

# The Tribune **health** BODY AND MIND

## PUMPKIN POWER

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**H**alloween may be over, but that doesn't mean we have to say good-bye to pumpkins just yet.

In addition to being a great canvas for carving scary faces into, and not to forget offering the key ingredient in Fall's most prevalent spice mix, pumpkins also offer many health benefits. This bright orange gourd is rich in fibre, potassium and vitamin C and A, which means its good for heart and eye health and the immune system.

Shonique Moncur, a vegan chef at New Life Vegetation Cell Food, wants to encourage Bahamians to find creative ways to prepare pumpkin so that they can enjoy all of these benefits.

"Pumpkin has been around for over 7,500 years, originating in Central America. In the vegan world, pumpkin is known as a hybrid fruit – a hybridisation of primarily three domesticated Cucurbita species: pepo, maxima and moschata," said Chef Moncur.

"Our ancestors used pumpkin seeds to lower blood glucose levels, shrinking enlarged prostates, and also prevent hair loss in males."



**BEYOND** pumpkin spice lattes and pumpkin pies, this popular Fall fruit can be used in many creative and healthy dishes.

For many Bahamians pumpkin is served up in desserts, old-fashioned soups and in rice, but there are many more creative ways to use this nutritious fruit in the kitchen.

When prepping pumpkins, Chef Moncur said there are some definite do's and don'ts you should heed.

"When using pumpkin to cook make sure it's fresh and firm. Why? Because many persons use the canned pumpkin which doesn't have the same taste or texture as the whole fresh pumpkin," she said.

"My way of eating pumpkin: boiled down in sea salt, spring water, and after cooking, sprinkling it with cinnamon and agave

on top or maple syrup. Pumpkin and rice is also delicious; pumpkin soup with mushrooms for the winter nights is a plus."

Some of Chef Moncur's healthy culinary creations took centre stage at a recent New Life event called 'Prevention is the Path to Cure' held at Pelican's Bay in Grand Bahama.

The event was hosted by her husband Jamal Moncur, one of the Bahamas' leading nutritionists and herbalists, who has been spreading his message of preventative health throughout the islands. The one-day seminar also showcased some of the success stories of their clients and demonstrated the linkages between diet and cancer prevention.



**CHEF** Shonique Moncur showcases how to make vegan options more appealing at a recent New Life seminar.

"Cancer is a major threat to our health today, but diet and lifestyle have been known to significantly reduce or increase the risk of cancer," said Chef Moncur. "For women, the threat of cancer has increased over the years, and for people born since 1960, the risk of having cancer has been documented at 50 percent, according to Nutrition News on cancer. Eating a heavy meat diet loaded with carbs and man-made products just cannot be good for anyone."

During her presentation, Chef Moncur demonstrated how vegan dishes are not only healthy, but can also be fun to prepare. As the culinary genius behind the popular vegan dishes served at New Life restaurants in Grand Bahama, Chef Moncur has developed a reputation for providing creative vegetarian meals on a daily basis.

And now she and her husband want to take their New Life business and its message throughout the Bahamas with the "Take Back Your Health - The Reconnection" seminar in Marsh Harbour, Abaco, on November 17. The workshop will also visit Andros, Exuma and Bimini at later dates.

"We want to spread our message nationwide," said Mr Moncur, "and do our part to ensure that the Bahamas is a healthy nation, not just Grand Bahama and New Providence. Over the years, a lot of our support has come from the Family Islands, so we want to do our part in educating the population on those islands about prevention and a healthy lifestyle, which is inclusive of fitness and these wonderful herbs and tonics that New Life has."

## CELEBRATING WORLD RADIOGRAPHY DAY

By **Dr Amaresh Hombal**

Wilhelm Conrad Roentgen, a German physicist, accidentally discovered X-rays while working with a cathode-ray tube in his laboratory on November 8, 1895.

The discovery was groundbreaking; it was the first time that people were able to see the inside of the human body without the need for surgery. As a result of his discovery, Roentgen was honoured with the first Nobel Prize in Physics in 1901.

This laid the foundation for the new medical discipline of radiology. The first clinical use of X-rays was in 1896 and they were first used to treat cancer in 1903. Radiology now plays an integral part in healthcare by providing the diagnosis of disease or injury. It has expanded from conventional X-rays to include other modalities like ultrasound, CT scan, MRI and nuclear medicine.

To mark the anniversary of the discovery, November 8 is celebrated worldwide as World Radiography Day. Also, the American society of Radiologic Technologists (ASRT) is celebrating the week of November 4-10 as National Radiologic Technology week.

On the World Radiography Day, radiographers' societies/associations and radiology departments worldwide make efforts to

raise public awareness about radiographic imaging and therapy, which play a very important role in the diagnosis and the treatment of disease.

Some of the activities include organising exhibitions, presentations and various public events for health professionals, students and the public, raising awareness of the achievement in diagnostic imaging in healthcare. They also stress the importance of keeping the radiation dose at the minimum during the imaging studies.

A team of well-trained radiologists, radiological technologists, medical physicists and biomedical engineers is vital to the overall quality of radiology services offered by a hospital/clinic as they provide high quality diagnostic images and correctly interpreting them.

Here in the Bahamas, the Imaging Centre, located in the Medical Pavilion, 72 Collins Avenue, provides prompt, professional and personal services, treating each referral as an imaging consultation.



**DR** Amaresh Hombal



**WILHELM** Roentgen's made his first medical X-ray of his wife Anna Bertha Ludwig's hand.



## PATIENCE IN THE PROCESS

**HEALTH COACH ETHAN QUANT, OF ELITE WELLNESS SOLUTIONS, HAS SUCCEEDED IN HIS WEIGHT LOSS JOURNEY AND NOW WANTS TO SHARE HIS METHODS WITH THE BAHAMAS IN AN EFFORT TO FOSTER A CULTURE OF WELLNESS AND CONQUER THE OBESITY EPIDEMIC.**



**ETHAN** Quant. (Photo/ Shawn Hanna)

weight patience is one of the hardest things to practice. I know that this is something I struggled with for a long time when I started on my health, wellness and fitness journey.

I think it was difficult, in part, because we live in a "microwave society", where there is a need for things to happen instantly. With technological advancements increasing the ease of access, the idea of having to wait for anything is dreaded. However, while this may hold true for things like internet speed, faster is not always

better. This is perhaps nowhere more realised than in the context of health, wellness and fitness.

I know that I am not alone because a lot of my clients often start out asking how long it will take to see results. All I can do in that regard is encourage them to be mindful that most things in life that are worthwhile require us to go through a process. You, too, may wonder the same: "How long will it take to achieve my dream body and be on a path to feeling healthy again?" I know. I've been there.

That being said, let us home in on the results you may experience if you were to begin your lifestyle change today.

From the moment you go for your first walk, skip an unhealthy snack or calorie-filled dessert after dinner, you are on your way to achieving a potentially positive result. Whether it's a pound off the scale the next time you check your weight, or just a feeling that you are making positive steps toward real change, every little bit counts.

One of the things I remember when I was frustrated and talking to a friend about how slow my progress had been was being urged to be patient. He reminded me that I didn't put on the weight overnight, or even

over a couple of weeks. The fact is that it was years of self-neglect and unhealthy living that got me to my max weight of 306 pounds. The realisation that it would take me months (or even years) to not only lose the weight, but transform my body, was a hard pill to swallow.

A major game changer for me was when I finally decided that I would do whatever it took, however long it took, to achieve my dream body. A major driver for me was that I actually wanted to be healthy and fit. Therefore, I was willing to make the sacrifices necessary to reach my goals. During this process, I learned that just like anything else in life, building something great can take a lot of time and patience. Think about it: even if you were born with a natural ability in sports or the arts, you have to spend many hours practicing and perfecting your craft if you want to be great.

It was that approach which changed my perspective on how I looked at health, wellness and fitness. I allowed myself to become stronger by trusting the process and focusing on doing the things that healthy and fit people did. Thus, I began eating right and stopped abusing my body by partying. Additionally, as working

out became a priority, so did getting adequate rest.

I learned to be patient with myself as I went through my process. However, this didn't mean that I wasn't constantly working. In fact, that was quite the contrary, as I realised that weight loss and the six-pack I desired were byproducts of me changing my lifestyle. Consequently, I knew if I maintained a daily focus on doing the little things necessary for me to achieve my goal that eventually I would be successful in my transformation.

Certainly, I know how hard it can be when you want results now. However, if you focus on your daily routine, not only will you get the results you want, but you will be able to sustain them over the long run.

As always, if you need help navigating any aspect of your health, wellness and fitness journey, feel free to reach out to me directly. And remember, at the end of the day, you have the power to be successful in health, fitness and in life!

**• If you need help navigating any part of your health, wellness and fitness process, you can contact Ethan Quant at ethan@elite-wellnessolutions.com or on Instagram at @ethanquant.**