



Spring Detoxing

We live in a toxic world. Trillions of pounds of chemicals are released into the environment each year, and some of them inevitably make their way into your body. Your detoxification system does a good job of eliminating toxins, but every once in a while it's a good idea to give your detox system a boost and what better time than right now!

Your kidneys, intestinal tract, lungs, and skin are all involved in detoxification. However, the bulk of the task falls on your **liver**. This organ has a remarkable ability to regenerate itself, but with regular exposure to toxins, the liver can become overwhelmed.

Traditional Chinese Medicine (TCM) considers the liver the organ most strongly affected by our emotions. Many TCM (traditional Chinese medicine) practitioners have long recognized that when the liver is stressed, anger, depression and irritability are more likely to arise. When a person's liver is functioning harmoniously, the person stays calm and relaxed.



Here are a few simple, yet powerful things you can do to help keep your detox system in shape.

Start your morning with fresh lemon juice in water; this helps flush and decongest the liver.

Get in the habit of drinking 8 to 10 glasses of filtered water every day. Water is perhaps the most important detoxifier. It flushes your kidneys and enhances toxin removal through perspiration.

Make high-fibre plant foods a central part of your diet. Include several weekly servings of beets, vegetables & vegetable juices.

Chlorophyll drinks and other green drinks can be used regularly to aid in liver cleansing

Ensure you get plenty of the nutrients that support detoxification. These include copper, zinc, magnesium, B-complex vitamins, and antioxidants. Vitamin C and selenium are particularly important because they increase glutathione stores. Vitamin E, zinc and selenium are essential for protecting the liver from free radical damage.

Liver restoration also requires lots of fresh air, exercise, adequate rest & natural foods. are cleared, the liver cells can more easily access nutrients and becomes toned.

Get ready for spring a book an appointment to discuss the right detoxification program for you !

Detox Checklist

These are signs that your body may be in need of detoxification

- Always feeling tired even after a good sleep
- Often feel tired and lacking in energy? find it hard to concentrate or have fuzzy thinking?
- Often feel moody, anxious, irritable or just plain stressed-out?
- Frequently get a blocked nose or sinuses, and have a lot of post-nasal drip?
- Seem to be more prone to getting colds and flu?
- Have bad breath or body odour?
- Have a heavily coated tongue?
- Have sore muscles or joints or frequent back-ache?
- Have eczema, hayfever or other allergies?
- Have frequent headaches?
- Have chronic constipation or diarrhea?
- Have foul smelling stools or undigested food food in stools?
- Have flatulence, bloating, indigestion or nausea?
- Have abdominal discomfort or fullness?
- Have digestive disorders?
- Have multiple food allergies, or chemical sensitivities?
- Gain weight easily and tend to have food cravings?
- Feel like you're not as healthy or fit as people your own age?
- Have parasites, worms or yeast infections?



Providing you with natural, relaxing therapeutic methods for a **healthier** and **happier** you !

Detox Specials

4 Ionic

Detoxing Footbaths

Which includes a 4 week detoxing diet and herbal supplementation

Take time out this spring to detox the body naturally

\$ 150

(Regular price \$ 205)

Aromatherapy

Facial & Body

Rejuvenation

NEW

Aromatherapy uses essential oils which are effective in lowering heart rate, stress level, blood pressure and promoting relaxation.

Treatment includes head massage, clay mask, hot oil scalp, arm & hand massage

\$ 75

(regular price \$ 125)

Gift Certificates Available

Cooking Class

Spring Detoxing

A special cooking class emphasizing how to nourish your liver with a few tasty recipes that will get your spring cleansing off to a good start.

Recipes include:

Detoxing Smoothies

Quinoa Salad

Rapini Saute

Chocolate (Beet) Muffins

Tuesday April 20th - 7 - 9 pm

\$ 25 per person

Missed a cooking class?

Now you can get the benefits of the cooking classes even if you missed a class.



Handouts and Recipes are now be available for download as an E-Book



Classes are a combination of hands-on and demonstration.

These monthly cooking classes will provide you, as well as your friends and family, with an array of quick, easy, wholesome meals for the years to come. Classes are approximately 90 minutes and include hearty samplings. I look forward to seeing you at our next class!

Registration Required: info@oasishealth.ca or 416-312-7617

Fennel & Radish Salad



- 1 bunch red radishes
- 1 fennel bulb
- juice from half a lemon
- A spoonful of honey
- A few splashes of olive oil
- salt and pepper

Slice radishes thinly and add to sliced fennel.

Whisk the lemon, honey, olive oil and seasoning together in a salad bowl. Add the vegetables, stir and enjoy !

Remove the stalks from the top of the fennel bulb. Cut the head in half through the core. Carefully trim out the woody core then slice the remaining bulb as thinly as possible.

Radish is wonderful for the liver and the stomach, it is considered to be a great detoxifier as well.

