



Everything Zen Nutritional Consulting Newsletter

Volume I, Issue II

www.EverythingZenNC.com

Spring is in the AIR...

Ahhh, the seasons are **FINALLY** changing. This means we can start spending more time outside, breathing fresh air, exercising and getting some much needed sun on our pale bodies!

Spring signals a time of regeneration and rejuvenation as the days get longer and the temperature warms, it is a perfect time to make some healthier changes to our diets and lifestyle. It is also a perfect time to...**DETOX** or follow a cleansing diet!

According to Traditional Chinese Medicine (TCM) springtime is correlated to the element Wood, which governs the liver and gallbladder. The liver performs numerous vital functions within the body, including: digestion, storing and distributing nourishment to all cells; producing and breaking down blood; enhancing hormones like thyroid and sex hormones (thereby influencing the body's metabolic rate) and filtering toxins. In fact, the liver is the body's main detoxification organ, which means it can easily become overloaded. Too much of any food, but especially alcohol, chemicals, drugs, fried oils and meats, are particularly toxic to the liver and gallbladder.

As a result of the many functions the liver performs, it can easily become overburdened. Some symptoms of liver congestion include: yellowing of the eyes, skin and mucous membranes (a result of excess bilirubin build up); oily skin, acne, nausea, difficult digestion, abdominal cramping, headaches, PMS, weight gain, & elevated cholesterol as well as feeling tired, cranky, achy or illness-riddled.

Luckily there are many things we can do to support liver function, such as...

- Start the day with a cup of warm water and 1/2 lemon squeezed in
- Avoid fatty and fried foods

- Consume more vegetable proteins (beans and lentils) and less meat (especially beef & pork)
- Eat plenty of **DARK** leafy greens (especially the bitter ones—dandelion, mustard greens, collards, rapinói) - kale, broccoli, romaine, bok choy,
- Eat plenty of garlic and onions
- Beneficial root vegetables: beets, carrots, & parsnip
- Limit intake of: sugar, refined & processed foods, caffeine (chocolate, coffee, colas), alcohol
- Get at least 30 minutes of aerobic exercise at least 3 times a week
- Additional treatments: Dry brush massage, chiropractics, acupuncture, massage, saunas, deep breathing & meditation

In addition to this there are few more in depth things that can be done, such as: fasting (either with juices or mono-diets), and taking herbs, homeopathic remedies or other nutritional supplements. If you are interested in these come in for an appointment as deeper cleansing should **ALWAYS** be done under professional supervision

Eat Yourself Healthy Cooking Classes in Mississauga!
Check our website for more information or call 416-458-ZENN to register!

How Safe Is Fish??

With all the scary news reports about the dangers of fish, many are left avoiding this **VERY** healthy and nutritious protein source ~ but should we really avoid all fish??

The answer is **NO** ~ however, when buying fish here are a few things to keep in mind...

- The safest fish (least contaminated) are **WILD PACIFIC** ~ avoid the farmed as well as Atlantic. Also as a general rule, the bigger the fish, the more toxic it is.
- Lowest sources of mercury are found in: salmon, oysters, whitefish, fresh-water trout and sardines
- Next best are: perch, king crab, flounder, sole, Pollack, catfish, scallops, tilapia
- More contaminated are: salt-water trout, halibut, haddock, snapper, lobster, grouper, crab, orange roughy
- Worst are: swordfish, tilefish and king mackerel

Did you know...

Eating Grapefruit can be BAD for your health?? It can increase the adverse effects of some medications, such as:

- High Blood Pressure Medication = Norvasc, Calcium Blockers = Procardia, Adalat, Calan, Isoprin, Verelan etc
- Cholesterol Lowering drugs = Mevacor, Pravachol etc
- Immuno-suppressive drugs = Sandimmune, Neoral
- Estrogen (Estradiol) = Estrace, Alora, Climara, Esclim, Estraderm, FemPatch, Vivelle
- Phenylpropranolamine (relieves nasal congestion & short-term weight loss) = PPA, Propagest, Rhindecón, Acutrim, Dexamim, Dex-A-Diet, Unitrol etc

Marina Zelenovic RNCP, CNP
Email: info@everythingzenncc.com