

INTRODUCTION

Welcome! The Community Spring Cleanse is a 7-day diet & lifestyle plan designed to introduce a Naturopathic Medical approach to “cleansing” or “detoxification”.

As Naturopathic Doctors, we don't subscribe to trendy products or extreme diets. We believe that a “cleanse” or “detox” program should be integrated into our daily lives with healthy dietary and lifestyle choices. The plan we are offering is a brief “get started” program, which minimizes exposure to toxins, and supports the body's ability to neutralize and eliminate toxins more efficiently. You will be asked to avoid foods and chemicals that increase your toxic load or which are known common allergens. This will allow the body a chance to recover from the burden of a modern North American diet and lifestyle.

In our experience, this program is generally well-tolerated and beneficial. There is no “typical” response, and individuals' results will vary according to personal biochemistry, physiology, and previous dietary & lifestyle habits. Many people report: increased energy and alertness, a decrease in muscle or joint pain, improved digestion, sleep, and an overall sense of well-being.

We realize that making dietary and lifestyle changes can be a challenging, and sometimes confusing process. It doesn't have to be, and we'll try to simplify it here for you with recipes and a meal plan, with options for both beginner and advanced participants. The following pages contain suggestions about which foods to eat and which foods to avoid, and also includes recipes, a meal plan and other great tips for living a “clean & green lifestyle”.

DIETARY GUIDELINES

The following are some general dietary guidelines for the 7-day plan. Keep reading to see a comprehensive chart outlining specific foods to include or avoid while on the plan. You will also find a 7-day meal plan and recipes to help you get started.

In general:

Always stay well hydrated, by drinking at least 2L of filtered water daily. Avoid the use of plastic bottles, choose instead glass or stainless steel.

Eat 3 meals daily, including breakfast. Several snacks may be incorporated if desired.

While people may lose weight on this diet, it is NOT a calorie-restricted diet. Go ahead and eat if hungry!

While animal foods are allowed in the plan, focus on a plant-based diet: include vegetable protein sources daily, limit your meats to organically raised beef and chicken or wild game and try for at least one completely vegetarian day.

Select fresh, local, ORGANIC foods wherever possible.

Eat foods as close to their whole, natural state as possible, and limit foods that have been processed in any way; particularly packaged foods with additives and preservatives.

Strictly avoid: FRIED FOODS, SUGAR & FLOURS, ALCOHOL

Avoid (as much as possible): WHEAT, PROCESSED FOODS, ADDITIVES, CANNED FOODS, CAFFEINE, DELI MEATS, DAIRY

We will provide a seven-day menu plan and recipes for variety, but feel free to modify the suggestions to your taste, and to cut back on prep time, make extra servings and use leftovers for the next day's meals.

We highly recommend that you do some planning. Review and edit the menu plan, make your grocery list based on the plan, and set aside some prep time. Perhaps the weekend before can be used to stock your kitchen, and bake/cook a few items that can be frozen. For regular caffeine drinkers: you may want to decrease your caffeine intake gradually to avoid withdrawal headaches. First cut back to no more than one per day, then try switching to half caf/ half decaf for a few days and so on.

FOOD LIST

The table below is arranged into three columns. The first column is for both beginners and advanced participants, and lists all the foods in each category that should be included. The next two columns offer further instructions for advanced participants (foods to exclude) and beginners (foods to avoid and goals). For suggestions of where to buy and discounts available, see our Resources section.

Beginner & Advanced FOODS to INCLUDE	Advanced FOODS to EXCLUDE	Beginners FOODS to AVOID & GOALS
Fruit Whole fresh fruit Fresh frozen fruit Unsweetened 100% juice (not from concentrate) Organic dates, apricots, prunes, figs (dried)	Oranges, orange juice, tangerines, conventional (sulfited) dried fruit/raisins	Avoid sweetened juices, juice cocktails and canned fruit. Aim for at least 1 fresh fruit daily.
Dairy/Substitutes Unsweetened rice, almond, coconut milk Plain, organic full fat yoghurt	Milk, cheese, cream other yoghurts, butter, ice cream, sour cream, frozen yoghurt, non-dairy creamers, powdered milk or cheeses	Avoid ice cream, frozen yoghurt, flavored yoghurt Limit cheese and milk to 1 serving per day and choose organic if possible. Try goat or sheep varieties.
Vegetables Raw, steamed, sautéed, juiced, or roasted vegetables (especially dark leafy greens and root vegetables)	Corn, mushrooms, creamed vegetables, canned vegetables, fried or battered vegetables	Avoid canned and fried vegetables Aim for at least 3 fresh veggies daily
Whole grains Brown rice, millet, quinoa, amaranth, buckwheat, spelt, kamut, oats and their products	Wheat, and wheat products Corn, and corn products Yeast-containing breads and baked goods	Avoid refined white flour breads, pastas, pastries, crackers, and baked goods. Choose 100% whole grain varieties that are high in fibre.

<p>Vegetable protein Split peas, lentils, and all types of beans If you do consume soy, try to limit it to organic: tofu, tempeh, and edamame, soy milk</p>	<p>Non-organic soybeans and soy products Soy sauce, soy nuts, soybean oil, soy cheese/yoghurt, soy-based deli meats, textured vegetable protein</p>	<p>Note that soy is a highly modified and chemically sprayed crop, so it pays to go organic. Soy sauce is high in sodium and usually contains wheat. Use low-sodium, wheat-free variety in moderation.</p>
<p>Fish Wild pacific salmon, tilapia, herring, sardines, mackerel, freshwater trout, cod, pollock, haddock.</p>	<p>The following are higher in heavy metals and other toxins: farmed fish, shark, swordfish, tuna sashimi or steaks, king mackerel, tilefish, grouper, sea trout, seabass, orange roughy, bluefish, white albacore canned tuna.</p>	<p>Try for at least 1 serving (3-4 ounces) of the recommended fish this week. No more than 2 servings per week.</p>

Beginner & Advanced FOODS to INCLUDE	Advanced FOODS to EXCLUDE	Beginners FOODS to AVOID & GOALS
<p>Meat/Poultry/Eggs Wild game (bison, venison, etc) Organic: lamb, duck, chicken turkey, beef (limit beef to 4-6 oz. 1 x per week)</p>	<p>Eggs Pork Processed meats: sausage, hot dogs, deli meats, canned meats, shellfish</p>	<p>Avoid any deli meats, hotdogs, canned meats Limit red meat to 1 x / week Choose organic, kosher or halal meat where possible.</p>
<p>Nuts & Seeds Raw, unsalted, unflavored nuts and seeds: almonds, walnuts, hazelnuts, pecans, sesame, flax, sunflower and pumpkin seeds Almond butter, tahini</p>	<p>Peanuts, peanut butter, pistachios, cashews Note: these nuts tend to contain aflatoxins and are common mold carriers</p>	<p>Try for 1-2 servings (1 ounce nuts 2 tbsp seeds) per day.</p>
<p>Fats/Oils 2 tbsp raw, unrefined, cold-pressed olive oil (to drizzle) daily regular olive or coconut oil for cooking olives, avocado</p>	<p>Butter, shortening, margarine or commercial spreads, processed oils, canola oil, commercial salad dressings, mayonnaise, lard</p>	<p>Avoid shortening, lard, margarine/spreads, mayonnaise Try to include 1-2 Tbsp raw unrefined olive oil daily</p>

<p>Drinks Carbon-block filtered or reverse osmosis water Decaffeinated herbal tea Mineral water Fresh or unsweetened fruit or vegetable juices (low sodium), unsalted broth</p>	<p>Alcohol, coffee, black tea, caffeinated beverages, soft drinks, sweetened juices/teas/ beverages especially those containing high fructose corn syrup.</p>	<p>Limit alcohol to 1 serving (1.5 oz liquor or 4-6 oz wine, or 1 beer) at a time, up to 3 times per week. Limit caffeine to no more than one beverage per day. Switch to organic coffee beans, as decaf has solvents in it and an increase in toxins. Aim for 8 glasses of water daily.</p>
<p>Sweeteners Fruit puree, brown rice syrup, agave nectar, blackstrap molasses, pure maple syrup (medium grade)</p>	<p>Refined sugars: white/brown/ cane Honey High fructose corn syrup Evaporated cane juice Splenda, sucralose, aspartame, acesulfame potassium</p>	<p>At the least, avoid artificial sweeteners (everything from high fructose corn syrup, aspartame, splenda, sucralose etc) and limit or exclude refined sugars as much as possible.</p>
<p>Condiments Apple cider vinegar Fresh or dried herbs and spices Unsalted broths Mustard powder Wheat-free low-sodium tamari (soy sauce) in moderation</p>	<p>Chocolate/cocoa Ketchup, relish Commercial chutney, dressings, sauces, marinades, regular soy sauce</p>	<p>Same as advanced</p>

*** READ ALL INGREDIENT LABELS CAREFULLY**

MENU PLAN

How to make it work for you:

Plan it out. Now that you are committed, make a plan. Look at your schedule and plan your meals accordingly. Can you pack a lunch or choose healthier options when eating out? When will you shop and prepare meals? Where will you get the items you need? (See Resources section for suggestions)

Stock up for success. Prepare a shopping list and make sure you have all the necessities on hand.

Double up. Consider making more than you need of some items or recipes (ie rice, quinoa, soups, etc) and use leftovers as part of the next day's meal.

Simplify. Do less other stuff this week. Keep it simple where possible. Let your body and mind focus on cleansing and rejuvenating.

Snack as needed between meals on any of the allowed foods.

Day 1

Upon waking: drink 8 Oz room temperature filtered water with ½ lemon juiced into it.

BREAKFAST:

Fresh Green Smoothie* - or –

Whole grain wheat-free cereal with 2 Tbsp seeds, almond, soy or rice milk, and fruit of your choice

LUNCH:

French Lentil Soup* or Gazpacho Soup* or Amy's Organic or Daily Apple vegetarian soups

Green salad (baby greens, arugula, spinach) with Detox Dressing*

Fresh fruit of your choice

Organic brown rice cakes with almond butter

DINNER:

Steamed brown rice

Very Veggie Chili* – or – Chili con carne*

Guacamole*

Do not eat anything for at least 2-3 hours before bed for optimal digestion and to enhance detoxification while you sleep.

Day 1 Recipes

Detox Dressing

(can be made ahead and kept in a cool dark place for 4-7 days)

½ cup unrefined cold-pressed olive oil

¼ cup freshly squeezed lemon juice

2 garlic cloves, pressed

2 Tbsp pure maple syrup

Sea salt to taste

Green Smoothie

2 cups any leafy greens (kale, spinach, chard, parsley, cilantro)

2 cups fruit (fresh or frozen – berries, peaches, apple, pear)

2 Tbsp sunflower seeds or pumpkin seeds

2 cups water

Splash of lemon juice

Blend all ingredients in blender until smooth and creamy.

**optional: add protein powder (rice, hemp) or ground flax seeds

Guacamole (makes 2-3 servings)

1 ripe avocado, mashed

1-2 tsp minced shallot or red onion

½ clove crushed garlic

1 tsp lime juice

Dash sea salt, dash cayenne to taste

Blend all ingredients in bowl.

French Lentil Soup (makes ~ 8 servings)

2 cups French lentils

1 Tbsp olive oil

1 large white or yellow onion, diced

1 large carrot, peeled and diced

2-3 stalks celery, diced

4 cloves garlic, minced

2 tsp dried tarragon 1 tsp dried thyme

1 tsp paprika

2 bay leaves

2 L (8 cups) organic veggie or chicken broth

Fresh ground black pepper and sea salt to taste

Heat oil in soup pot. Add onions and cook over med-high heat for 5 mins. Add carrots, garlic, celery and cook another 5 mins. Add dried herbs (except bay leaves) and sauté 2 more minutes. Add lentils, bay leaves, S&P and broth and stir well. Bring to a boil, then reduce heat and simmer for about 45 minutes (until lentils are tender). Soup may be thinned with more liquid, or thickened by further simmering uncovered to reduce. Serve as is, or puree for creamy consistency.

Gazpacho Soup (makes 6-8 servings)

1.5 lb fresh ripe tomatoes (or organic canned tomatoes)

½ cucumber, peeled and chopped

3 green onions, peeled and chopped

½ red pepper, diced

2 cloves garlic, crushed

4 Tbsp unrefined raw olive oil

2 Tbsp apple cider vinegar

2 Tbsp fresh chopped basil

¼ cup kalamata olives, pitted

1 cup water

S&P

Make little "x's" with a paring knife on the bottom of each tomato. Place tomatoes in bowl and pour boiling water over them. After several minutes, carefully remove from water and peel skin away. Half tomatoes, and discard skin and seeds. Place tomatoes and all other ingredients except water in blender and blend until smooth. Use water in small increments to thin if necessary. Chill soup thoroughly, and serve cold. Garnish with a drizzle of olive oil, extra chopped basil, and a dollop of plain organic yoghurt.

Very Veggie Chili (makes 6-8 servings)

2 tbsp olive oil
1.5 cups chopped onion
2 celery stalks, chopped
1 cup bell peppers, chopped
1 cup carrots, chopped
3-4 cloves garlic, minced
5 large Portobello mushrooms, stemmed, wiped clean, and diced
2 Tbsp chili powder
1 Tbsp cumin
1.5 tsp salt
¼ tsp cayenne
4 large tomatoes, peeled, seeded and chopped
3 cups cooked or canned kidney beans, navy beans, cannellini beans and/or black beans, rinsed & drained
1 (15-oz) can organic tomato sauce
1 cup water
¼ cup fresh cilantro, chopped

In large, heavy pot, heat oil over med-high heat. Add onions and cook for 3 minutes while stirring. Add carrots, celery and garlic and continue for 3-5 minutes. Add mushrooms and continue until all veggies are soft, giving off liquid, and starting to brown. Add chili powder, cumin, salt, cayenne and stir well for 30 seconds. Add tomatoes, beans, tomato sauce and water. Stir well, then bring to a boil. Reduce heat to med-low and simmer for 20 minutes, stirring occasionally. Adjust seasonings to taste.

Top with a little guacamole and cilantro and serve over brown rice.

Chili con carne

Substitute the mushrooms and 1 cup of beans above, for 1 pound organic ground beef or turkey.

In large, heavy pot, heat oil over med-high heat. Add onions and cook for 3 minutes while stirring. Add ground beef or turkey and garlic, and cook until meat is browned throughout. Continue as in recipe above.

DAY 2 – Tuesday

Upon waking: drink 8 oz room temperature filtered water with ½ lemon juiced into it.

BREAKFAST:

Berry Yoghurt Smoothie* (unless sensitive to dairy, use substitute like rice or almond milk)

– or –

Creamy Coconut Quinoa with Blueberries*

LUNCH:

Leftover soup or chili

Green salad (baby greens, arugula, spinach) with Detox Dressing*

Brown rice or seed crackers (we love Mary's Crackers – caraway or Herb flavors)

with hummus

or guacamole

Fresh fruit of your choice

DINNER:

Carrot Salad*

Broiled or Grilled Salmon (brush lightly with olive oil, drizzle with lemon juice, and season with

S&P, minced garlic and dried parsley. Broil or grill.)

Garlicky Greens*

Baked Sweet Potato (bake like a potato and drizzle with unrefined olive oil, and fresh ground salt

& pepper)

Day 2 Recipes

Creamy Quinoa with Blueberries (makes 4 servings – can be reheated the next day, just add a little liquid)

1 cup quinoa, rinsed and drained
1 cup water
1 cup coconut milk
½ tsp salt
1 cup fresh or frozen blueberries

Bring water and coconut milk to a boil. Add salt and bring back to boil. Add quinoa and stir. When it returns to the boil, reduce heat and simmer for about 12-13 minutes. Add blueberries and gently stir, allowing to cook another 2-3 minutes. Before serving, gently separate grains with a fork. Top with 1 Tbsp pumpkin seeds or unsweetened shredded coconut.

Berry Yoghurt Smoothie

½-¾ cup plain organic yoghurt
½ cup unsweetened cherry, pomegranate, cranberry or blueberry juice
1 cup fresh or frozen mixed berries
Blend until smooth.
** optional: protein powder

Carrot Salad (makes 6-8 servings)

Shred 6 large carrots into a large bowl, and add ½ cup sunflower seeds
In a separate bowl make dressing by whisking together: ½ cup unrefined olive oil, 1 lemon juiced, 1-2 Tbsp pure maple syrup or agave nectar, ¼ tsp sea salt, and freshly ground pepper. Toss carrots and seeds well with dressing and refrigerate for at least 1 hour before serving.

Garlicky Greens

1 cup greens of your choice per serving (will reduce when cooked)
Suggestions: bok choy, Chinese or baby broccoli, swiss chard, kale, brussel sprouts, rapini

Heat pan. Add olive oil or coconut oil and heat. Stir-fry greens quickly on high heat, stirring frequently. Add ½ clove crushed/minced garlic per serving and sauté until greens are bright green in color, and tender. Don't overcook. Serve with a drizzle of lemon juice, S&P.

DAY 3 – Wednesday

Upon waking: drink 8 oz room temperature filtered water with ½ lemon juiced into it.

BREAKFAST:

Fresh Green Smoothie* - or –

Whole grain wheat-free toast with almond or hemp seed butter and sliced apple/pear
– or –

Daily Apple wheat-free muffin with plain organic yoghurt and mixed berries

LUNCH:

Kitchen Sink Salad* with Detox Dressing*

Brown rice cakes or seed crackers with hummus or almond butter

Fresh fruit of your choice

DINNER:

Portobello Mushroom Steak – or – Organic Grilled Steak (brush lightly with olive oil, season

simply with S&P, grill and serve with caramelized red onions)

Green Beans with Tomatoes & Basil*

Baked Sweet Potato – or – White Bean Mash*

Day 3 Recipes

Kitchen Sink Salad (serves 4)

4 cups salad greens (baby greens, baby arugula, baby romaine)

1 can organic chick peas

1 medium carrot grated

1 cup sunflower sprouts

Leftover grilled salmon, chicken or turkey, sliced or shredded

¼ cup finely diced red onion

¼ cup toasted pumpkin seeds

½ cup cherry or grape tomatoes, halved

Toss liberally with dressing.

Green Beans with Tomatoes (makes 4 servings)

Wash and trim 1 lb green beans. Steam just until beans turn bright green, then remove from heat. Heat pan.

Add olive oil & heat 30-60 seconds. Sauté green beans on med-high heat with 2 cloves minced garlic, and 1

cup halved cherry tomatoes for 3-5 minutes until tomatoes are soft and beans are tender.

For the last 30-60

seconds, add 4 Tbsp (1/4 cup) fresh chopped basil.

White Bean Mash (makes 4 servings)

Heat 2 cups cooked or organic canned white beans, cannellini beans or navy beans in ½ cup water or broth for about 10 minutes or until hot.

Meanwhile, in a separate hot pan, heat olive oil, then sauté 1 cup chopped onion, 2-3 cloves minced garlic and 2 tsp dried thyme until soft and just starting to brown.

Combine all ingredients in large bowl along with zest from 2 washed organic lemons, 2-3 Tbsp lemon juice, 2 Tbsp olive oil, sea salt and ground pepper. Mash to desired consistency, and adjust seasonings to taste.

DAY 4 – Thursday

Upon waking: drink 8 oz room temperature filtered water with ½ lemon juiced into it.

BREAKFAST:

Whole grain wheat-free toast with almond butter and a sliced apple or pear - or -
Whole grain wheat-free cereal with 2 tbsp seeds, almond, soy or rice milk, and fruit of your choice

LUNCH:

Romaine Lettuce Wraps*
Super Quinoa Tabouleh*
Fresh fruit of your choice

DINNER:

Fruity Spinach Salad*
Savory Roast Chicken*
Popcorn Cauliflower*
Pecan Pie Bites*

Day 4 Recipes

Lettuce Wraps (per person)

2 large washed and dried romaine leaves

½ cup leftover white bean mash, hummus or left over chicken or diced meat with ½ mashed avocado

¼ cup red pepper, thinly sliced

2Tbs finely diced red onion

½ cup sunflower or alfalfa sprouts

Arrange half of each ingredient in the middle of each romaine leaf lengthwise. Fold bottom of leaf up and sides over like a burrito and serve.

Super Quinoa Tabouleh (makes 4-6 servings, and even better the next day)

1 cup quinoa, uncooked

1 tsp salt

½ cup fresh lemon juice

½ cup olive oil

2 -3 cloves garlic, crushed

4 scallions, minced

1 cup packed minced fresh parsley

¼ cup fresh chopped mint (or 2 Tbsp dried)

1 cup cherry or grape tomatoes, quartered

½ cucumber, peeled, seeded and diced

Black pepper to taste

Rinse quinoa in a fine sieve, drain well and place in medium saucepan. Add 2 cups water or broth and bring to boil. Reduce heat to medium, cover and cook for 10-12 minutes.

Uncover and cook until water is absorbed and grains are tender. Gently fluff and separate grains with a fork, then spread on towel-lined baking sheet for 5 minutes to cool. In a large bowl, combine all other ingredients and mix well. Add cooled quinoa to bowl and gently toss. Cover and refrigerate for at least 30 minutes before serving.

Fruity Spinach Salad (serves 4-6)

3 cups baby spinach, washed and dried

½ cup raspberries washed and patted dry

½ cup strawberries, sliced

½ cup chopped walnuts

In a pan, gently toast walnuts over medium heat until golden and fragrant. Set aside to cool.

In blender combine: 2-3 Tbsp poppy seeds, 2 chopped scallions, ½ cup olive oil, ¼ cup

balsamic vinegar, 2Tbs pure maple syrup, and ¼ cup cilantro leaves. Blend until smooth. Put all ingredients in large bowl, toss with dressing & top with toasted walnuts.

Savory Roast Chicken

1 whole, organic chicken
2 lemons, zest reserved, 1 lemon sliced, 1 lemon juiced
2 heads garlic, peeled and separated, 3 cloves thinly sliced
2 sprigs each fresh: rosemary, thyme, oregano
2 Tbsp paprika
¼ cup water
¼ cup wheat-free, low-sodium tamari
2 Tbsp pure honey or maple syrup
2.5 Tbsp olive oil
2 Tbsp sesame seeds
Sea salt

Preheat oven to 375 F.

Lift skin of chicken and insert herbs, half the sliced lemon and sliced garlic between skin and flesh. Rub outside of chicken with mixture of 2 Tbsp olive oil and paprika. Sprinkle chicken with sesame seeds and coarsely ground sea salt.

Coat remaining cloves of garlic with ½ Tbsp olive oil and spread in bottom of roasting pan. Place chicken on top of garlic. Mix together ¼ cup each water, tamari and lemon juice, with maple syrup and pour over bird. Roast in oven, basting every 10-15 minutes until done – about 60 minutes, or until juices run clear when pierced with a fork. If you prefer your chicken more browned, set to broil for last 2-4 minutes.

Popcorn Cauliflower (serves 4)

2 heads cauliflower, washed, leaves and stalks removed, cut into pieces a little bigger than popcorn kernels
2 Tbsp olive oil
¼ tsp Sea salt
Preheat oven to 450F. In a large bowl, combine all ingredients well. Spread on baking sheets and bake until browned; about 40-45 minutes. Finish for last 1-2 minutes on broil.

Pecan Pie Bites

1 pitted date, halved
4 pecan halves
Smash each ½ date between 2 pecan halves and enjoy!

DAY 5 – Friday

Upon waking: drink 8 oz room temperature filtered water with ½ lemon juiced into it.

BREAKFAST:

Fresh Green Smoothie* - or –

Creamy Coconut Quinoa with Blueberries* -or-

Daily Apple wheat-free muffin with plain organic yoghurt and mixed berries

LUNCH:

Apple Celery Slaw*

Leftover soup or chili

Steamed brown rice

DINNER:

Lentil Burgers* with Fresh Salsa*– or – Organic Grilled Turkey Breast (brush lightly with olive oil,

season simply with S&P, paprika, grill and serve with Fresh Salsa*)

Garlicky Greens*

Baked Potato with Lemony Tahini Dressing*

Baked Apple*

Day 5 Recipes

Apple Celery Slaw (makes 4 servings)

4 celery stalks, washed and thinly sliced
2 granny smith or fuji apples, sliced into matchsticks
¼ cup chopped walnuts

Dressing:

¼ cup apple cider vinegar
¼ cup unrefined cold-pressed olive oil
1 Tbsp pure honey or maple syrup or agave nectar
¼ tsp sea salt
¼ tsp cracked black pepper
¼ tsp mustard powder

Wisk together all dressing ingredients, pour over apple, celery and nuts, and refrigerate at least 30 minutes before serving.

Fresh Salsa

6 roma tomatoes, diced
1 cup bell peppers, diced
1 jalapeño pepper, seeded and minced
2 Tbsp fresh chopped cilantro or basil
2 Tbsp fresh lime juice
¼ tsp salt
Combine all ingredients and chill in refrigerator.

Lentil Burgers

2 cloves garlic, chopped
1 onion, chopped
2 medium carrot, grated
2 tbsp olive oil
2 cups green lentils, cooked, or canned organic, drained
2 cups cooked quinoa or millet
½ tsp cumin
½ tsp turmeric
1 tsp sea salt
2-4 Tbsp rice, potato, or amaranth flour

Preheat oven to 350F. In a large pan, heat olive oil, then sauté onion, carrot, garlic until soft. Combine all ingredients in large bowl, mixing well with hands. Form patties ½" thick and 3" wide, coating lightly with flour on outside. Place patties on lightly oiled baking sheet. Bake for 10-15 minutes, flip, and bake another 10 minutes.

Serve topped with salsa. Extra patties can be cooled and used as leftovers or tightly wrapped and frozen.

Optional: serve on toasted wheat-free bun.

Lemony Tahini Dressing (drizzle over baked potato or greens)

1 clove garlic
½ cup tahini
2 tbsp olive oil
4 Tbsp water

4 Tbsp lemon juice

4 Tbsp parsley

Blend all ingredients in a blender. Store in fridge up to one week.

Baked Apple (makes 4)

4 cooking apples (Macintosh, Spy, Spartan), cored

1 cup water

2 tsp organic vanilla extract

1 tsp cinnamon

2 Tbsp chopped walnuts or pecans

Preheat oven to 400F. Remove peel from top centimeter of apple. And arrange in small baking dish. Combine water, vanilla and cinnamon in small pan and bring to a boil. Stuff apples with chopped nuts, and pour sauce over apples. Bake in oven until apples are soft; about 40-50 minutes, basting occasionally. Serve apples with sauce spooned over them.

DAY 6 – Saturday

Upon waking: drink 8 oz room temperature filtered water with ½ lemon juiced into it.

BREAKFAST:

Berry Yoghurt Smoothie*

– or –

wheat-free toast with almond butter and a sliced apple or pear

– or –

Creamy Coconut Quinoa with Blueberries and walnuts*

– or –

Bob's Red Mill gluten free hot cereal

LUNCH:

Leftover soup or Daily Apple soup

Kitchen Sink Salad with Detox or Lemony Tahini Dressing*

Brown rice or seed crackers

Fresh fruit of your choice

DINNER:

Carrot Salad*

Fish Kabobs*

Grilled Asparagus*

Baked Sweet Potato (bake like a potato and drizzle with unrefined olive oil, and fresh ground salt & pepper)

Day 6 Recipes

Fish Kabobs (2 short skewers or one long per person)

Wild salmon, 1 inch cubes

1 inch chunks of bell peppers and red onion and large cherry tomatoes

Preheat oven to 400F

Arrange fish and veggies alternating on skewers. If using wood skewers, be sure to soak for at least one hour in water to avoid burning. Brush lightly with olive oil, and season with S&P, minced garlic and dried parsley.

Broil in glass pyrex, turning every few minutes until fish is cooked through (~12-18 minutes).

Grilled Asparagus

1 bunch asparagus, thinner stalks preferred

1-2 Tbsp olive oil

Sea salt

Heat grill pan over med-high heat. In a bowl, coat asparagus with olive oil. Grill in pan until bright green, turn once and grill another 60-90 seconds. Serve with coarsely ground sea salt, or lemony tahini dressing.

DAY 7 – Sunday

Upon waking: drink 8 oz room temperature filtered water with ½ lemon juiced into it.

BREAKFAST:

Meal in a Muffin* - or -

Whole grain wheat-free cereal with 2 Tbsp seeds, almond, soy or rice milk, and fruit of your choice

LUNCH:

Romaine Lettuce Wraps*

Super Quinoa Tabouleh*

Fresh fruit of your choice

DINNER:

Green Salad

Brown Rice or Kamut Linguine with Spinach and Beans*

Fresh Fruit Frappe*

Day 7 Recipes

Meal in a Muffin (makes 1 dozen)

1 medium carrot, grated
1 large apple, grated
¼ cup sesame oil
¼ cup unsweetened applesauce
Egg replacement equal to 2 eggs (see below)
1/3 cup agave nectar or pure maple syrup
2 tsp organic vanilla extract
¼ cup chickpea flour
½ cup brown rice flour
¼ tsp cinnamon
½ tsp organic baking powder
¼ tsp powdered ginger
1/8 tsp nutmeg
¾ cup organic pitted dates

Egg Replacer (equals 1 egg): Combine 1 Tbsp ground flax seeds with 1/3 cup water and allow to gel 5 mins.

Preheat oven to 375F. Mix together wet ingredients and set aside. In a separate bowl, mix dry ingredients, then mix wet & dry together. Lightly spray muffin tins with oil, fill ¾ full and bake 15-20 mins or until toothpick comes out clean. Cool on rack. Can freeze.

Brown Rice or Kamut Linguine (makes 8 servings)

1 package brown rice/kamut linguine
2 pounds spinach, torn into pieces, twice washed well
2 cups cooked or organic canned cannellini beans
2 lemons, juiced, zest reserved
½ cup olive oil
4 cloves garlic minced

Cook 1 package linguine in large pot as per instructions on package – until just cooked or very al dente.

Meanwhile, lightly steam spinach, drain and set aside. Drain pasta well. In large sauté pan, toss linguine with beans, garlic, olive oil, lemon juice and zest, and spinach until beans are hot and linguine is tender. Serve hot.

Fresh Fruit Frappe (serves 4-6)

2 cups seasonal fruit (berries, peaches, watermelon, etc)
2-3 cups ice
2 Tbsp fresh mint
2 Tbsp agave nectar or pure maple syrup

Blend all ingredients on high / ice crush setting in blender and serve in martini glasses topped with mint sprigs for a refreshing dessert.

RECOMMENDED SUPPLEMENTS OR PRODUCTS

As mentioned earlier, we don't recommend trendy "detox" products which often contain laxatives and other herbs which may not be appropriate for everyone. Consult with a licensed Naturopathic Doctor when considering herbs or other supplements, to avoid drug interactions and find out what's safe and most effective for you. If you are pregnant, suffer from a serious medical condition, or are on multiple medications, please seek advice before beginning any herbs, supplements, or treatment plan.

The following are recommended products to use during your detox:
castor oil packs (applied to abdomen to improve digestion, circulation, and liver function which is key in detoxification)
Heel Detox
Probiotics
Liver, Kidney, Intestine, Lymph support if needed

ADDITIONAL LIFESTYLE GUIDELINES

Daily exercise is recommended to improve circulation and increase elimination of toxins through the sweat. Aim for at least 30 minutes of moderate to high intensity exercise daily. Yoga or Tai Chi is highly recommended. If you are new to exercise, walking at a slow-moderate pace is a safe and healthy choice. Try to get outside for some fresh air for at least 15 minutes every day.

Adequate sleep is extremely important to our bodies' healing and repair mechanisms. Try to get to bed between 10-11 pm (before midnight improves overall quality of sleep), and rise between 6-8 am. Try to maintain a regular sleep wake schedule as much as possible (including weekends). Sleep in complete darkness.

You may experience cravings for foods you are used to consuming. Persevere. These cravings don't typically last more than a few days, and after foods have been eliminated for 3-7 days cravings are typically significantly reduced or eliminated. The healthier your body becomes, the less you crave unhealthy food!

Incorporate stress reduction techniques: take time daily to relax, unwind, reflect. Consider journaling, or incorporating some kind of daily meditative or prayerful practice. Breathe Deep: While in an open seated posture, inhale deeply through your nose for a count of 4, hold the breath gently for 4, exhale slowly and completely through your nose for a count of 6-8. Repeat 10 times.

These dietary suggestions need not be limited to one week. In fact, we encourage you to adopt as many of these suggestions as possible on an ongoing basis for optimal results! Meet with one of our NDs for a more complete and individualized program, or to get information about other herbs or supplements that may be useful for you.

Minimize Allergy Symptoms:

Did you know that a simple and effective way to reduce allergy symptoms is through "nasal lavage" (nose washing). Nasal lavage is a very useful, cost-effective tool you can use at home. This technique is very effective for eliminating sinus and nasal congestion due to colds, sinus infection, or chronic allergies.

Purchase a "neti pot" (see where to buy)

Combine ¼ tsp salt and ¼ tsp baking soda in ½ cup warm distilled or filtered water

Fill neti pot with solution

Position your head so that you can pour water in one nostril and have it come out the other. Head position is (over a sink or tub) tipped way over (top of head lower than chin) and turned pretty far to the side (nose higher than chin).

Pour a continuous flow of the solution into your top nostril. The solution should come out the other nostril.

Gently blow your nose, and know that you may get a sudden flow of trapped water a few moments later.

Use about ½ of the solution, then switch sides.

Note: If it's running down your throat, tip your head over more; if it's running out the same nostril you are pouring it into, turn your nose further to the side.

Repeat 2-3 times a day for the first 3-5 days, then daily for 2-4 weeks, then just as necessary or once a week for prevention

Get Moving!

Get moving for 30 minutes daily. This can be any moderate activity of your choice: walking, biking, calisthenics, yoga, dancing, playing with kids, climbing stairs, jumping rope, rebounding, playing sports.

Regular physical activity has been shown to:

- Improve circulation
- Improve cardiovascular health
- Improve mood and self-confidence
- Maintain a healthy weight
- Relieve anxiety
- Lower blood pressure and cholesterol levels
- Reduce PMS and menopausal symptoms
- Contribute to prevention and management of diabetes
- Combat stress

Get Outside!

Try to get outside for at least 15-30 minutes of fresh air daily. Just dress for the weather and get out there!

As we see an increase in sunshine, get your daily dose of Vitamin D by exposing your face, chest and arms for

15-30 minutes per day. Can't get outside much during the day? Hours spent in offices and institutions means recycled air and an incubator for all kinds of bugs. Take a lunch hour jaunt around the block or to a local park.

Wherever possible, open a window a little, and include green leafy plants in your environment.

Consider getting a personal air filter for your office to keep the air free of toxins, dust, microbes, etc.

MINIMIZING TOXIC EXPOSURES

Cosmetics & Household Cleansers

Please consult www.lesstoxicguide.ca or <http://www.cosmeticsdatabase.com> for a complete list of household cleaners and cosmetics to avoid, less toxic alternatives, and information on how to make your own products.

Also, see our “Resources – Where To Buy” section for where to purchase products.

Eliminate Vitamins and/or Medications with Fillers

Fillers and additives are used to increase shelf life, to increase sweetness or palatability, and make mass production possible. These may include: gluten, lactose, aluminum, artificial sweeteners, and other chemical compounds. Your Naturopathic Doctor may carry professional line products, or can suggest products that contain less of these compounds, putting less of a burden on your body.

Avoid Natural Food Carcinogens and Toxins

Some common examples include:

-Peanuts & Peanut Butter: may be contaminated with the carcinogenic aflatoxin, which causes liver cancer. Aflatoxin is made by the mold *Aspergillus flavus*, which grows on peanuts which have been improperly stored. Roasting, salting and flavoring of nuts masks the flavor of mold or rancidity.

-Hydrazine is a known carcinogen found in raw mushrooms. To avoid exposure to hydrazine, simply eat your mushrooms cooked!

-Charred (grilled or BBQ'd) meats and other foods contain carcinogens called heterocyclic amines, known to be implicated in colon cancer.

Clean Your Water

Install a reverse osmosis, a carbon block filtration system or an alkaline water unit in your home and or workplace. Don't own your home or have enough funds to invest in a whole system? Install a carbon block filter on your shower, and a countertop model to your sink for drinking water. They're portable, reasonably priced, and you can take it with you if you move.

Think bottled water is better for you? Read what expert Dr. Mel Suffet, professor of Environmental Science at

UCLA has to say about it at: www.ioe.ucla.edu/publications/report01/BottledWater.htm. Plastic bottles contribute to the problem, by leaching cancer causing compounds into the water, especially when exposed to heat, freezing temperatures, or sunlight. (Think about the flats of bottled water sitting outside at the gas station!) Purchase a stainless steel re-useable water bottle (such brands as Sigg, Klean Kanteen, Thermos), or tote your bottle in a clean mason jar. Not only is it healthier – but the planet will thank you too!

Check with your public health agency about having your municipal or well water analyzed

for petrochemicals, microorganisms and heavy metals.

Toxic chemicals are dangerous and prevalent throughout our environment and food supply today, according to the Environmental Protection Agency (EPA). Most beef, deli meats, turkey, and dairy products (cheese, milk, ice cream) are contaminated with some amount of DDT, and beef & dairy products are at a high risk of containing antibiotics and synthetic hormones. Heavy metals are particularly worrisome in some fish species. While each of the individual chemical compounds permitted for use in our food supply have been deemed to exist at “safe levels”, there is no way to know the cumulative effect of such chemicals over time. Choose organic foods where possible to reduce exposure to petrochemical and pesticide residues, herbicides, fumigants, hormones and antibiotics.

THE DIRTY DOZEN

Peaches- 96.7% of samples tested positive for pesticides, 87% for multiple pesticides

Apples- 94.1% tested positive, 82.3% for multiple pesticides

Sweet Bell Peppers- 81.5% tested positive, 62.2% for multiple pesticides

Celery- 94.1% tested positive, 79.8% for multiple pesticides

Nectarines- 97.3% tested positive, 85.3% for multiple pesticides

Strawberries

Cherries

Kale- 53.1% for multiple pesticides

Lettuce

Imported Grapes

Carrots- 82.3% tested positive

Pears

New to the dirty dozen are carrots and kale, while spinach has dropped to 14th dirtiest, and potatoes have dropped to 15th.

THE CLEAN FIFTEEN

Onions- no detectable residues on 90% or more of samples, zero samples positive for multiple pesticides

Avocado- less than 10% tested positive, less than 1% for multiple pesticides

Frozen Sweet Corn- no detectable residues on 90% or more of samples, zero samples positive for multiple pesticides

Pineapples- less than 10% tested positive, less than 1% for multiple pesticides

Mango- less than 10% tested positive, less than 1% for multiple pesticides

Asparagus- no detectable residues on 90% or more of samples

Frozen Sweet Peas- 77.1% had no detectable pesticides

Kiwi

Cabbage- 82.1% had no detectable pesticides

Eggplant- 75.4% had no detectable pesticides

Papaya

Watermelon- 28.1% tested positive, 9.5% for multiple pesticides

Broccoli- 65.2% had no detectable pesticides

Tomatoes- 53.1% had no detectable pesticides, 13.5% positive for multiple pesticides

Sweet Potatoes and Grapefruit tie

Bananas, my favorite, have moved from 9th cleanest to 27th dirtiest (or 21st cleanest, if you want to be optimistic about it). To see the full list of 47 fruits and veggies tested, visit [HYPERLINK "http://www.foodnews.org/fulllist.php"](http://www.foodnews.org/fulllist.php)Environmental Working Group.

Visit the Environmental Working Group for more information at www.ewg.org.

Key Choices in Selecting Healthy & Nutritious Foods

Eating local and organic is an ideal case scenario. Of course, this may not be feasible for everyone.

Additionally, it is important to note that just because something is labeled “organic” does NOT make it a healthy food. Junk food, including overly sweetened food, made from organic ingredients is still junk food.

The bottom line, is that choosing a diet rich in fresh fruits, vegetables, and whole grains, including more plant protein (nuts & seeds, beans & lentils, etc), and less animal protein, and limiting the amount of processed foods consumed is what’s most important.

This “whole food” approach to diet is the key to long term health and prevention of the most common diseases of our time.

Did you know that Diabetes, Heart and Arterial Disease, and many forms of Cancer are highly preventable through healthy dietary and lifestyle choices? Let our Naturopathic Doctors show you how.

When considering the inclusion of ORGANIC FOODS in your diet, here is our preferred hierarchy:

1. Animal foods, including: meat, poultry, eggs, dairy

Rationale: The higher up the food chain, the more concentrated the toxins. In addition to the chemicals sprayed on the food eaten by these animals, they are often given antibiotics and synthetic hormones. Plus, toxins collect in fatty tissue – present in animal foods but not plants. Can’t find or afford organic? Try “naturally raised” (without antibiotics and hormones), kosher or halal meat. When it comes to fish, choose WILD CAUGHT fish that are lower in heavy metals and PCBs (see allowed foods list).

2. Soy products including: soybeans, edamame, tofu, tempeh, soymilk

Rationale: Soy is one of the most modified and sprayed crops around. Soy has become ubiquitous – you’d be hard-pressed not to find some kind of soy derivative in most packaged foods these days. The combination of poor quality product and its widespread

use has made soy a top allergen in recent years.

3. Plant Foods, including: grains, legumes, fruits & veggies

Rationale: Your produce is sprayed with fungicides, pesticides, fertilizers, and more. The most heavily sprayed produce should be at the top of your list: strawberries, bell peppers, spinach, cherries, peaches, cantaloupe (Mexican), celery, apples, apricots, green beans, grapes (Chilean), and cucumbers.

Holistic Dentistry – Reducing Toxic Load

Mercury is the one of the most toxic naturally occurring substances on Earth. The body has no need for mercury and therefore, there is NO truly safe level of it. Even miniscule amounts can have a damaging effect to your body.

It has been shown that highly toxic elemental mercury is released from amalgam silver dental fillings as a vapor and, over time, accumulates in your body. The body can eliminate mercury, but in doing so depletes sulfur compounds and antioxidants. Once depleted, the body can no longer eliminate mercury effectively; resulting in mercury build up, and eventually resulting in numerous symptoms relating to chronic mercury poisoning.

Even after mercury amalgam removal, there will still be mercury in your body and it will continue to negatively affect your health until it is removed; even if you do not yet have observable symptoms. Mercury can directly, or indirectly, contribute to most any symptom or health problem you have. Consider visiting a dentist who specializes in SAFE mercury amalgam removal, and working in tandem with a Naturopathic Doctor to increase mercury detoxification and elimination from the body before, during and after your procedure.

We have partnered with Dr. Ali Farahani, DDS. He is an accredited member of the International Academy of Oral Medicine and Toxicology (I.A.O.M.T) an organization for dental, medical and research professionals who practice mercury-free dentistry, and scientific biocompatibility. Dr. Farahani practices uses thorough and gentle dentistry through a holistic and patient- centered approach, looking at how our mouth affects our whole body. Book a consultation with Dr. Farahani to schedule amalgam removal, then book an appointment with one of our Naturopathic Doctors to receive counseling on mercury detoxification before the scheduled procedure. See our Resources section for Dr. Farahani's contact information.

GREEN SPRING HOUSE CLEANING TIPS

Why stop at cleansing the body and mind? Let's look at our environments as well. A spring cleanse for your home and community can do wonders for your physical, mental and spiritual health. – It's true!

Clearing out the physical cobwebs and clutter, makes room for clarity of thought and the birth of new ideas and projects. In recent decades home cleaning products have come to include strong, artificial colors and fragrances and harsh cleansing agents like bleach, ammonia, alcohol and more. They have also been found to contain toxins such as pesticides! These chemicals negatively impact indoor air quality, and off-gassing toxic fumes irritate eyes and respiratory systems, and increase toxic load in the body. Children and pets are at the greatest risk, being smaller and closer to the floor. Many cleaners also contain unnecessary antibacterial compounds, which may lead to antibiotic resistance.

What's more, these chemicals and all the packaging (think disposable wipes/mops/etc) contribute to the burden on our environment.

What did we do before all these harsh chemical cleaning products existed? Big messes and tough stains can be effectively tackled with a few key ingredients you probably already have in your pantry. You'll also save money and reduce packaging. So give some of our top tips for a GREEN spring clean:

1. Bathroom:

Baking Soda and Water (with kosher salt): Dust surfaces with baking soda, then scrub with a moist sponge or cloth. For tougher grime, add some kosher salt, and scrub with vigour.

Lemon Juice or Vinegar: Spray stains, mildew or grease streaks with lemon juice or vinegar from a spray bottle. Let sit a few minutes, then scrub with a stiff brush.

Disinfectant: Instead of bleach, make your own disinfectant by mixing 2 cups of water, 3 tablespoons of liquid soap and 20 to 30 drops of tea tree oil.

2. Kitchen:

Baking Soda and Water: Sprinkling baking soda on counters, stainless steel sinks, cutting boards, containers, refrigerators, oven tops, etc, then scrub with a damp cloth or sponge. If you have stains, knead the baking soda and water into a paste and let set for a while before you remove. To disinfect, add 20-30 drops tea tree oil to the paste (1/4 cup baking soda, 1/4 -1/2 cup water). Again, kosher salt may be added if you need something more abrasive (i.e. scrubbing pots and pans).

Natural Disinfectant: Use the recipe above to spray or rub on countertops and other kitchen surfaces.

Oven cleaning: traditional products are full of toxic ingredients, including ethers, ethylene glycol, lye (sodium and potassium hydroxide), methylene chloride and petroleum distillates. The products are harmful to skin and eyes, and the fumes are unhealthy. Instead, try: *Baking Soda and Water.* Coat the inside of your dirty appliance with a paste made from water and baking soda. Let stand overnight. Then, don gloves and scour. Make spotless with a moist cloth.

3. Windows & Mirrors:

White Vinegar, Water and Diapers: Mix 2 tablespoons of white vinegar with a gallon of water, and dispense into a used spray bottle. Squirt on, then wipe with cut up cloth diapers for a streak- free finish

4. Carpets & Rugs:

Beat Those Rugs: Take rugs outside and beat the dust and hair out with a broom.

Bonus: great exercise and a good way to let off some steam!

Club Soda for stains: Attack the mess right away. Lift off any solids, then liberally pour on club soda. Blot with an old rag.

Cornmeal: For big spills, dump cornmeal on the mess, wait 5 to 15 minutes, and vacuum up the gunk.

Spot Cleaner: Mix 1/4 cup liquid soap or detergent in a blender, with 1/3 cup water until foamy.

Spray on, then rinse with vinegar.

Deodorize: Sprinkle baking soda or cornstarch on the carpet or rug, using about 1 cup per medium-sized room. If desired, add 20-30 drops of your favourite essential oil (lavender, eucalyptus, pine, thyme and lemonbalm are all great choices). Vacuum after 30 minutes.

5. Hardwood and Ceramic Tile Floors:

Vinegar: Whip up a solution of 1/4 cup white vinegar and 1 L of warm water. Put in a recycled spray bottle, then spray on a cotton rag or mop head until lightly damp and mop your floors.

6. Silver

Aluminum Foil, Boiling Water, Baking Soda and Salt: Keep your sterling silver shiny. Line your sink or a bucket with aluminum foil, and drop in tarnished silver. Pour in boiling water, a cup of baking soda and a dash of salt. Let sit for a few minutes. The tarnish will transfer from the silver to the foil.

RESOURCES

Organic Foods and Meats

The Gentle Rain – (Stratford)

Shakespeare Pies – (Shakespeare)

McCully's Hill Farm – HYPERLINK "http://www.mccullys.ca" www.mccullys.ca (St. Mary's)

August's Harvest – HYPERLINK "http://www.familyfarmed.org/augustsharvest.html" www.familyfarmed.org/augustsharvest.html (Stratford)

Organic Oasis – HYPERLINK "http://www.organicoasis.on.ca" www.organicoasis.on.ca (Perth)

Biological Dentist

Dr. Ali Farahani

Front Street Dental

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