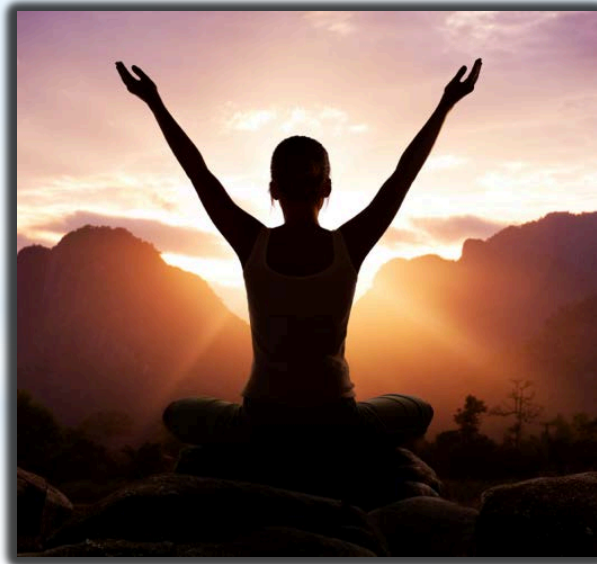


Spring Into Wellness: Tips for Refreshing Your Mind and Body



Presented by



Today We Will Cover...

- How to “Jumpstart” Your Health After a Long Winter
 - What It Means to “Detox” Your Body
 - Take a 21 Day “Clean Food” Challenge
- 6 Springtime Super Foods
- Become “Seasonally Savvy”
 - Natural Management of Springtime Allergies
 - Buying Food Locally and In Season
 - How to Join a CSA



What Is a “Detox” or “Cleanse”?

* Using a structured diet and lifestyle routine to clear the body of “toxic substances” built up from:

- * “Processed” foods and drinks
- * Our environment- the air pollutants
- * Skin products and cosmetics
- * Natural byproducts of metabolism

* A “toxic substance”:

- * Interrupts normal processes of the body

* Are “detox’s” scientifically sound?

- * Our bodies have a natural ability to get rid of toxins
- * Increasing fruits, vegetables, water, and reducing processed food and sugar is proven to improve health



Our Bodies Natural Detox Pathways

* A detox reduces the toxic burden to our body by promoting movement of toxins through *natural detox pathways*

* Liver, intestines, kidneys, & lymphatic system

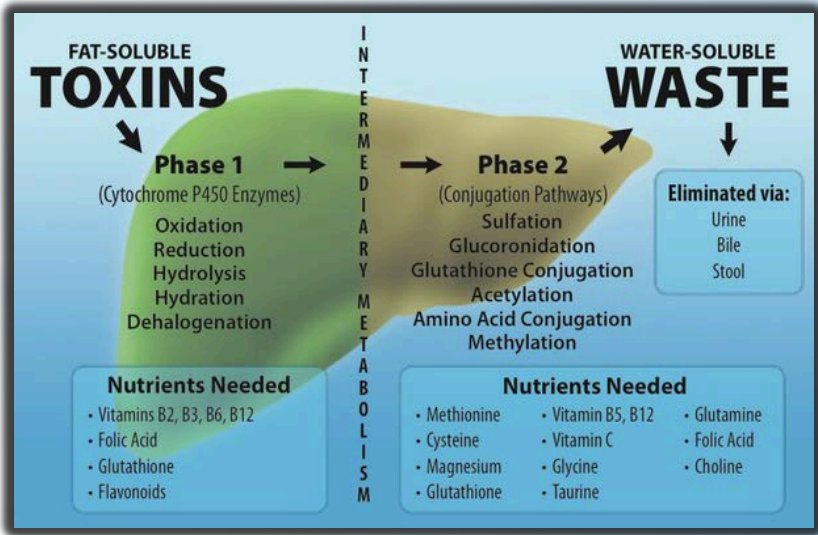
* The liver is our main detox organ

* “Air filter” of the body

* Phase 1 and Phase 2

* Certain nutrients support each phase of the detox pathway

* This is why a detox is all about eating healthy food, not depriving yourself



Signs You May Need a Detox

Signs You May Need a Detox	How "Toxicity" May Affect Your Overall Health
Extreme daytime fatigue or "foggy" thinking	Interrupts sleep cycle
Sharp or frequent headaches	Can block weight loss efforts
Unexplained muscle aches	Can interrupt nutrient absorption
Frequent sickness (<i>decreased immunity</i>)	Disrupts digestive system/immune system
Less than "radiant" skin (<i>more prone to breakouts</i>)	Consistent consumption of high sugar/high fat/highly processed food is detrimental to heart health
Decreased ability to handle stress Digestive disturbances (<i>diarrhea, constipation, GI discomfort</i>)	A diet insufficient in Omega 3's can disrupt brain and joint health



Benefits of a Spring Cleanse

- * Increased energy
- * Decreased appetite & less cravings for unhealthy foods
- * Strengthened immunity
- * May aid in weight loss
 - * When fed correctly, your body will put itself at the weight it should be at
- * Clearer thinking
- * Improved sleep
- * Better mood, more positive outlook, fresh beginnings in all areas of your life
- * If you maintain “clean eating” as a lifestyle:
 - * Decreased cholesterol/triglycerides
 - * Stable blood sugar
 - * Increased antioxidant intake



Identifying a Fad Vs. Healthy Detox

* A “Fad” Is:

- * A complete aversion of one whole macronutrient category
- * Anything requiring you taking synthetic supplements
- * Any program promising a “quick” fix to a disease or diagnosis

* A Healthy Detox Includes:

- * Unprocessed food
 - * Food as close to its “original source” as possible
- * The right amount of each macronutrient
- * A variety of colors, textures, shapes, tastes, and sizes
- * A baseline of good health you can always come back to
- * Encourages rest, stress management, and exercise



Take the 21 Day “Clean Eating” Challenge!

- * Take some time out to focus on your health!
- * Include nutrient dense foods that promote natural elimination
 - * Unprocessed food in its whole form
- * Exclude foods that are taxing to your body
- * Include more exercise- sweat a lot!
- * Here are 5 practical tips that will lead to some “whole body cleansing”



The 21 Day Clean Eating Challenge

1. Foods To Use

- * Leafy green veggies
- * Lemons & other citrus fruits
- * Beets & other deep, dark red/green fruits/vegetables
- * "Clean" protein
- * Cruciferous vegetables
 - * Broccoli, brussels sprouts, rutabaga
- * Whole, unprocessed grains (1/2 cup portions)
- * Healthy fats
- * Fresh herbs and a variety of spices
- * Green/herbal teas
- * Lots of water!



* PLANNING/PREPPING YOUR FOOD AND ANTICIPATING POTENTIAL DISTRACTIONS ARE THE BEST WAYS TO COMPLETE A SUCCESSFUL CLEAN EATING CHALLENGE!





Take the 21 Day Clean Eating Challenge!

2. Foods To Lose

- * The following tend to add to our toxic load:
 - * Caffeine (green tea is okay!)
 - * Added sugar
 - * Processed foods
 - * Hydrogenated oils and fats (all pre-packaged meals/snacks and most fast food)
 - * Alcohol
 - * Food additives, chemicals, and artificial sweeteners
 - * Gluten and dairy (will be listed on the food label)

Why the dietary restrictions?



Other Ways to Jumpstart Your Health

* 3. The Power Of Exercise



* 4. Rest and Stress Reduction



* 5. Hydrate, hydrate, hydrate!



“Cleanse Friendly” Meals and Snacks

SAMPLE DAY OF EATING ON THE 21 DAY CLEAN EATING CHALLENGE

BREAKFAST	1-2 eggs (any style) and piece of fruit; cup of green tea with honey
LUNCH	Grilled chicken salad; olive oil and vinegar for dressing; handful of sunflower seeds on side; orange and piece of dark chocolate (no sugar added) for dessert
DINNER	Baked salmon, sautéed asparagus, side salad, ½ cup brown rice; handful of frozen grapes as a dessert
SNACKS	Apple with almond butter, hummus with veggies, smoothie, fruit salad, tuna and rice crackers, home made protein bar, etc.

With a little bit of planning and food prep, just about anyone can complete a 21 day clean eating challenge!



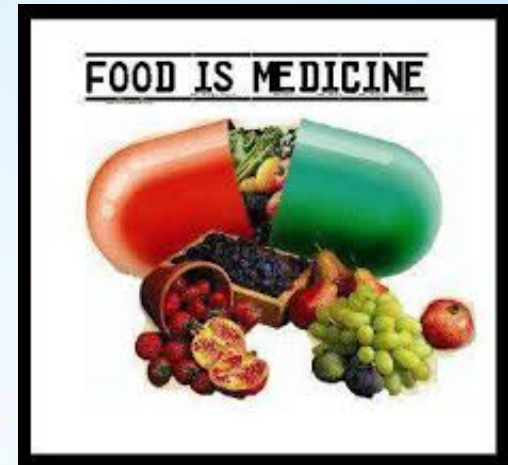
What Do We Recommend?

- * Assess your current diet and how you feel from day to day
 - * Could you use the 21 day clean eating challenge in your life?
- * Include the 5 Components of Detox in your everyday life as much as possible
 - * If you want to stay healthy in our increasingly toxic world, detoxifying foods and habits are essential
- * There is no cure like a clean diet, some sweat, fresh air, laughter, and friends!
- * Don't be hard on yourself or feel like you have to change everything overnight
 - * Take it step by step...choose one change every week that you make and build up a healthy lifestyle from there



Springtime “Superfoods”!

- * Superfoods Improve Your Health By:
 - * Building your bones
 - * Preventing chronic disease
 - * Improve your eyesight
 - * Keeping your mind “sharp” and improving your memory
- * After a long winter, eating more superfoods will help to:
 - * Improve your mood
 - * Increase energy your energy levels
 - * Jumpstart weight loss



“Food, if chosen well, can reshape our medical destinies for the better.” - Dr. David Katz, director of the Yale Prevention Research Center

6 Springtime “Superfoods”!

* Asparagus

- * High in Vitamin K and Folate
- * Boosts the mood!
- * Serve steamed, sautéed, stir fried, baked, on a wrap or sandwich, or with a dip



* Walnuts

- * Rich in Omega 3's
- * Boosts the mood and promotes relaxation
- * Enjoy raw, in a salad, or as part of a crusted chicken dish



* Citrus (*oranges, lemons, limes, grapefruits*)

- * Contain Vitamin C which strengthens immune system
- * Assists your body in daily detox
- * Full of fiber and water to help with weight loss



6 Springtime “Superfoods”!

* Raw, Local Bee Honey and Bee Pollen

- * May help reduce symptoms of seasonal allergies
- * Strengthens immunity, boosts energy levels, and digestive health
- * Put in tea, yogurt, smoothies, or enjoy a spoonful raw!



* Quinoa

- * Provides energy through its abundance of B vitamins
- * As far as grains go, quinoa is packed with protein! The smaller the grain, the higher the amount of protein you'll get
- * Use for hot or cold side dishes, on top of a salad, or even as a hot breakfast cereal



* Dandelion Greens

- * Loaded with Calcium (*1 cup has 10% of recommended daily value for a healthy adult*)
- * Full of Iron (*provides energy*) and contains many Antioxidants (A+C)
- * Throw these peppery greens into a salad, in a soup, or in a wrap/sandwich to add an interesting 'zing' to your meal!



Springtime Allergies 101

- * Springtime brings us sunshine, flowers...and allergies
 - * Over 40 million Americans suffer from seasonal allergies



- * Seasonal allergies flare in the spring and fall
 - * Air-borne allergens, like grass, tree, and ragweed pollen, take flight
- * Seasonal allergies are largely due to an immune response in the body
 - * The immune system mistakenly identifying pollen or other substances as a foreigner
 - * Histamine is released to combat the “foreign” substances, causing an array of undesirable symptoms
 - * Inflammation, caused by us breathing in foreign substances, can cause sinusitis (*inflammation of the sinus/nasal passages*)
- * As many of you can relate to, symptoms include:
 - * Sneezing, sniffing, wheezing, itchy throat/eyes, runny nose, headaches, dry eyes, and much more

Springtime Allergies 101

* Natural antihistamines

- * Green/black tea, citrus fruits, parsley, tomatoes, lettuce, broccoli, onions, garlic, cherries, grapes, berries, and radishes



* Anti inflammatory foods (*high in Omega 3's*)

- * Fatty fish (*salmon, mackerel, tuna*), walnuts, hemp/chia/flax seeds, etc.

* Probiotic rich foods (*improves gut health and strengthens immunity*)

- * Yogurt, kefir, fermented food products, Kombucha tea, etc.

* Eat like a Greek- follow Mediterranean Diet principles

- * Eat a diet abundant in fruits, veggies, beans, whole grains, fish, and healthy fats (*olive oil, avocado, nuts, fatty fish, etc.*)



* Foods to avoid:

- * Spicy foods (*can cause an outpouring of histamine*)
- * Refined sugar/processed foods: can flare inflammation



Seasonal Grocery Shopping

- * Knowing what's in season can save money and be more nutritionally beneficial
- * The greater the distance the food has to travel to the consumer, the greater contribution to environmental harm and lesser the nutrient value of the food
- * Purchasing local food benefits the local economy
- * When you choose produce at the grocery store, notice where it was grown
 - * If it's not specified, find out!
- * To save money, make a shopping list and plan your meals ahead!



Seasonal Shopping: Local Foods

- * Food that is grown and harvested locally is usually given more time to ripen, increasing nutrient value
- * Eating sustainably-grown crops reduces the potential human health and environmental consequences of pesticides
- * Buying local food encourages farmers to diversify their crops
- * Where to start: Join a CSA!
 - * Community Supported Agriculture (CSA)
 - * A great way to stay healthy, and fun for the whole family!
 - * Most CSA's are open for share purchases right now- receive fresh produce every week at a Whole sale price!
 - * <http://ctnofa.org/CSAs.htm> lists ALL farms in CT that offer a CSA



Seasonal Wellness: Upcoming Events



- * **March 24th: "A Taste of Health"**

- * Farm to table event with nurturing foods

- * Experience a full farm to table dinner and learn the basics of "farm to table" eating: \$25

- * Angelo's restaurant in West Hartford; www.nurturingfoods.org

- * **Greater Vernon Holistic Healthfest**

- * Learn all about natural options available in CT for the mind, body and spirit

- * Vernon, CT; \$5 admission; www.vernonhealthyfest.com

- * **April 25th: "Fight for Air Climb"**

- * Race, run or walk to the 34th floor of CT's tallest building to help raise funds that will help improve air quality and lung health

- * Hartford CT; www.fightforairclimb.org



Springtime Recipe Ideas!

* In Your Handout:

- * Superfood Spring Rolls!
- * Springtime Detox Salad
- * Asparagus Frittata



* On www.practicalnutrition.com:

- * Chicken, Green Bean, Corn, and Farro Salad with Goat Cheese
- * Grain Free Breakfast Cereal
- * Green Tea Ice Cubes
- * Chocolate Covered Rice Cakes
- * Avocado Dream Salad
- * Herb Vinaigrette Baked Salmon
- * Horseradish Almond Crusted Chicken
- * Wheat Free Pasta with Veggie Marinara
- * And Much More!



Time to Taste Test!

Spring Rolls with Sweet Chili Dipping Sauce!

- * Incorporates many springtime Super foods
- * Easy to make
- * Switches up the norm
- * And most importantly...delicious!



Thank You for Your Time!

- * Contact us anytime with any further questions, comments, or feedback:
 - * Ana Zeller, RD: zellerae@ehhd.org
- * Check out our website for many more recipes and nutrition tips/tricks: www.ehhd.org/bewell
- * As always, stay well, eat well, and have a beautiful week!

