

Newsletter - May 2017

Products

Tosi SuperBites

My friend and I are planning our backpacking trips this summer. Our food is an important part of the planning! A tasty lightweight dairy free, low amine (my friend's sensitivity) and low salicylates (my sensitivity) bar is hard to find.

The Tosi SuperBites bar fits the criteria and they are organic! The 2.6 ounce bar comes in Almond, Cashew, Blueberry Almond, Blueberry Cashew, Cappuccino Almond and Cappuccino Cashew. Each bar has two servings, scored in sections for easy handling. Our choice, the Cashew bar (per serving) has 120 calories, 4 grams fiber and 5 grams protein. Add some veggies, a piece of fruit and you have a great lunch on the go! Found at <https://www.tosihealth.com> or [Amazon](#).



Cashew SuperBites Ingredients: organic cashews, organic flaxseed, white sesame seeds, organic chia seeds, organic evaporated cane juice and sea salt.

Recipe of the Month

Low in Amines and Benzoates, moderately low in Salicylates. It is asparagus season again- yeah! These are great to eat warm or at room temperature so you can take them on a spring hike.

Blasted Asparagus

Preparation:

Place a heavy rimmed baking sheet (cookie sheet with sides) in a preheated 500-degree oven. Wash asparagus and dry them well. Toss the dry vegetables with high heat sunflower or safflower oil to coat lightly. Lift the vegetables from any remaining oil and place them on the hot baking sheet in one layer (important to have only one layer). Cook in the oven for ~ 5 minutes (depending on the thickness of the asparagus), turning a couple of times with long tongs. The vegetables will become slightly charred. Remove from the oven and toss with salt. Serve warm or at room temperature. You can also toss the vegetables with rice or pasta for a vegetarian dinner.

Notes: You can blast green beans, sliced cauliflower, sliced broccoli or sliced parsnips. Cook one type of vegetable at a time because they cook for different amounts of time. I try to have my oven semi clean because it will smoke if it is really dirty. Blasting vegetables will color your baking sheets so I use one just for blasting.

Thoughts

I recently attended an interesting lecture about toxins in our environment.

The presenter, Joe Pizzorno, has a new book out called, *The Toxin Solution: How Hidden Poisons in the Air, Water, Food, and Products We Use Are Destroying Our Health--AND WHAT WE CAN DO TO FIX IT.*

He talked about how important it is to limit the toxins getting into the body and how to support the body's detox process.

Ways to Decrease Toxins

1. Eat organically grown food especially animal products
2. Eat low mercury fish
3. Choose food stored in glass instead of plastic or cans
4. Choose health and beauty aids without phthalates (phthalates are damaging to the body because they block the interceptor sites and make people more susceptible to diabetes)
5. Choose low toxin home cleaning products
6. Use carbon box filters in the kitchen and shower (it is important to put it on your shower because when you breathe in toxins they go into the body very efficiently)

Ways to Support the Body's Detox Processes

1. Eat lots of fiber – fiber binds to some toxins
2. Eat vegetables that support the liver esp. cruciferous vegetables (cabbage, kale, broccoli)
3. Don't overdo salt (excessive salt intake impairs the production of glutathione, the body's best disease-fighting antioxidant and the most important molecule in ridding the body of chemical toxins)
4. Exercise, especially sweating until the sweat turns "oily"
5. Meditate

There are many supplements that can help the liver detox. Contact me or we can talk about specific supplements that will work for you based on your body and your food sensitivities.
