



Detoxification is a key component in weight management. Many of the toxins we ingest or make are stored in fatty tissue – hence, weight gain and obesity are almost always associated with toxicity. When we lose weight, we reduce body fat and thereby our toxic load. However during weight loss we also release more toxins and need to protect ourselves from nutrient depletion by eating a good variety of antioxidants. Exercise also promotes the loss of excess pounds and helps further detoxification.

Signs and symptoms of toxicity include:

- Headaches
- Joint pain
- Coughing/wheezing
- Frequent colds
- Environmental sensitivities (perfumes, odors, etc)
- Sinus congestion
- Mood changes
- Anxiety/Depression
- Fatigue
- Nausea/Constipation

Detoxification basics:

- Consume a primarily plant-based diet with minimal animal protein
- Consume 8-10 fruits and vegetables every day; aim for at least 60% of your diet to be raw foods
- Include lots of leafy greens in your diet
- Aim for 8 or more glasses of water between meals (not with meals to dilute gastric juices)
- Consume healthy fats such as olive oil, flax oil, and raw coconut oil (not palm oil)
- Consume plenty of whole grains, legumes, nuts, and seeds on a daily basis
- Increase intake of cultured foods such as yogurt and kefir
- Protein sources will come primarily from plant based foods such as nuts, seeds, beans and legumes, and veggies such as broccoli and spinach

Plant Based Diets

A plant-based diet rich in vegetables, fruits and whole grains is the backbone of your cleansing plan. Studies have demonstrated that cultures eating predominantly plant-based diets have significantly lower rates of obesity, heart disease, diabetes, arthritis and even cancer. In fact, when you eat a plant-based diet you are able to eat more calories per day and still maintain a far leaner body weight. Eating plants is so powerful that your body actually uses more calories just in digesting and metabolizing the nutrients they contain.

While converting to a plant-based diet may require learning some new recipes, it doesn't require becoming a vegetarian! You can simply start by adding one totally plant-based based meal to

your menu each week. Over time, you can add more and more meals and snacks that are purely plant-based. You can do this on a regular basis and eventually it will become second nature.

Small changes you can make when transitioning to a “plant based diet include:

- Moderate portion sizes of meat, fish & poultry – keep portion sizes to ~ 3 to 4 ounces; in general meat portions should take up no more than ¼ of your plate; the rest of your plate should contain plant based foods such as vegetables, whole grains and legumes
- Think of meat as a condiment or side dish rather than a main course. Use 2 to 3 oz in soups, stir fries, casseroles, stews. The remaining ingredients (the bulk of your entrees) should come from vegetables, whole grains and legumes
- Eat more meatless meals – try eliminating meat from one meal per day and then move on to a couple of days per week. Learn to replace meat with plant based proteins such as veggie burritos, stir fries with tofu, beans with pasta such as ratatouille
- Many people find they can easily make breakfast, lunch and snacks all vegetarian and reserve meat for a single evening meal. This change alone can yield tremendous health benefits.

Other Recommendations:

- Drink 16 oz of filtered water as soon as you wake up
- Drink a green smoothie most days - preferably for breakfast
- Add fresh lemon to your water
- Slowly increase your fiber intake to at least 30 grams/day
- Engage in physical activity every day (preferably for 30 minutes or more)
- Do weight bearing exercise at least 3x/week
- Add a green leafy salad to your lunch and dinner every day (use olive oil based dressing)
- Eliminate soda (includes diet soda) and other refined sugar drinks
- Avoid (or eliminate) white sugar (and processed foods containing it) from your diet

Cleansing Foods to include in your healthy eating plan:

- **Green leafy vegetables** - Eat them raw, throw them into a broth, add them to juices. Their chlorophyll helps swab out environmental toxins (heavy metals, pesticides) and protects the liver. Think kale, swiss chard, bok choy.
- **Lemons** - You need to keep the fluids flowing to wash out the body and fresh lemonade is ideal. Its vitamin C, considered *the* detox vitamin, helps convert toxins into a water-soluble form that's easily flushed away.
- **Watercress and fresh herbs** - Put a handful into salads, soups, and sandwiches. The peppery little green leaves have a diuretic effect that helps move things through your system. And watercress is rich in minerals too.

- **Garlic and onions** - Add them to everything to activate liver enzymes that help filter out toxins.
- **Green tea** - This antioxidant-rich brew is one of the healthiest ways to get more fluids into your system. Bonus: It contains catechins, which speed up liver activity.
- **Broccoli and broccoli sprouts** - Economical and available year round, broccoli is a true cleansing powerhouse. It contains compounds that promote "good" hormones, while working against destructive ones; help increase the level of enzymes that block cancer; and provide an effective antioxidant that destroys free radicals that can weaken the immune system.
- **Sesame seeds** – These little gems help protect liver cells from the damaging effects of alcohol and other chemicals. For a concentrated form, try tahini, the yummy sesame seed paste that's found in hummus.
- **Cabbage** - There are two main types of detoxifying enzymes in the liver; this potent veggie helps activate both of them. Coleslaw, anyone?
- **Sweet potatoes** – Although it is sometimes called a yam, the sweet potato is not in the yam family, nor is it closely related to the common potato. Sweet potatoes are rich in complex carbohydrates, dietary fiber, beta carotene, and vitamins C and B6
- **Turmeric/curry powder** - Turmeric (*curcuma longa*) is a natural antioxidant herb that helps to detoxify the body, protects the liver from pollutants, and stimulates the production of bile, needed to digest fat. Yellow curry powder contains turmeric and other cleansing ingredients.
- **Fruits, fruits, fruits** - They're full of almost all the good things above: vitamin C, fiber, nutritious fluids, and all kinds of antioxidants. Besides, nothing tastes better than a ripe mango, fresh berries, or a perfect pear.

In a nutshell:

To help your body's detoxification systems perform at optimal levels, it is important to provide the necessary amounts of nutrients, vitamins, minerals and beneficial phytochemicals needed to deal effectively with toxic conditions created both externally and within the body itself. Practicing healthy eating habits strongly supports healthy detoxification and the immune system. So remember to include as many cleansing foods as possible in your daily diet!



Smoothie Basics: An easy way to increase the amount of green vegetables (and healthy live enzymes) into your diet is but a blender away! Green smoothies are basically a pureed blend of fruits and fresh greens. Typically a green smoothie is composed of 60% sweet fruits like banana, mango, strawberries or any fruit that fits your fancy. The remaining 40% of the smoothie (by volume) is typically a fresh leafy green. The fresh whole foods are then pureed in a blender to create a smooth and sweet treat. It may be green, but the taste is fresh and the benefits are tremendous!

Basic green smoothie:

1 small banana (or ½ larger banana)

½ cup fresh or frozen berries

Handful of fresh parsley

Handful of baby spinach

½ to 1 cup liquid (water, or a milk alternative such as almond milk, hemp milk, coconut milk, rice milk, kefir) **if you like a thinner consistency smoothie you can use more liquid**

Handful of ice cubes

Instructions:

Add the ice or water, fruit, parsley, and spinach in a blender with about a 60% ratio of fruit and 40% ratio of greens. Blend on high until all ingredients are pureed to a smooth effect.

**If the idea of raw greens is a little too powerful for you to start, make the ratio more an 80% to 20% combo and gradually work up more greens over time.

Experiment with a wide variety of fruits and leafy greens such as:

- Kale
- Bok choy
- Romaine
- Swiss chard

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Roasted Edamame Salad

Ingredients:

- 12 ounces fresh or frozen shelled edamame, about 2 cups
- 1/2 cup fresh corn kernels, about 2 ears of corn
- 1/4 cup finely diced scallion
- 1 clove garlic, minced
- 1 tablespoon olive oil
- 3/4 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1 cup chopped fresh tomato
- 1/4 cup chopped fresh basil leaves
- 1 tablespoon red wine vinegar

Directions:

- 1) Preheat the oven to 400 degrees F.
- 2) Place the edamame, corn, scallion, garlic, olive oil, salt and pepper into a 13 by 9 metal pan and stir to combine. Place on the middle rack of the oven and roast for 10 to 15 minutes, just until the edamame begins to brown. Remove from the oven and place in the refrigerator until completely cool, approximately 30 minutes.
- 3) Add the tomato, basil and vinegar to the edamame mixture and toss to combine. Taste and adjust seasoning, as desired. Serve chilled or at room temperature.



Lemon-Rosemary Quinoa Pilaf

Ingredients:

- 2 cups water
- 1 cup quinoa
- 2 tsp. olive oil
- 1 bunch scallions
- 1 red bell pepper
- ½ lb. asparagus
- ½ tsp. minced garlic
- ¼ tsp. salt
- ¼ tsp. freshly ground black pepper
- ½ tsp. dried rosemary
- 1 (15 to 16 oz.) can chickpeas (also called garbanzo beans)
- 1 Lemon
- ¼ cup sliced almonds, divided

Directions:

- 1) Place water and quinoa in a medium saucepan. Bring to a boil over high heat, then lower heat to maintain a simmer. Cover and cook until all the water is absorbed, about 10 to 12 minutes.
- 2) While quinoa cooks, prepare the vegetables. Heat oil in a large nonstick skillet over medium-high heat. Thinly slice scallions, reserving 2 Tbsp. of the greens, and add the rest (including white slices) to the pan, stirring slightly. Dice the bell pepper into ¼" pieces, add to the pan, and stir to mix. Break off woody asparagus ends and discard; chop stalks into 1" lengths. Add to the bell pepper, stirring to mix. Add garlic, salt, pepper & rosemary and stir to mix.
- 3) Rinse and drain chickpeas, then stir into the pepper mixture. Lower heat to medium and continue to sauté.
- 4) Check the quinoa. When most of the water is absorbed, stir to fluff it slightly. Remove from heat and grate the zest from the lemon into the quinoa. Stir to mix then add quinoa to the pan of vegetables. Squeeze the juice from the lemon; there should be about 3 Tbsp. of juice. Add to the pan stirring to distribute. Stir in 3 Tbsp. of the almonds.
- 5) To serve, transfer to a serving bowl. Garnish with reserved scallion greens and remaining 1 Tbsp. of almonds. Serve hot, room temperature or cold.

Serves: 4



Curried Turkey Vegetable Soup

Ingredients

2 medium onions, chopped
2 Tablespoons olive oil
2 Tablespoons whole wheat flour (you can substitute gluten free flour too!)
1 to 3 teaspoons curry powder (to taste)
4 cups organic chicken, turkey or vegetable broth
1 cup diced sweet potatoes
2 celery ribs, sliced
2 carrots, sliced thin
2 Tablespoons chopped fresh parsley (or) 1 Tablespoon dried parsley
1 $\frac{1}{2}$ teaspoons minced fresh sage (or) $\frac{1}{2}$ teaspoon dried sage
2 cups cooked turkey, cubed
1 (8 oz) can light coconut milk
Juice of 1 - 2 limes
1 (9 oz) package baby spinach, coarsely chopped
Sea salt and pepper to taste

Method

In a Dutch oven or medium stock pot, sauté onions in oil until tender over medium heat. Stir in flour and curry until blended and cook for 3 minutes. Slowly stir in broth. Add the potatoes, celery, carrots, parsley and sage. Bring to a boil. Reduce heat; cover and simmer for 10-12 minutes or until vegetables (and potatoes) are tender.

Stir in the turkey, coconut milk, spinach, sea salt and pepper. Cook and stir until spinach is wilted and soup is heated through. Adjust seasonings to taste. Just before serving stir in the fresh lime juice.

Makes ~ 8 servings (2 quarts)

Nutrition Facts: each 1 cup portion contains ~200 calories, 4 g fat, 20 g carbohydrate, 5 g fiber, 20 g protein.

**if you want to make this soup 100% vegetarian, use vegetable stock and substitute tofu cubes or your favorite cooked beans (such as chick peas) for the turkey. And feel free to add in other veggies too. Sometimes I add mushroom and zucchini. The more veggies the better...

24 Hour Boot Camp Blast



Your 24 hour Boot Camp Blast is designed to provide your body with many of the cleansing foods we discussed this evening. I hope it will provide you with an easy (and tasty!) way to incorporate an abundance of detoxifying foods into your busy day.

Instructions:

Try to consume half of your bodyweight (in ounces) in fluids. For example if you weigh 150 lbs, you should aim for 75 ounces of fluids (your smoothie and soup count towards your fluid intake!). This is ~ nine (8 oz) cups of fluid. You may not reach your fluid goal in one day, but try to begin consuming more liquids each day.

TIP: when you go to the bathroom check the color of your urine. It should be a VERY pale yellow color, if it is darker than this, you are likely dehydrated.

Add fresh lemon juice (or a lemon wedge) to your water.

Prepare and drink one green smoothie – preferably at breakfast.

TIP: you can add your “green drink” powder to your smoothie OR mix it into an 8 oz glass of water.

Flax seeds – add these to your smoothie OR sprinkle them on a salad or other whole grain.

Nuts – eat these as a snack.

Curried Soup – eat this as your lunch or dinner along with a large green salad.

Dessert – dark chocolate covered edamame or 1 oz high quality dark chocolate

Please drink liberal amounts of green tea and filtered water throughout the day

Your overall eating pattern should look something like this:

- Breakfast – Green smoothie
- Morning snack – nuts, piece of fruit, tea
- Lunch – Soup and salad
- Afternoon snack – ¼ cup hummus (or 1 oz other favorite lean protein) with 1 cup fresh cut veggies – try to include broccoli!
- Dinner – stir fried veggies with 3 to 4 oz lean protein (fish, shrimp, chicken, tofu) and 1 cup whole grain brown rice
- Dessert – chocolate covered edamame

Good luck and go GREEN!

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