



The topic that I want to share about is nutritional cleaning. We all think about Spring Cleaning as cleaning our homes, vehicles and yard. However sometimes we forget that our bodies need it too. And why wait till spring to do nutritional cleanse?

Over the years I have personally experienced extreme stress like PTSD from multiple childhood traumas, anxiety, depression, adrenal fatigue, hypothyroid, horrible PMS, chronic constipation my entire life... the list goes on. My saving grace has been nutrition, exercise, chiropractic care, and personal development work.

These health experiences drove me to make better choices for my body and mind to which I am grateful. I love sharing my experiences with others and hope they make a difference for you as well.



Something incredibly simple that has been among the most impactful for me has been drinking organic celery juice every morning on an empty stomach. There are profound benefits and all the research is online. The most extraordinary aspects appear to be restoration of proper stomach acids for complete digestion, and a myriad of anti-inflammatory benefits, as well.

Next, getting in as many antioxidants as possible, and the best product on the market according to Dr. Greg and I is the North Coast Naturals Greens that we carry in the office. I have a scoop of it with water in the morning 30 min after my celery juice. It tastes great ☺ It really does!!! We've had multiple patients not change anything else in their routines who've told us that they've noticed an immediate difference in how they feel and their energy levels.



I came across a heavy metal detox smoothie that is also super yummy and very effective. We accumulate toxins daily and if our body isn't working efficiently or being given what it requires for proper elimination, we store all of the toxins, chemicals, parasites, and heavy metals while they gradually interfere more and more with our entire body. The symptoms can include hormones (think thyroid, adrenals, monthly cycle, sexual capacity, energy levels just to name a few), immune system

function, digestion, brain and bowel function, liver, kidney, nervous system, and more.

I don't really like the word "detox", because it is typically associated with a short period of time that you take herbs or eat a certain way to cleanse the body. Every day we are exposed to toxins in the air we breath, foods we eat, cosmetics, perfumes, body lotions, and water we drink. Our bodies get to the point of disease when they can't keep up because of toxic overload, not getting the proper nutrients, and tools to cleanse itself. This is when we get symptoms of decreasing health and feel like crap.



Have you ever felt like there just has to be something you're missing? Like there's more to life and some aspect of exuberance and vibration you're missing out on? This could mean that the body is simply out of balance. The great news is that your body has the ability to heal itself - it just needs proper support.

For me, the heavy metal detox smoothie, which is simply food (super foods), assisted my body with eliminating toxins and so much more. You can drink this every day about an hour after your morning celery juice, and it will assist your body with getting it back on track to doing what it does best, keeping you strong and healthy. It is safe for every human being at any age because it is real food. Wild Blue berries, banana, orange juice, spirulina, cilantro, barley grass juice powder, dulse and a scoop of greens. It also tastes amazing. I also add frozen organic raspberries.

Here is where to find these ingredients:

Wild Blueberries (must be wild) Costco

Dulse (The light Cellar)

Spirulina (The Light Cellar in Bowness)

Barley Grass Juice Powder (The Light Cellar)

Another great resource for these items at a great price is Organic Matters in Nelson. www.omfoods.com

I will also be sharing recipes like medicinal fudge balls with medicinal mushrooms that we also have in the office that have made a huge impact on my health.

www.omfoods.com

Here is the type of juicer we have and it is very affordable. You can find at walmart too.

<https://www.medicalmedium.com/blog/best-juicers-for-celery-juice>

Thank you for taking the time to read my newsletter and I am here to answer any questions you may have.

Warmly,

Treena