



melmed center

Nutri-Tip from Jan

Volume 30, February 2020

Healthy Chocolate



These iron and antioxidant rich, mood enhancing little gems are made with raw cacao powder, coconut oil and coconut nectar. ***THATS IT!***

Ingredients:

- 1 cup organic expeller pressed coconut oil
- 1/2 cup raw organic cacao powder (Not to be confused with COCOA powder.)
- Organic coconut nectar (This is used to sweeten the chocolate. 1-2 Tbsp per batch.)

- Place coconut oil in heat safe bowl (avoid plastic if possible).
- Fill a pot with about 2 in. of water.
- Warm the water just short of boiling.
- Place bowl with coconut oil on top of pot to allow steam to heat the oil.
- Once oil is warm and in liquid form, add the cacao powder and coconut nectar.
- Stir/whisk until smooth.
- Pour the mixture into a mini cupcake baking tray. Place in freezer for 30 min.
- Enjoy! Must be kept refrigerated. Will melt back into liquid at room temperature.

Want to Learn More?

Composition and timing of meals is paramount to optimal physical and cognitive stamina and well-being. Schedule an appointment with Jan Katzen, CN, our nutritional therapist, for a comprehensive nutritional evaluation and individualized food plan. Contact the front office for a complimentary 10-minute phone or "in-person" consult with Jan.



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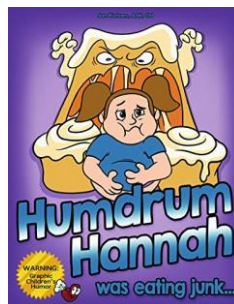
Nutritional therapy aims to identify nutrient deficiencies and food sensitivities that impact brain development and function along with the impact of food on emotions such as depression and anxiety. Nutritional therapy works with other therapeutic modalities including counseling, ABA, occupational and speech therapy, medical management with feeding therapists to identify priority foods.

Individualized food prescriptions can improve the severity of symptoms seen in autism, sleep disturbances, and ADHD. We address the nutritional side effects of medications, picky and binge eating, weight control, and digestive health concerns.

Jan Katzen, AMI, CFP, CN, Nutritional Therapist and Educator, studied nutrition and health under the tutelage of the Director of Brain Chemistry and Human Nutrition at the London Metropolitan University. She interned with the founder of Foresight Preconceptual Care and has served on the advisory boards of the Mother and Child Foundation (UK), the Montessori Education for Autism Foundation (UK), and ePap Nutritionals in South Africa. Jan is the nutritional instructor for the Center of Guided Montessori Studies online teacher training/credentialing classes.

Jan has written nutritional education books for both adults and children. She has years of clinical experience coordinating nutritional care with developmental pediatricians, pediatricians, psychologists and mental health professionals.

Check out Jan's Most Recent Book on Amazon.com!



Complimentary 10-minute introductory phone consults with Jan are available

Please contact the front office for details