

Community Connections



From Melanie's Desk: A Healthier You



What if I told you I could change your life, for the better, by giving you valuable information to improve your health? Would you be excited? What if I told you that not only is the advice free, but that to make the change wouldn't cost you a dime? No gimmicks. No tricks. Just understanding your body based on science. Intrigued? Keep reading.

If the pandemic has taught us anything, it's that underlying health conditions make the COVID virus especially deadly. Many of those underlying conditions like heart disease, high cholesterol, and diabetes can be linked back to what we eat. We are responsible for what we put into our bodies. There is no time like the present to take action and become a healthier version of you.

Earlier this year, at the start of lockdown #2, I was looking for ways to improve my health long term to reach my goal of living an active life until 90.

I found a video by Dr. Jason Fung. He is a nephrologist (kidney doctor) by trade, but an expert in the use of intermittent fasting and low-carbohydrate diets for the treatment of Type 2 diabetes. His knowledge also applies to obesity and anyone who wants to lose weight and improve their health. If you can find a few minutes, google his name and you will find many videos. I particularly like "The Aetiology of Obesity."

I love how he explains that the body stores energy in two ways. This is the two-compartment problem. Your body has a fridge (carbs and sugar, which are easy-to-burn fuels) and the freezer (stored fat.) If you graze during the day and eat from the time you wake until you sleep, your body has a constant supply of energy in the fridge. So it doesn't burn the fat.

To get to the fat, you need to get to the freezer. How do you do that? You need to lower your insulin levels to start burning that fat. That means cutting carbs (the goal of the keto diet) or you can fast.

It's as simple as that. Leave a greater amount of time between your "eating window" and your "fasting window" and you can lose weight and be healthier. This is where you see reference to 8-16, which means eating whatever you want between 9 am and 5 pm (or any 8-hour window that suits you) and then fast the other 16 hours.

During the time you are fasting your body burns the stored fat as fuel.

To understand just how great the health benefits of intermittent fasting are, I like

Contact Us

519-946-4300

Vol 3 Issue 4

A Healthier You 1

***Blush Chicken
Penne Pesto*** 2

***20 Actions To Help
Save Our Earth*** 3

Women United 4

***About Velocity
Injury Law*** 4

the video by Dr. Berg “The Most Important Benefit of Autophagy Will Surprise You.” In this video I learned a new term: autophagy. This is the body cleaning out damaged cells in order to make room for newer healthier cells. Basically, it’s cell recycling. It reduces your risk of chronic disease. It’s anti-cancer. This 6-minute video is fascinating.

It’s commonly accepted that intermittent fasting causes weight and body fat loss and increased fat burning. It also lowers blood insulin and sugar levels. Other exciting possibilities are: reversal of Type 2 diabetes, improved mental concentration, more energy, increased growth hormones, improved blood cholesterol, activation

of cellular cleansing, reduction of inflammation and possibly a longer life.

If you already are doing intermittent fasting then that’s amazing. The rest of us are late to the party.

Why is this information not being sung from the rooftops if it has such positive benefits? The honest truth is that it’s free and you get healthier by not doing something. There is nothing to buy. You may need less prescription medication. In fact, there is a cost savings.

The most interesting piece for me is the impact that intermittent fasting can have on reducing inflammation in the human body, which is so common after accidents. Inflammation leads to pain which leads to a decrease in qual-

ity of life. Watch the short 11-minute video by Dr. Berg called “On Causes of Inflammation”. He specifically talks about “old injuries” and how intermittent fasting can help. There are so many of you reading this newsletter that are suffering from old injuries. This could be a game changer for you.

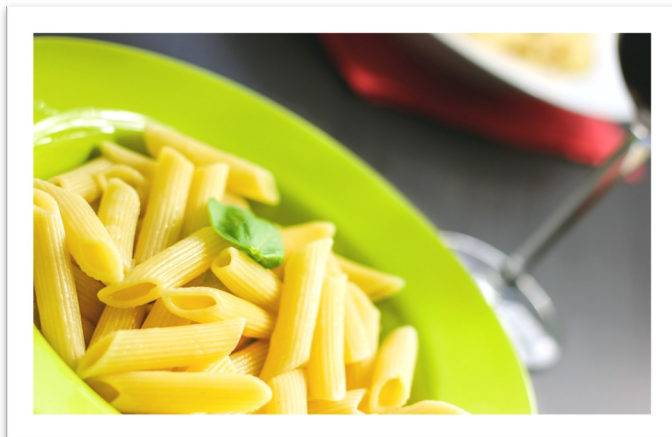
You all know what I am a lawyer, not a doctor. So do your research and speak to your doctor if you think that this is something you want to try.

We’ve passed this information onto family, friends and colleagues and the resounding feedback is that it works; it’s not nearly as hard as you think it might be and most of all – why didn’t anyone tell me about this sooner?

Cooking Corner: Blush Chicken Penne Pesto

This recipe makes a delicious dinner with about 4 servings. If you’re watching your carb intake, enjoy a lighter serving of penne with lots of sauce.

- Extra Virgin Olive Oil
- ¼ cup sun-dried tomatoes
- ¼ cup roasted red peppers
- ½ cup sliced mushrooms
- Chicken, cooked and cut into cubes and coated in white flour



- 2 slices of prosciutto, sliced into small strips
- 3 garlic cloves
- 1 tbsp basil pesto
- ¼ cup white wine
- ¼ cup chicken stock
- 1 cup whipping cream
- 1 ¼ ladles of tomato sauce
- A sprinkle of fresh basil
- Package of penne pasta, cooked

Add olive oil to pan. Keep pan on high heat until hot then reduce heat to low. Add sun-dried tomatoes and red peppers to pan and cook for 2-3 minutes. Add chicken cubes and prosciutto then raise heat to medium-high. Add garlic, basil pesto, white wine, and chicken stock. Stir well and cook for 5 minutes. Add whipping cream and tomato sauce and let simmer. Add fresh basil then serve on penne pasta.

News You Can Use: 20 Actions To Help Save Our Earth

April 22 is Earth Day. Ever heard of it? It's an annual event celebrated around the world to demonstrate support for environmental protection. First celebrated in 1970, it now includes events coordinated globally by the Earth Day Network in more than 193 countries.



Earth Day doesn't have to be once a year. If more people adjust their habits, we can lessen our impact on the environment significantly. Here are 20 actions we can take to make a difference every day of the year:

1. Support the Great Global Cleanup and pick up garbage while enjoying your outdoor activities.
2. Change your diet to fight climate change. For example, try cooking more plant-based recipes and participating in Meatless Mondays.
3. Donate to causes like The Canopy Project that use funds to plant trees.
4. Plastic pollution is one of the most important environmental problems that we face today. Make a concerted effort to avoid single-use plastics. When possible, buy products in glass or paper.
5. Pledge to use a reusable grocery bag.
6. Individual and small group cleanups can have a major positive impact on your community. Organize your own local clean-up initiative.
7. Consumer demand for renewable energy sources is one of the most immediate actions you can take to lower your carbon footprint and restore our earth. Is there a way you can switch to green power?
8. Fight food waste by composting. This enables you to make a difference right in your own backyard.
9. Change your paper bills to online billing. You'll be saving trees and the fuel it takes to deliver your bills by truck.
10. Meal prep is one of the biggest ways in which you can help reduce your footprint. You can help to stop food waste with simple actions like saving leftovers, storing food properly, and learning to preserve.
11. Choose reusable utensils and dishes.
12. Help protect pollinators by pledging to go pesticide-free. We need pollinators to ensure the persistence of our crop yields and ensure healthy sustainable ecosystems now and in the future.
13. Teach children about how to take care of the earth. This includes not littering, picking up garbage, respecting nature, eating plant-based meals, and planting trees.
14. Buy local food to reduce the distance from farm to fork. Buy straight from the farm, frequent your local farmers' market, or join a local food co-op.
15. Try growing your own organic garden!
16. Use a reusable water bottle to make a big impact on your plastic consumption.
17. Practice sustainable fashion! Donate your old clothes and home goods instead of throwing them out. When you need something, consider buying used items. Used does not always mean unfashionable!
18. Always read labels. Use environmentally-friendly, non-toxic cleaning products to avoid washing toxic chemicals down the drain.
19. Take shorter showers and use a water-saving shower head.
20. Save electricity and turn off lights when you leave the room.



Celebrate: Women United

Melanie is on the organizing committee of United Way Windsor Essex County, which is a chapter of Women United.

This organization is a committed group of women leaders working together to engage other women in our community. The mission is to mobilize the caring power of women to advance the common good in our communities.

This year, Velocity Injury Law is sponsoring the annual "Celebrating Women Who Inspire Us" luncheon on May 5th, 2021 from 11:30 am to 1 pm. It will be virtual. It's a signature event of the Women United program that brings women together from many different industries and professions.

This year's speaker is Trey Anthony. She is a Canadian comedian, author, playwright, and producer who uses a

unique blend of comedy, theatre, and motivational speaking to inspire and uplift others.

Tickets are only \$25. For more information and to buy tickets, visit www.weareunited.com/womenunited where you should see a registration link, email address, and phone number. Melanie hopes to see you at the event!



This is a picture from the 2019 luncheon. Can you spot Melanie?

About Velocity Injury Law



Led by Melanie Gardin and Ruth Stewart, Velocity Injury Law is a law office dedicated entirely to injury law. We specialize in helping accident victims throughout Southwestern Ontario obtain compensation for injuries caused by other people's negligence. Our team's extensive experience enables us to deliver an extraordinary level of commitment and personalized attention. Through our dedication and persistence, we consistently obtain the results that our clients are so justly entitled to receive.

Community is important to us, which is why you may find us volunteering for charitable organizations, serving as members of local boards, or participating in recreational and fundraising events. It is also why we send this newsletter. Like our Facebook Page @VelocityInjuryLaw for contests, draws, giveaways, and other fun stuff.

If you've been injured in an accident caused by someone else's negligence, call 519-946-4300 for a FREE no obligation consultation. We will meet you wherever and whenever is convenient for you to explain everything you need to know, every step of the way.

You're getting this newsletter because we thought you'd be interested in our stories, recipes, and other fun stuff. Plus, we'd like to keep in touch. If you'd rather not get this newsletter, no problem — we don't like unwanted mail either. Please email Info@VelocityInjuryLaw.com and we'll take you off our mailing list. Our phone number is 519-946-4300 and you can also find us at 871 Ottawa Street, Unit 400, Windsor, ON, N8X 2C9. Our fax number is 519-946-3700 and our website is www.VelocityInjuryLaw.com.