



A Different Type of Detoxification By [Nonie De Long, CNP, ROHP, RNCP](#)

Generally, when people think of detoxification, they think in terms of what they will omit from their diet. You may have heard of juice fasts, sugar free diets, and raw foodism,



which are examples of this. The idea behind this type of practice is that common foodstuffs are toxic to the body and if they are removed and substituted with healthier foods the body can function optimally. But, a diet that is too restrictive actually omits nutrients the body needs to support its natural detoxification processes.

Today I want to propose to you a different type of detoxification model for health “reboots” and overall wellness. This model, rather than focusing on elimination and what needs to be avoided, focuses on what the body needs for its

Gardening Benefits According to My Mom By [Helen Blanchard, R.H.N.](#)

Do you enjoy gardening, or have you ever gardened? If you haven't, I'm hoping that by the end of this article, you'll give it a try. Let's say that my opinion just changed, and I'll explain to you why.

Why would you want to garden? I could provide you with lots of scientific references why gardening is beneficial, but instead, let me introduce you to my 88-year-young Mom, and let's hear what she had to say to me during our recent chat. Look for the benefits scattered

innate detoxification systems to work optimally. The most essential and overlooked detox protocol is one that supports the organ of detoxification - the liver. You see, detoxification isn't something you do - It's actually something your liver is doing for you all the time!

The liver is so important to your survival that it is the only visceral organ that regenerates itself. If it's surgically cut or chemically harmed, as long as 25% remains and is healthy, it can repair and regrow itself fully! In addition, it breaks down almost all the chemicals and toxins we are exposed to. As such, it's important to understand how to foster good liver health. It requires a number of nutrients to function optimally. These include:

Continued on page 4...

throughout this article.

You can't talk about gardening with my Mom without hearing the enthusiasm in her voice.

When she talks about her plants... “Look at that plant. You beautiful thing. Give a plant a chance. Whether it's a little plant in a can, a plant in a garden, or one in a big field, look at what they do. They grow and produce. The whole system is beyond my comprehension—the fact that a little **Continued on page 2...**

Issue 97

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Inside This Issue

A Different Type of Detoxification 1,4

Gardening Benefits According to My Mom 1,2,3

Detox Ice Tea 2

Turmeric Cauliflower Fried Rice 2

Looking for more tips for detoxification ?

See a Holistic Nutrition Professional.



Detox Ice Tea By [Nonie De Long, CNP, ROHP, RNCP](#)

This tea is refreshing and easy to make, yet powerful and effective at helping to support liver function. The addition of fresh lemon juice makes it zesty and alkalizing, while stevia leaf creates sweetness without raising blood sugar or adding calories to the diet.

Ingredients:

Detox, red clover, or dandelion tea - 10 bags

1.5 litres filtered water

Stevia drops or dried stevia leaf or powder

Juice of 3 fresh lemons

Bring the water to a boil and add the tea bags to steep for a few hours or leave overnight. When you remove them add the juice from the lemons and stevia to taste. Be careful with stevia because it is much stronger than sugar and a little goes a very long way. Stir and chill to serve. Keeps well in the fridge. The herbs in these teas are safe for children and adults alike, and the beverage makes a healthy alternative to juice and sodas and artificially flavoured drinks.

Editor's Note: If you don't like stevia, you could add some raw honey to taste, but honey is not recommended for infants.



Turmeric Cauliflower Fried Rice By [Joy McCarthy, CHNC](#)

Ingredients:

1 head cauliflower rice

2 tbsp extra-virgin olive oil or coconut oil

1 small white onion, chopped

2 garlic cloves, finely chopped

1 tbsp organic fermented* turmeric
New Chapter

1 tsp ground cumin

Sea salt and pepper to taste

Parsley for garnish



The quickest way to "rice" your cauli is to toss it into a food processor and blitz it for less than a minute until it's the size of rice. Otherwise, go old school and use a cheese grater. Heat oil on fry pan to medium, sauté onion and garlic for a couple of minutes and add turmeric and cumin, sauté for a couple more minutes. Add riced cauliflower and cook until tender. Add sea salt and pepper to taste. Top with parsley and if you're like my hubs Walker toss an egg or 2 in there and make cauli egg fried rice!

*You can't beat the absorption and bioavailability of nutrients when they are fermented. Plus, the curcumin and curminoids are significantly higher in fermented turmeric.

...Gardening Continued from page 1

seed can produce a plant which can reproduce and on and on it goes. It's like an impossibility and it's lasted all these years and it still lasts. There's just something inside me that loves plants."

*From an early age, my Mom watched her mother work in the garden. She remembers her Mom giving her a tomato plant that wasn't doing well. I don't think my grandmother thought my Mom would be able to restore it back to health, but she did. And she remembers having such a feeling of accomplishment and taking the responsibility seriously. **BENEFIT** - Looking after plants can give you a sense of responsibility and accomplishment.*

*Before my Mom was married, she taught school. She shared how she started some seeds with the students. And those plants always did well. **BENEFIT** - According to Anne Palmer, who studies food environments, studies of after-school gardening suggest that kids who garden are more likely to eat fruits and vegetables. And they're a lot more adventurous about giving new foods a try.*

Continued on page 3...

... Gardening Continued from page 2

Radicchio anyone?

My Mom loved to go to the garden and get fresh produce.

BENEFIT – The food you grow yourself is the healthiest (just make sure that you've prepared your soil properly by working in lots of composted organic materials). No long times spent in a transport truck.

And you're getting healthy food—fruits and veggies. You don't grow processed food. And what can compare with the taste of freshly picked produce?



Mom loved taking care of plants, right from an early age. And people would sometimes give her their struggling plants, to see if she could restore them to health. She would talk to her plants and tenderly care for them. She would love the plants and nurture them. She would drag them inside on cool nights and outside on sunny days. **BENEFIT** – Gardening allows us to be nurturers.

My Dad died when I was eight. We moved and my Mom went to work in my uncle's store. Life was difficult for my Mom. She would come home from work quite tired. When she went to the garden, she had an opportunity to be by herself and relax and just enjoy the plants. **BENEFIT** – Gardening can be a stress reliever. It provides an opportunity to briefly escape from life's problems and give the body a chance to relax.

We live in a fast-paced world where so much information is at our finger tips that it can be easy to be impatient and expect instant gratification. When my Mom plants a seed, she knows that it needs time to germinate and grow. She delights in watching the various steps in the growth process. **BENEFIT** – In this fast-paced world, gardening can help us to learn patience and teach us to wait.

My Mom lights up when she talks about her gardening experiences. As her mobility has decreased in her later years, she has still been able to continue her gardening, thanks to her son, Neil, who made her raised self-watering garden boxes. Now she can garden without bending over. Neil recognized that it was important for Mom to continue with her gardening, and even made the window sills wider in the house so she would have room for her plants. She has always had a garden, no matter her circumstances. **BENEFIT** – Gardening can bring great joy and satisfaction, especially as one ages.

As a kid, I hated to weed the garden, but I had the wrong attitude about it. It was just a chore to me that had to be done. Sadly, I missed out on some of the benefits of gardening. Maybe you did too, but it's not too late to start. After talking to my Mom, this spring I've decided to look at the positives instead of the negatives—well, I'm still not going to like the bugs, but who does?

My Mom says that if you've never planted

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anything, you're missing out. And who wants to miss out? What steps can you take today to prepare for this gardening season?

If you want to start small and have very little space, just plant some cherry tomatoes (get some transplants from the farmer's market) in a 5-gallon bucket and place on your deck. You could also grow some herbs in a bucket. Imagine how great they'll taste in some of those dishes that you'll create from the fresh produce you purchase (or maybe even grow).

Talk to some gardeners at your local farmer's market, at a community garden, or at your local garden club. I'm sure they'll have lots of ideas to share with you.

There are so many more benefits of gardening (beneficial soil bacteria and exercise), but we'll save those for another day. With all the benefits that come with gardening, who doesn't want to get their hands in the soil? What are YOU doing this weekend? I think I'll start planning my garden.





...A Different Type of Detoxification Continued from page 1

Amino acids (from proteins); Antioxidants (vitamin E, vitamin A, and vitamin C), as well as bioflavonoids (packaged together in natural foods); Minerals and trace minerals; B vitamins; Sulphur compounds.

In addition, milk thistle is known to help the liver regenerate itself, as is N-acetyl cysteine. And new data shows that medium chain triglycerides, like those found in coconut flesh, coconut oil, and high fat coconut milk are also liver protective, as are probiotics, like those found in home fermented foods.



Foods that particularly help build liver health include bone broth soups, made with naturally grazed/fed animals, rich in soluble minerals and animal proteins for those amino acids, and fresh fruits and vegetables, rich in vitamins and antioxidants. Choline in egg yolks is known to be liver protective. Garlic, onions, broccoli and cabbage all contain sulphur compounds your liver needs, and B vitamins can be obtained from grass fed animal liver, eggs, salmon, spinach, and nuts and seeds. Nutritional yeast is a great way to add some B vitamins to your diet. Add it to organic popcorn or kale chips for an easy and tasty nutritious treat!

Some of the best herbs to add to the diet for liver function include dandelion greens and roots and milk thistle. These can be incorporated by teas or added to smoothies or fresh juices. Coffee can be replaced with green tea for added benefit. But possibly most importantly, it's essential to create a dietary pattern where foods that harm the liver - processed and high glycemic and inflammatory foods, as well as drugs and alcohol - are kept to an absolute minimum.

Signs the liver is under stress include fatigue, weakness, confusion and brain fog, digestive woes, bloating or gas, constipation, dark urine and nausea. As with any specialized diet, consulting an accredited nutrition professional will help you identify imbalances and create a customized plan to meet your goals - in a way that is safe and suited to your particular lifestyle.

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150 Consumers Road,
Suite 210
Toronto, Ontario
M2J 1P9
info@cahnpro.org
www.cahnpro.org
416.499.2660

Editor:

Helen Blanchard, RHN

Copy Editor:

Jennifer Sexton, RHN

Writers:

Nonie De Long, CNP,
ROHP, RNCP

Helen Blanchard, RHN

Joy McCarthy, CHNC

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