

SPRING CLEAN UP

Spring is a perfect time to add life to your diet! Drink fresh squeezed lemon juice with warm water 1st thing in the morning. You will be detoxifying your liver and adding alkalinity to your body!

- Buy your food locally so you can eat it while it's still fresh. You will be supporting your local economy (www.simcoecountyfarmfresh.ca)
- Shop at your local farmer's market at City Hall in downtown Barrie
- Subscribe to the Good Food Box at Barrie Community Health Centre (\$10. or \$15. per box of fresh veggies) 725-7697 #265
- Now is the time to plant a garden in your own back yard or rent a community garden plot through City of Barrie for \$20.00 (www.barrie.ca)

- Increase your spring water intake (1/2 your body weight in ounces daily)
- Do not drink liquids with meals (small sips only if you must)
- Eat until you are 80% full
- Eat natural, alive, good quality produce *(“if your great grandmother wouldn't recognize it then don't eat it”)
- Eat seasonally, rotate your foods
- Avoid preservatives *(“if a 3rd grader can't pronounce words on the ingredient list don't buy the product”) *(“if a product doesn't decay then don't eat it”)
- Avoid white flour, white bread, white sugar (bake batches of muffins (use whole grain flour and sucanat) and freeze some ahead to accommodate busy schedules)
- Avoid fast food

Blend up a smoothie for optimum nutrition and enjoy!

1 cup pineapple chunks (contains bromelain enzymes for digestion)
1 banana
bunch of kale
1 tbsp. flax seed
½ cup rice milk
(a few ice cubes optional)

*Quotes in brackets are from Michael Pollans' book “Food Rules”

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