



Holistic Nutrition Healing and Hope

Life Skills, Relaxation, Coaching

Healthy4life.ca Newsletter - April 2018

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

Hello, Friends!

Spring Cleaning for Your Gut

Your body will appreciate you giving your gastrointestinal tract a good spring cleaning, detoxification and healing. Winter comfort foods tend to be heavier with carbohydrates and now is a good time to take a load off your digestion. Start by making sure you are drinking enough clean water daily. If not, try to increase your intake by 1 cup or 250 ml per day for a week or two and then increase it again. Your skin, brain and organs will thank you.

Perhaps your liver has gotten sluggish over the winter. You can help it get rid of toxins by eating more dark leafy greens, fennel, ginger, cooking with burdock root or drinking milk thistle tea. Limiting sugar and alcohol will also help your cleanse. Take an honest look at your diet and ensure you are getting enough a minimum of 34 g/day of fibre.

Movement and exercise will also help your body get rid of toxins. Even a 10 minute walk per day can help. Your circulation and lymphatic system will function better as well. Your cells will get more oxygen which helps them function better.

Spring cleaning: eat healthy whole foods, drink enough water and get moving!

Herb Tea

The snow is almost gone in most areas and my chive clumps have pushed up about an inch or 25 mm of little



green spikes. They reminded me to check on my other tea pot herbs. So far the lemon balm and peppermint have not pushed through the dead grass and the sage buds are still waiting to burst. However, it won't be long until nutritious fresh perennial herbs are ready to be pinched for the tea pot and share their vitamins and minerals with us in addition to the fresh taste and enticing scents. I am really looking forward to them. If you don't currently have any in your yard, now is the time to plant some seed or to start looking for transplants to harden off for planting later this month.

What nutrients are in these savory tea herbs?

Chives contain vitamin K, vitamin A, vitamin C, omega 3, omega 6, calcium, magnesium, phosphorus, potassium, folate, manganese and phytosterols.

Lemon balm contains caffeic acid and rosmarinic acid, powerful antioxidants and also contains eugenol, which acts like a natural anti-inflammatory.

Peppermint contains fibre, omega 3, omega 6, vitamins A, C, niacin, folate, calcium, magnesium, potassium, phosphorus and phytosterols.

Sage contains fibre, omega 3, omega 6, vitamins A, E, K, niacin, B6, folate, choline, calcium, iron, magnesium, phosphorus, potassium, sodium, zinc, manganese, selenium and phytosterols.

Source: Nutrient data for this listing was provided by USDA SR-21.

Read More <http://nutritiondata.self.com/facts/spices-and-herbs/208/2#ixzz5BCiMQd9t>

Upcoming Online Workshops

Communicating With Your Health Care Professionals

Tuesday April 24, 7 to 7:30 pm

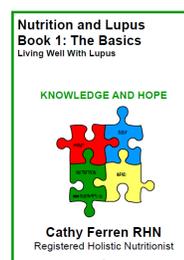
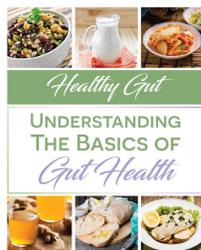
<https://zoom.us/j/6829093805>



Power of Attorney for Personal Care

Monday May 14, 7 to 8 pm

<https://zoom.us/j/6829093805>



Understanding the Basics of Gut Health

One of my ebooks to help you through the importance of nutrition and a healthy microbiome. [Click to see a preview.](#) eBooks available for purchase on www.healthy4life.ca

Understanding the Basics of Gut Health \$8 + HST

Smoothies \$6.99 + HST

Nutrition and Lupus 5 eBook Series \$34.99 + HST

**Be healthy 4 life,
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