

# Better Health...Best Self

Health, Wellness & Fitness Newsletter

Vernon Park Church of God

1975 E. Joe Orr Road, Lynwood, Illinois 60411

September 2016, Issue 1

## Nutrition/Health News

### Importance of Daily Detox – Part 1

Embracing healthier eating habits and a healthier lifestyle, is best accomplished if we start with a detox regimen of some sort. Much of the produce and food that we consume in the United States is full of pesticides, unpronounceable chemicals, antibiotics, growth hormones, fat, sugar, salt and other “mystery ingredients”. When making the decision to live a healthier life, it’s as if we are attempting to press the “reset” button on our health. It is strongly advisable that we begin this new phase of our lives with a daily detox routine. Detox teas, supplements and cleanse programs can produce uncomfortable cramping and be very costly. However, foods like lemons and plant based oils (especially coconut oil) are affordable, natural and can be used as an effective daily detox practice. As a matter of fact, I have been using lemons and coconut oil in my daily detox practice for a few years now.



Lemons are one of the top detoxifying foods in existence. Lemon juice helps balance pH levels in the body and stimulates the production of bile from the liver. This helps to bind and remove toxins from the body, if consumed on an empty stomach. One of the liver’s tasks is to remove toxins from the body. When we do not detox our bodies, the toxins from the foods we eat, our environment and unhealthy lifestyles, can build up and overwhelm our biological systems. Many times we are unaware of how toxic our bodies have become until it shows up in us as acne, blemishes, premature aging of the skin and other physical and/or health problems. But do not fret...it’s never too late to correct the mistakes of our past, this recipe is simple. Just add the juice of one medium to large lemon to a cup (about 8oz) of warm or hot water that has been boiled. Add nothing else. Then sip first thing in  
(Continued on page 2)



### Swiss Chard— SuperFood

Swiss chard, like spinach, is the storehouse of many antioxidants and plant based nutrients (phytonutrients) that promote good health and prevent disease. A great source of fiber and a close relative to beets, Swiss chard contains vitamins A, C, E, K, B6 and riboflavin. In terms of minerals, Swiss chard has a wealth of magnesium, manganese, potassium, iron, sodium, and copper.

One of the most important benefits of Swiss chard is the ability to regulate blood sugar levels which is extremely important in helping manage diabetes. Like many leafy green vegetables, this powerhouse food also has anti-cancer properties due to the huge amounts of antioxidants found in it. Antioxidants neutralize free radicals which cause healthy cells to become cancerous.  
(Continued on page 2)

### Recipe:

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*(Next Issue, "Importance of Daily Detox, Part 2-Oil Pulling")*

Swiss chard is available and at its best during the summer months from June to October. Chard has a delicious flavor and is an extremely perishable leafy vegetable which should be used as early as possible once harvested or purchased at your local grocer. Swiss chard is best kept refrigerated, unwashed and stored in an airtight container. However, make sure to wash the leaves thoroughly at the time of use.

**GET MOVING...**our bodies are designed to move and be active! Whether you walk, run, bike, swim or other, make sure to be physically active for at least 30min daily or most days of the week. For weight loss, do cardio exercise an hour daily for most days. Cross training is a good way to fight physical plateau and boredom by mixing up your workout as you engage in a different physical activity each day. Regular exercise helps to improve blood circulation, boost your immune system, burn calories and fat, release endorphins which can help improve your mood, relieve stress and strengthen the metabolism.



*Consult your physician before beginning a new exercise regimen or changing your diet.*