



# DETOX

## Start your Spring feeling GREAT!

Spring is the perfect time for a detox program! Dr. Guthrie can prescribe a detoxification program designed specifically for your unique health needs.

### Summary of a Successful Detox Program

**DIET:** Healthy, balanced, fresh whole foods with emphasis on fruits, vegetables and protein

**BOWEL HEALTH:** Sufficient fibre, water and probiotics for optimal digestion and elimination

**SUPPLEMENTATION:** Supplementation with antioxidants and nutrients to support optimal liver function

**LIFESTYLE:** Reduce toxic exposure, exercise regularly, get plenty of sleep

This spring, we'd like to celebrate upcoming Earth day with you by focusing our newsletter on the importance of detoxifying the body as well as the Earth. As our environment has become increasingly polluted, so too have our bodies and the effects on our health are far-reaching.

### Symptoms associated with toxic overload:

- Headaches
- Muscle aches and pains
- Joint pain
- Allergy or flu-like symptoms
- Chronic fatigue
- Irritability, mental confusion

Toxic substances come from both external and internal sources. Food additives, chemical solvents from industrial waste, pesticides and herbicides, drugs, and alcohol are all substances that we ingest that need to be detoxified properly. These wastes do not only come from large industrial chemical factories - many of these are the cleaners, pesticides and herbicides we use in and around our home. As well, a poorly functioning digestive tract can cause internal toxins to be produced which can add to the accumulation of waste products in the body.

### Is toxicity a real problem?

Yes! Research shows that all humans worldwide have blood/urine/tissue evidence of toxin accumulation. Our bodies were not built to handle the huge quantities of synthetic chemicals that have been dumped into our environment; therefore, our human processes of detoxification can be overwhelmed.

### Research shows that toxic exposure increases your risk of developing:

- Cancer
- Autoimmune disease
- Neurological disease: ALS, Parkinson's disease, Alzheimer's disease
- Neuropsychiatric illness: depression, anxiety, inattention, hyperactivity
- Chronic fatigue syndrome, fibromyalgia, multiple chemical sensitivity
- Allergies, asthma
- Cardiovascular disease

### What can you do about it?

#### 1. Reduce Toxic Exposure

- Avoid synthetic pesticides, herbicides and toxic cleaning agents
- Use nontoxic building materials, paint, carpets, etc
- Clean indoor air with plants and ionizers
- Use "natural" cosmetics, nail polish and fragrances
- Assess occupational, hobby and lifestyle exposure and adjust accordingly
- Eat 'cleaner' food sources



**What can you do about it? (Continued from previous page)**

**2. Increase Detoxification through the Liver**

The liver is the primary detoxification organ in the body. It filters about 2 litres of blood every minute, removing waste products and preparing them for elimination. This makes the liver one of the hardest working organs – it protects the rest of the body from harmful substances by reducing their toxicity and making them ready for excretion.

The best way to support the liver is to nourish it with essential vitamins and minerals. Eating healthy, fresh fruits and vegetables, good quality whole grains, legumes, and lowfat meat, poultry and fish provide these nutrients.

One very important group of vegetables for detoxification is the cruciferous vegetables. Broccoli, cabbage, bok choy, arugula and cauliflower are part of the cruciferous vegetable family. They contain substances called indoles, which reduce the toxicity of substances that might otherwise lead to cancer. Studies are showing that people who eat cruciferous vegetables regularly have fewer hormone-related cancers and lung cancers.

**3. Optimize Bowel Health for Enhanced Excretion of Toxins**

Be sure to eat adequate amounts of fibre (at least 35 grams per day) and drink plenty of water. Good sources of fibre include: beans, lentils, fruit, vegetables, whole grains, psyllium husks, flaxseeds, oat bran.

**What about Fasting?**

In order to help the body detoxify, we need to provide it with adequate fuel; therefore fasting is NOT recommended!

Starving the body during a fast can actually make problems worse since the detoxification pathways in the liver will be put on 'hold' until they receive the nutrients needed to neutralize and package toxins for excretion. As well, a lack of fibre during a fast impedes waste removal from the body, compounding toxin overload.

**Environmental Health - closely linked to human health**

One important way to support a healthy, clean environment is to focus on eating locally grown organic food.

**Why Eat Local?**

Go to [www.youtube.com/watch?v=kUKSX-zBThg](http://www.youtube.com/watch?v=kUKSX-zBThg) for an informative 2 minute video on the importance of locally produced food.

Fresh fruits and vegetables begin to lose nutritional quality and flavour from the minute they are harvested. The more time in transit, the less nourishing your food will be. So even if California spinach is picked at its peak, a week spent in transport and storage ensures that what eventually arrives in your kitchen is less nutritious than the greens harvested fresh in a nearby field.

Also, by reducing the distance food travels we can reduce carbon emissions and leave a smaller ecological footprint. When we support local food systems, we ultimately make a positive impact on the environment — cleaner air and water, and farmland that's preserved for future generations.

**Local produce  
coming to our  
clinic!**

We are very excited to announce that from June until October a local farmer will be selling organic fruits and veggies here at 28 Park Road every Wednesday 3-7pm. We'll keep you posted with the details.

To see where else you can buy local food, go to [www.realfoodmovement.ca/latesttalk/get-involved/local-markets/](http://www.realfoodmovement.ca/latesttalk/get-involved/local-markets/)



# Warm Asparagus, Spinach and Chicken Salad

(from the Foodland Ontario website)

Serves 4

Ingredients:

- 1 bunch Ontario Spinach
- 1 lb (500 g) Ontario Asparagus
- 1 tbsp extra-virgin olive oil
- 1 lb (500 g) boneless, skinless Ontario Chicken Breasts
- 8 oz (250 g) Ontario Mushrooms, thickly sliced
- 2 Ontario Greenhouse Tomatoes, cut into wedges

Herbal Vinaigrette:

- 1/4 cup (50 mL) white wine vinegar
- 1/2 cup (100 mL) extra-virgin olive oil
- 1 clove garlic, minced
- 2 tsp (10 mL) each dried tarragon and Dijon mustard
- 1/4 tsp (1 mL) black pepper

Preparation:

Break off stems from spinach and discard. Tear spinach into bite-sized pieces; place in large bowl. Set aside. Break off tough ends of asparagus and discard. In large pot of boiling salted water, cook asparagus for 3 to 5 minutes or until tender-crisp. Drain and rinse under cold water. Add to spinach.

In large skillet, heat oil over medium-high heat; brown chicken on both sides. Add mushrooms; cook until chicken is no longer pink inside, about 5 minutes.

Herbal Vinaigrette:

Meanwhile, in jar, shake together vinegar, olive oil, garlic, tarragon, mustard, salt, sugar and pepper until well blended. Pour about 2 tbsp (25 mL) over chicken mixture; cook, stirring, for another minute or until well coated.

Add vinaigrette to spinach mixture; toss to coat. Arrange on 4 dinner plates, placing asparagus on top in spokelike fashion. Arrange tomatoes around edge. Remove chicken from pan and cut into crosswise strips. Arrange on top of salad with sprinkling of mushrooms. Serve immediately.

Nutrients per serving

- Protein: 34.0 grams
- Fat: 26.0 grams
- Carbohydrates: 10.5 grams
- Calories: 41