



Dietitians' TOP CHOICES

Looking for a bit of healthy variety in your diet? Let the Choices Dietitians help.

Each month in our stores you'll find green labels on certain products, indicating our Dietitians' Top Choices. There will be a number of items featured in every department.

For a complete, current list of our Dietitians' Top Choices ask instore for a copy to take home or go online at www.choicesmarkets.com/nutrition

Expert:

Expert: Katolen Yardley, MNIMH, Medical Herbalist

Q To rid my body of toxic build up I cleanse once a year, but what can I do more regularly to clear away toxins?

A Cleansing is ideal support for the body's organs of elimination. Daily or repeated exposure to air pollutants, chemicals in the water, drugs or medications, food additives and allergens can all create toxic build up in the body, leading to symptoms like headaches, foggy thinking, depression, itching skin. Even degenerative conditions such as arthritis can be the result of a toxic overload. Following a regular cleansing routine can lessen the work load on the internal organs and help to promote general wellbeing.

Your Diet

Each morning, drink a large glass of room-temperature water with freshly squeezed organic lemon juice as this helps activate digestive juices. Herbal teas (red clover, nettle, burdock, dandelion, etc.) are known blood cleansers that help remove waste matter from the bloodstream, kidneys and liver. Green tea assists the liver with detoxification and helps to prevent the formation of cancer-promoting toxins. Eat your greens! Vegetables are packed with anti-cancer nutrients. Their vitamin and antioxidant content are essential for immune system function and detoxification, and the high-fibre content helps lower cholesterol, while keeping the colon clean. Munch on seaweeds as they help remove heavy metals from the body and assist in preventing damage from environmental pollution and radiation.

Your Body

Raise your body temperature. Lower body temperature can contribute to weakened immunity and an inability to overthrow viruses and bacteria. Using Epsom salts in bath water, practicing hot yoga or any form of exercise and seasoning your food with fresh ginger or cayenne pepper powder can all help improve circulation. Epsom salts and infrared sauna therapy both encourage sweating and subsequent elimination of waste matter through the skin. Dry skin brushing promotes detoxification by encouraging lymphatic drainage, accelerates the removal of waste matter and increases circulation.

Your Environment

Populate main living areas with plants known to cleanse the air and detoxify the environment: aloe, spider plants, Boston ferns, banana plants, English ivy and philodendrons in particular. Limit plastics in your home as they emit chemicals known as xenoestrogens, a group of toxic chemicals that mimic estrogen and disrupt endocrine function.

For specific guidance on designing a cleansing program right for you, consider booking a clinic appointment. Katolen Yardley, MNIMH, Medical Herbalist, is in private practice in Vancouver and Port Moody, BC. Visit www.katolenyardley.com and www.alchemyelixir.com for more information.