

HEALTHY START RECIPES

WINTER NEWSLETTER 2015

A new year has begun and winter is in full swing- complete with gusts of cold wind and snow everywhere. It's beautiful, but with the sudden drop in temperatures we often see a rise in colds. These are some recipes that taste great, keep your immune system primed and help your liver detoxify the toxins you consumed over the holidays! All recipes are posted on: <http://wellness.sxsfitness.ca>

MORNING DETOX SHAKE

Start your morning off right with this delicious shake full of nutrients to keep you feeling energized and healthy all day! Spinach adds folic acid and iron and the vitamin C in the berries helps you to absorb plant based iron. Coconut water is high in potassium and is a great way to hydrate, especially if you had a few extra drinks the night before. 😊



IMMUNE BOOSTER MUSHROOM SOUP

Mushrooms, especially shitake and reishi mushrooms are well known as great immune boosters. They contain polysaccharides (a type of sugar) that are able to increase and decrease immune function as needed. Paired with a clear broth and onions this soup will leave you feeling nourished and ready to conquer another day. I make this as a quick supper or lunch.

SORE THROAT ELIXIR

If you wake up in the morning with that tell tale sore throat- don't worry, you can still make it through the week and not get sick! Drink this tasty beverage all day, eat healthy (NO SUGAR and NO ALCOHOL), and go to bed by 10pm. Add in an immune boosting supplement like Andrographis or American Ginseng and that cold won't stand a chance!



Dr. Nadine Jackson

Naturopathic Doctor

647-352-2348

nadine@sxsfitness.ca

Please contact me directly to book an appointment or free consultation