

# — radiant health strategies —

# **Spring Quickies**

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# New! You Tube Uploads!

I have finally uploaded the cooking classes that I did last summer.

Click here and check out the new uploads which include:

New!
 Creamy Raw
 Pesto (a
 SUPER food
 that loves
 your liver)

## Greetings,

Although the weather is iffy, spring has technically arrived. Whatever the weather, you can rest assured that the dreaded "allergies" will start to kick in for some folks at this time. Have you ever wondered why some people get allergies and some don't?

As a society, we've grown so accustomed to allergies that we have created an *allergy culture*, and we *accept* this eruption of dis-ease as a part of our lives. What if I were to suggest that *NO one is actually SUPPOSED to have allergies?* Allergies reflect symptoms of underlying issues in the body that trigger an overreaction of the immune system. Why expect and endure allergies every year? Why not do away with them all together? Do you know that if you give your body what it needs, the allergic reactions will simply fade away? Wanna get radiant?

One of the best ways to overcome allergies is to rejuvenate your precious liver. In Ayurvedic school, we nicknamed the liver "The CEO of the body" because we were blown away by the OVER 600 functions that the liver performs. Spring time is THE time to love your liver so here are some simple things you can do to support and rejuvenate your internal CEO.

- Whole leaf aloe vera juice drink ¼ cup each morning and evening. If you don't like the taste of aloe, it tends to disappear in apple juice (the taste usually "grows" on you), so go straight up or juice some apples and mix it in
- **Eat organic apples!** Your liver loves apples as well as pears, grapefruit and lemons (put fresh lemons in your water between meals)
- **Veg it up!** Eat plenty of cruciferous vegetables such a broccoli, cauliflower and cabbages
- **Garlic and onions** are amazing antioxidants and add scrumptious flavor

Wanna do more? Read on!

- New! Chard Mushroom Fusion (another liver lover)
- New! Raw
   Carrot Cake
   (a sweet
   super food)
- Vegan Meatballs
- Lavender Water Infusion

# **Weekend Liver Retreat: The Concept**

As most of you know, I am NOT a fan of fasting without eating or harsh "cleanses" because I don't believe in depleting or jarring the body. However, I have used a wonderful liver rejuvenator that has worked wonders for me over the years. I love it because:

- It only takes about 36 hours to complete so you can do it over a weekend
- You don't feel hungry while you are doing it
- It doesn't make you run to the toilet
- It is very gentle on the body

I retreat at the beginning of spring, changes of any season, OR any time after I've been traveling without access to good healthy food (like when I'm visiting my family down south). I invite you to give it a try...

Ingredients needed: 2 grapefruits, extra virgin cold pressed olive oil, Himalayan crystal salt, two mason jars, fruit, vegetables and sprouted grain bread of your choice. Wanna do it? <a href="Email me">Email me</a> and I'll send you the instructions.

# **Dandelion Root: Your Liver Lover**

Dandelion is a POWERFUL detoxifier of the body. It cleanses the liver and gall bladder, clearing out any excess "gunky stuff" that accumulates there.

Dandelion also increases the production of bile in the liver and facilitates its release from the gall bladder. Although this article is focused on the liver, I have to mention that dandelion is also and excellent remedy for dis-eases of the lymph (congestion and swelling) as well as a wide range of breast issues such as tumors and cysts.

### What parts do I eat?

You eat the greens and the root.

## How do I prepare it?

- You can make a tea with dandelion root and add either burdock root or chicory root (or all three) for a super liver rejuvenating tea. If your roots are dried and chopped, just add about a tablespoon of each in a pot of water and steep for about 20-30 minutes.
- You can also add dandelion root to soups. It tastes great. I often make soups and in my crock pot and add about ½ cup of dried chopped dandelion root to the crock pot. It reconstitutes, softens up and pretty much takes on the flavor of the soup.

 Whenever you see dandelion greens in the health food store, pick up a bunch (they are beautiful and sometimes colorful) and mix it with collards, kale or chard. Don't mix it with mustard or turnip greens because the combination will be too bitter for most palates. <u>Click here</u> for my you tube cooking show on preparing greens and substitute a bunch of dandelion greens in place of one of the bunches of chard...YUM!

#### Where can I find it?

Are you kidding? Most people step on them or spray them with noxious poisons every year! Let's not do that anymore. Nature is BRILLIANT, providing you with a very tenacious "weed" that is determined to keep you healthy. So if that option doesn't work for you, you'll find the greens in the larger health food stores and the dried chopped root is available in the bulk section all year round.

And, yes, you can take it in pill form...but why?

# Ready to Get Radiant?

**THE BODY HEALS ITSELF.** Through the implementation of this philosophy, I've helped my clients recover from a wide variety of ailments including:

- \* Chronic digestive disorders
- \* Chronic pain, mobility restrictions, and soft tissue injuries
- \* Weight management, chronic and adrenal fatigue
- \* Infertility, menstrual disorders, and hormonal imbalances
- \* Cancer and autoimmune diseases
- \* Emotional distress (including depression, bulimia and more)

Most of my clients are surprised to learn that their current dining and lifestyle habits actually fueled their "dis-ease". The first steps on the path to Radiant Health involve the reeducation necessary to facilitate the inspired action and positive change which helps the body heal itself. These steps are covered in great detail during our initial consultation, and once implemented, will push you out of your conventional box and on to a new way of thinking and being. So, with an open mind and a willingness to investigate new strategies, I invite you to embark upon the journey of a lifetime...YOUR path to Radiant Health. Call or contact me for an appointment today.

Ayurveda ∞ Aromatherapy ∞ Reiki-Seichem
Therapeutic Massage ∞ CranioSacral Therapy
Healing with Herbs and Whole Foods
Qi Gong and Food For Life Cooking Instructor
Whole Body Workshops
Organic Health and Beauty Products
Cholesterol Reduction ∞ Weight Loss Strategies

### **License #6211**

**THANK YOU** for joining me on this journey. Stay tuned as we continue to delve deeper and travel further down the path to Radiant Health.

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