

Healthy4life.ca Newsletter - February 2020

Holistic nutrition includes body, mind and spirit. Articles will address each area.

Tips For Your Winter Detox

Drink 2 liters of water per day, more if you can tolerate it. This will help your kidneys eliminate toxins.

Start each day with a glass of room temperature with 1 tablespoon or 15 ml fresh lemon juice.

Cut back on red meat and refined carbohydrates. Switch to resistant starches. Increase fiber, both soluble and insoluble.

Consume more fermented foods and drinks.



Vitamin B9 Folic Acid #8 in a series on B vitamins.

B9, also known as folate and folacin, helps prevent low birth weight babies, neural tube defects and premature birth. It is important to nervous system function. It helps red and white blood cell production and for immune system function. It can also help reduce high blood levels of homocysteine. High homocysteine is a high risk factor for

many types of cardiovascular disease.

Folic acid foods include leafy green vegetables, apricots, artichokes, asparagus, avocados, banana, barley, bean sprouts, beets and beet greens, boysenberries, Brussels sprouts, dried beans, brewer's yeast, brown rice, cantaloupe, celery, corn, eggs, fish, lentils, loganberries, mushrooms, nuts, okra, oranges, organ meats, parsnips, peas, pineapple, root vegetables, seeds, soy flour, strawberries, tempeh, wheat bran, wheat germ. Intestinal bacteria can make vitamin B9.

It is found in so many foods that you should be able to get enough in your diet no matter what type of whole food diet you consume be it standard, vegetarian or vegan. The avocado corn soup below is a good source of folic acid.

Avocado Corn Soup

Serves 4

1 ripe avocado thinly sliced or 1 cup/250 ml
chopped frozen avocado, chopped to 1/4" or 6mm
pieces

2 cups or 500 ml fresh or frozen corn

2 tbsp or 30 ml extra virgin olive oil

1 cup or 250 ml diced celery

1 cup or 250 ml diced white onion

2 cloves garlic, minced

3 cups or 750 ml gluten free vegetable stock or water

zest of 1 lemon or 2 limes

2 bay leaves

pinch ground nutmeg

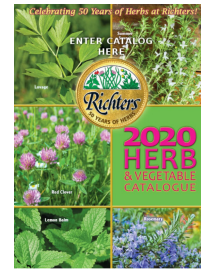
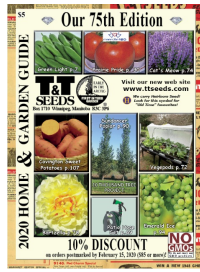
pinch sea salt, pinch black pepper

1 tbsp or 15 ml fresh cilantro or Italian parsley, chopped for garnish



In a large pot, heat olive oil. Saute onion, celery and garlic until soft. Add corn, saute 2 minutes. Add stock, citrus zest, bay leaves and nutmeg. Cover, simmer 7 minutes, turn off heat. Remove bay leaves. Blend until smooth. Season with salt and pepper. Garnish soup in bowls with avocado and cilantro/parsley.

Nutrition Facts: calories 377, fat 20 g, sodium 300 mg, carb 24 g, protein 29 g, calcium 42.6 mg, iron 3.5 mg, potassium 933 mg, magnesium 74 mg, phosphorus 335 mg, zinc 6.5 mg, fibre 5.8 g, folate 73 UG, niacin 8.2 mg, pantothenic acid 2 mg, Vitamin A 633 IU, Vitamin C 19 mg, betaine 8.8 mg, selenium 20.6 UG.



Seed Catalogues: It's That Time of Year! Hooray!

The last few weeks have been wonderful: reclining, cats on lap, seed catalogues in hand and a hot cup of herbal tea. Many pleasant hours have been spent marking up potential varieties and bare root plants. The challenge is to narrow down the list to practical for planting. It is fun to dream.

Here are some links to Canadian seed companies.

<https://ttseeds.com/cr2019/>

<https://www.veseys.com/>

<https://www.richters.com/>

<https://www.oscseeds.com/>

Link between inflammation and mental sluggishness shown in new study

Scientists at the University of Birmingham in collaboration with the University of Amsterdam have uncovered a possible explanation for the mental sluggishness that often accompanies illness.

<https://www.sciencedaily.com/releases/2019/11/191115190337.htm>

**Be healthy 4 life,
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