the workers, which is very important to me.

As a busy mom and hard-working business woman, I needed a bag that could go from the office to the playground. No other bag lives up to the challenge. I designed a multipurpose bag based on functionality, organization and affordable luxury. I carry this timeless bag because it covers everything from great mom to corporate chic. The Urban Bag is stylish, great quality, functional and fulfills every modern woman's needs.

The Urban Bag has six internal compartments with a durable and waterproof lining. A key holder ensures you never have to scramble for your keys. You can easily slide in your tablet/laptop, files or book in the slip pocket under the flap for easy accessibility. I use the end pocket with the magnetic flap for my cell phone so it's somewhat secure, yet handy, and the other end pocket for my water or my daughter's drink box.

I have been a successful real estate salesperson for over 20 years, a PR manager at a successful salon and now I am devoted to introducing my bag to as many women as possible.

With every purchase, ooobaby makes a donation to World Vision. By giving back, we help provide healthcare, safety, food, water, and more to vulnerable families around the world. It's a powerful way to help change lives!



OOBABY

So Proud of My Mummy

Kid Zone

Life as a Child Sees It



"Truth be told, who really does all the work around here?"

Sabina and Mikaeel
London Free Press, 2008

Your mom is the editor of *The Mom & Caregiver* magazine and they are celebrating their 20th anniversary this year! Is it a big deal that *The Mom & Caregiver* is celebrating its 20th anniversary?

Yes, this is a very, very big deal. Why wouldn't it be? This is a huge achievement for *The Mom & Caregiver* and very exciting for everybody who reads this magazine.

What is the !!best and worst part of your mom owning her own business? Any perks for you?

I would say the best part about my mom owning her own business is that she gets to go to lots of events and that she gets lots of free stuff. And the worst part is that she has to do lots of stuff on social media and that she is sometimes busy but she always has time for me.

Mikaeel is the son of our editor, Sabina, and has over 11 years of life experience. While his first two years were spent as a baby, he, like most children after age two, has become a world authority on many, many subjects! Mikaeel will be sharing his opinions and ideas every month!

What do you think your mom does at work each day?

I think my mom goes around London looking for advertisers and goes to meetings to sign advertisers.

How is the 20th anniversary important to your mom, you, your family, and London?

It is important because this is the only parenting magazine in London and it's celebrating 20 years of helping parents and caregivers!! I hope everybody else thinks it is as important as I do.

In your opinion, what would be the best way to celebrate this achievement?

I think *The Mom & Caregiver* should mention everyone who has helped them achieve this 20 years of being a magazine. 🍷

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We've been on this foster/adoptive journey for four years now and oh how these four years have changed us! What began as a seed of desire to care for vulnerable children in our city has flourished into the growing of our family, faith and friendships.

When we took the final steps for approval as foster parents and waited for that first call, we had no idea just how much these children, these families, this community of people working to protect children would impact our lives. Today, we have a child added to our family by adoption, another child through kinship care, and the gift of openness with some remarkable members of our children's birth families.

Openness was something we knew little about when we started this journey four years ago ... but it is now something we value deeply. The relationship we developed with our daughter's birth mother through the weekly access visits has grown into regular outings in the community and visits to our home for special occasions.

As our adopted daughter grows, we've learned to value the questions her birth mother can answer for her. We value the insight we gain into our daughter's development and personality thanks to the knowledge her birth mother can share. And we've learned that honouring our daughter's birth mother through an ongoing,

positive relationship teaches our daughter that we love every piece of her and her story - where she comes from and where she is going. It's a story of brokenness and loss intermingled with hope and redemption, and we treasure every bit of it.

The gift of openness led to the addition of our youngest daughter through kinship care as she is a relative of our adopted daughter. We've learned that the child welfare system prioritizes keeping families together and we are thankful to have the immense privilege of being part of that goal by having our family include biological relatives who can grow up together and maintain relationships with their birth families.

Something else that these four years have taught us is that very little about fostering or adoption is easy. So much of it is just plain HARD. But pouring our lives into children and families from hard backgrounds and getting to see God make beauty from ashes is worth every ounce of pain and heartache.

This journey has taught us to let go of the things we can't change, work hard at the things we can change, and trust God with all of it.

Yvonne Farrow is a pastor's wife and homeschooling mother of four daughters. She loves being home with her children, teaching them, delighting in their sweet little ways, and watching them grow.

"...trust God with all of it."



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A new year can mean a new start and new goals. But, how can you make those goals attainable? So often by February we become depressed and overwhelmed by a sense of failure because we have been unable to meet the goals we so want to accomplish in 2018. We focus on getting the gratification of accomplishing our goals instead of celebrating the process. The slower we make life changes the more likely they are to stick. But, we set ourselves up to fail, which results in giving up on the life changes we need to find happiness.

Here are a few things to consider when developing a goals list for 2018:

- **Be realistic;** look at your lifestyle and what you are already doing. Make sure you can fit your goal into your daily routine in small ways. It's unrealistic to think you will change your entire life to meet a goal.
- **Take baby steps.** Write on a calendar one thing you can change every month that fits your routine. Every day give yourself a check mark for doing that same step. It takes 21 days to change a small habit or adapt to a change in your routine. Celebrate every time you remember to readjust your life.
- **Find happiness first.** If you are happy and find joy in life you are more apt to make changes and accomplish goals. Give yourself

small rewards along the way. For example, write out a motivating quote or saying and put it on a sticky note on your bathroom mirror to inspire you in the morning. I have a loving message from my daughter I read every day to help me focus on what is important. No materialistic goal will make you happy, but finding daily things that make you grateful will attract the material items you cherish.

- **Practice what you preach;** this is my biggest weakness. What would you say to a friend to motivate them and allow them to accomplish their goals? Give yourself the same coaching and support and say kind things to yourself.

Please remember to be kind to yourself. Set out three goals and break them down into small steps so you can feel the rush of making changes.

I am always here to help guide and support your goal development and accomplish the life changes you want.

Happy New Year!
Emily

Emily Beeckmans is educated as a social worker and is a trauma specialist. As a private practitioner, she strives to educate clients and the public about the importance of emotional health and well-being. Emily offers you a safe place to dig into your thoughts, feelings and life choices.



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What is the best part of pet ownership? Maybe it's the joy, companionship, and unconditional love. Perhaps it's the way our furry friends make us belly laugh to the point of tears. It could be waking up to a friendly face or looking forward to seeing them at the end of a rough day.

You may know someone who could use a little more company, laughter or encouragement. Pet ownership can benefit anyone but, for seniors especially, it can be life-changing.

After retirement, when children have grown and jobs have ended, it feels good to take care of something. Humans have a need to love and be loved and caring for a furry friend can fill that purpose.

Pets have been known to improve emo-

tional well-being, but they can also have an impact on physical health. In addition to reducing blood pressure and stress, they can also encourage the owner to get outside more, to socialize, and sometimes just to get out of bed in the morning.

Pet ownership is a big responsibility though, and certain factors should be considered when looking to add a furry family member. A dog may be better for an active senior and a cat for someone with more mobility challenges. However, physical limitations don't have to limit the ability to have a pet. There are resources available such as dog walkers, mobile groomers and in-home care that can help take the stress out of caring for your companion.

Finding the perfect pet can be difficult, but consider those waiting for their "fur-ever"

home at the animal shelter. It would be a dream come true for these friends to be adopted by a retiree. They would love nothing more than to share a life with a mom or dad who has the time to give them extra love.

The best part of pet ownership is likely different for everyone. For people with age related-limitations, it could be how our furry family members live in the moment and don't worry about tomorrow. Tomorrow may be scary for an older person, which makes seniors and pets a perfect match. With so much love to give, adopting a furry family member doesn't just change one life, it changes two.

Dr. I. Wonder is here to answer your questions regarding your furry family members. If you have a question, email it to us at brent@NeighbourhoodPetClinic.com. Our team at Neighbourhood Pet Clinic will tap into their collective experience to answer your questions.

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A New Year, A New You

The beauty trends for 2018 are nothing short of bold, daring and liberating. It's no longer about resolutions and structure. It's about stepping out of the box and colouring outside the lines. Step into a new year with some fun and fresh tips to bring out a new you!

Sparkle and shine: This season's trends range from the bare minimum to a "wow" maximum. From thin to thick eyeliner, bare to bold lips, and sleek to shimmering hair-dos, it's truly about leaving your mark. Add a touch of glitter to cheeks, hair, or on top of dramatic cat eyes for a fun twist on a classic favourite. As for lips, strive for perfectly imperfect

with barely-there tones of rosy pink, or a vibrant shade of red topped with layers of shine.

Mane makeover: This is the perfect time of year for a fresh look with a new cut and colour. Whether you choose to chop it all off, try out a fringe, or add a splash of playful colour, this season's trends are all about making a statement. However you choose to wear your tresses, enhance any look with a fun and fabulous hair accessory.

Clean and cleanse: Both your diet and your surroundings. With every "fresh start" you need a clean plate and slate.

Filling up on nutritious foods and unloading unwanted baggage is a win-win when it comes to feeling lighter overall. Find what feeds your soul, rid what doesn't, and make it a goal to keep your diet and life free of toxicity.

Feeling good is always in style so find what makes you shine and be the you that you love 365 days a year.

With love,
Lisa xo

Lisa Aquilina is a beauty and wellness professional who strives to help women take care of themselves and support their well-being.

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FOOD FOR THOUGHT

From A to B – the Low-Down on Supplements

Happy New Year! It's that time of year when we tend to hibernate inside and experience the dreaded winter blues. It's also when I get lots of questions about what supplements to take to be healthier this year.

Multivitamins and minerals

Let's start with a multivitamin and mineral supplement. Keep in mind that a multi should never replace a healthy diet. It should only reinforce it. That brings me back to last month's issue and why it's so important to Eat Your Veggies!

A multi can offset nutrient gaps in a healthy diet, especially if following a lower calorie diet for weight loss. It's also beneficial for menstruating and postmenopausal women, who have higher iron requirements, and for adults over 50, who are at risk for B12 deficiency.

Vitamin D3

Getting enough vitamin D is important for strong bones and immunity, and may decrease the risk of high blood pressure and colorectal cancer. Don't drink cow's milk or fortified soy

beverages? Consider a 1,000 IU vitamin D supplement year round. Choose one that contains vitamin D3. It's better at raising vitamin D levels (not D2). According to Health Canada, the safe upper daily limit is 4,000 IU.

Omega-3 fatty acids

Here fishy-fishy! For heart and brain health, consume 1,000 milligrams of omega-3 fatty acids (EPA and DHA) per day from fish oil. You can get this from 12 ounces of salmon (per week). Don't like fish? Add a fish oil or algae-based DHA supplement to your daily routine.

Vitamin C

Eat your veggies! On top of eating at least seven servings of vegetables and fruit (combined), consider taking 200 to 250 milligram of vitamin C to help prevent chronic disease.

The rest you can get from the best – whole foods! Choose fruits, vegetables, whole grains, legumes, nuts and lean proteins to meet your needs. And don't forget to speak to your dietitian, doctor or pharmacist about supplementing appropriately and safely! 🍎



Jenn Giurgevich is a Registered Dietitian and contract Professor at Brescia University College with a wealth of nutrition knowledge. Over the last 10 years, Jenn has paired her love for nutrition and health with her undeniable love for fitness, working as both a personal trainer and a fitness instructor.

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WHOLE HEALTH

Meet Miso – Your New (Healthy!) Secret Ingredient

Do your kids know all your hidden ingredient tricks? If you feel you've run out of options, look no further. Miso is your new secret weapon. A Japanese seasoning often in the form of a paste (also instant powder or freeze dried), miso is commonly made of fermented soybeans, rice or barley and is generally white, yellow or red. Found in the soup, organic or international aisles at your grocery store, it has the versatile savoury umami flavour you've been looking for. Because it's a fermented food (which we need to eat more of), it's superb for detox and restoration of health following illness or radiation, chemotherapy or environmental chemical exposure.

On it's own, miso has a strong flavour and is high in sodium; but don't let that scare you! Only minute amounts are needed to infuse a rich taste perfectly suited to sauces, soups, dressings, marinades or any dish that needs a hit of flavour – and good for you enzymes. To maintain its healthy properties, add it near the end of the cooking process.



Maple Miso Glazed Brussels Sprouts and Carrots with Toasted Pecans

This is a wonderful dish to accompany any meal or serve buffet-style at brunches or parties. Prepare in advance and simply reheat by covering in foil, heating in the oven for 15 minutes at 325°F, then sprinkling with pecans just before serving.

Serves 6-10

½ cup	chopped pecans
2 Tbsp	grapeseed oil
1½ lbs	Brussels sprouts, trimmed and halved
1 lb	peeled carrots, cut into ¼-inch angled slices
⅔ cup	peeled and chopped shallots
¾ cup	water
1 tsp	minced garlic
½ tsp	sea salt
½ cup	fresh orange juice
1 Tbsp	pure maple syrup
2 tsp	light (shiro) miso
1 tsp	cornstarch
1 Tbsp	unsalted butter

Heat a dry, large, heavy-bottomed saucepan or Dutch oven over medium-high heat. Place the pecans in the pan, stirring occasionally for 4 to 6 minutes, until toasted and fragrant. Remove from pan and set aside to cool.

Return the same pan to medium-high heat. Add the oil and Brussels sprouts. Tossing frequently, cook until some edges are golden (about 5 minutes). Add carrots, shallots, water, garlic and salt. Cover and cook 8 to 10 minutes, until the Brussels sprouts and carrots are tender-crisp.

While the Brussels sprouts and carrots are cooking, whisk together the orange juice, maple syrup, miso and cornstarch in a small bowl. Reduce the heat under the vegetables to medium-low and pour the mixture into the pan along with the cooking vegetables, but don't stir. Cover and allow mixture to return to a simmer, then gently stir the sauce and vegetables. Cook for 4 minutes. The sauce should lightly coat the vegetables. Stir in butter and ensure the vegetables are fully glazed. Season with additional salt, if desired. Sprinkle with toasted pecans just before serving. 🍴

Recipe from: *Vegetarian Any Day* (Penguin Random House)
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Carolyn Hemming (and co-author, Patricia Green) are the authors of seven bestselling cookbooks in three languages with easy recipes and accessible ingredients. Carolyn is an active mother and businesswoman who lives with her family in London.

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