

2120 Health News



A newsletter brought to you by...

Zepp Wellness, Ziegler Integrative Health, Daziran Integrative Health,
Laura Stark ND, Head to Heal Centre for Naturopathic Medicine and
NOURISH holistic nutritional consulting

Psychology and physiology

By Dr Julie Zepp Rutledge ND

A new baby brings such joy and love to a family. I am currently relling in the miracle that is my little boy. Shea Robert is 2 and a half months old and is such a blessing. It is incredible to think that despite nights of broken sleep, living with the urgency of the newborn cry, being in a position of continually questioning and attempting to figure out a little being and keeping a curious and active toddler entertained (while recovering physically from the insanity that is labor and delivery) that a toothless grin from an innocent and beautiful little boy can recharge even the most weary of batteries.

And truth be told, it can't - exactly. Being a parent, especially to a newborn, requires the utmost of self care. At all stages of our life self care is critical especially when our bodies are under particular stress (like being a new mom, a big work project, illness of a loved one, training for a marathon, etc). We can't always provide ourselves with the optimal care during these stressful periods making it that much more important to care for ourselves throughout our lives. In turn this makes these particularly difficult times liveable. These past months have been a bit of a self study for me in understanding

the delicate balance between psychology and physiology and which to support in order to best care of myself. It is quite obvious, when we think of self care, that we require proper rest and sleep, good nutrition, exercise, and fresh air. These are what I am referring to when I discuss the physiology of health. Obviously in the place I am in right now it isn't possible to rely on 8 solid hours of sleep per night, however I can attempt to nap when possible and use rest as a way to recharge when sleep isn't

(Continued on page 2)

Summer 2012

Volume 3, Issue 2

Inside this issue:

Psychology and physiology	1
The scoop on healthy poop	3
To screen or not to screen	5
Staying healthy all year long	6
Recipes for a perfect picnic	9



Sign up to receive our newsletter via email:

Send an email to info@collegewellness.ca or visit www.drzepp.com and click "Subscribe".

New Address on College Avenue for Dr. Jonathan Bablad, ND and Head to Heal Family Wellness Centre

Head to Heal Family Wellness Centre is setting down new roots! We will be relocating our office and our dispensary one block west, to 2310 College Avenue in Regina, SK as of August 1, 2012. We are very excited to be moving into a main floor office (woohoo!) in a beautiful big red brick house, and share the common space with A Balanced Approach. Please visit our website www.reginanaturopathicdoctor.com for details, and our new phone number will be (306) 551.3384. We look forward to seeing you there.!♥

Though we're ever so glad Dr Bablad and family have come to your senses and are back in Regina full-time, we're sad to see him leave our clinic. Best of luck at your new location!

Psychology and physiology

(Continued from page 1)

possible. I can control the foods I eat and know what an incredible difference proper nutrition makes to my mood and energy level. This is certainly a worthwhile investment in myself as it gives me more patience to deal with two demanding little people when my blood sugar is stable thanks to healthy balanced meals and avoidance of sugar and processed foods.

Using exercise, even if just a 20 or 30 minute swim or run, to clear my head helps me to return to family obligations saner and more grounded. Stress hormones are released and endorphins are produced. Taking the small amount of time for this "selfish indulgence" allows me to be happier, healthier and more patient - what better combination for a mom returning home to her kids?

That being said, another vitally important aspect of self care I have come to realize is maintaining our psychological health by way of our perspective. Early in Shea's life I found myself clinging to the need for him to sleep, I had expectations about what I thought he "should" be doing regarding his sleep patterns. This attachment to wanting things to be different from what they were was hurting me tremendously. Immediately I would feel resentful and anxious and stressed. My mind would start to catastrophize as to what the following day would be like if I don't get more sleep. The scenarios that were then generated obviously caused me more stress and I would become less patient with my innocent little boy, who, inevitably, would pick up on this stress and

"My friend...care for your psyche...know thyself, for once we know ourselves, we may learn how to care for ourselves" - Socrates

adrenaline would fill his little body making him even more wakeful and alert! exactly what I didn't want, though I was playing a role in creating my reality through my storytelling and resulting stress. Thankfully I recognized this and set about shifting my perspective. I would meditate when not sleeping, visualizing my brain getting the rest and repair it needed. I also had a funny little song pop into my head at just the right moment: Que cera, cera... (whatever will be, will be..) and I can't begin to tell you what help that mantra was in allowing me to simply live in the moment and let go of the expectations and attachments I had around everything happening during this unpredictable time in my life. This shift in perspective is also incredibly important for those times when it is impossible for certain physiological self-care needs to be met (a particularly sleepless night, no time for exercise, etc). I truly believe that it is expectations and attachments that create the bulk of the stress and unhappiness in our lives. When we stop expecting things to be different - for instance we stop expecting the boss at work to be nicer, coworkers to be friendlier, our spouses to buy us flowers, our children to be more grateful, etc - then we learn to accept things just as they are. This doesn't mean it is okay to be rude, unfriendly or uncaring, it simply means we are at peace with those people or things that aren't as we wish them to be.

Of course psychology and physiology are intricately linked and so shifting our perspective reduces our stress hormones and nervous system firing to our physiology - the way our bodies themselves operate - becomes healthier. Our muscles are more relaxed, our breathing deeper, our heart rates and blood pressures lower. Supporting our physiology through a balanced nutritious diet, proper sleep and rest and exercise allows our brains (our psychology) to produce the necessary chemical messengers and hormones to keep us free from anxiety, worry, anger, depression, etc.

Because this is cyclical in nature (the mind relies on the body and the body on the mind) - both psychology and physiology require our love, care, attention and support.

I realize that not all of you are new moms but hopefully these personal reflections help to inspire and motivate you towards improved self care on a day to day basis. Really, with proper self care: a nurtured body and healthy perspective, we can handle anything life chooses to throw our way.♥

To enjoy good health, to bring true happiness to one's family, to bring peace to all, one must first discipline and control one's own mind. If a man can control his mind he can find the way to Enlightenment, and all wisdom and virtue will naturally come to him.
~ Buddha

The scoop on healthy poop

By Dr Jonathan Bablad ND

A visit to a naturopathic doctor (ND) will usually involve a fairly detailed discussion of bowel movements. The reason for this is simple – what comes out of our bodies is a good indicator of our health inside our bodies. It also gives an ND an opportunity to explore the nutrition and eating habits of their patients. After all, you are what you eat, and what goes in, must come out! Here is a review of a few key pillars that promote happy bowels: hydration, nutrition, exercise, de-stress and my favourite - dysbiosis.

Bowel movements a healthy checklist:

- 1 to 3 times a day (skipping days is considered constipation)
- Consistency and shape of a banana (rabbit pellets indicate imbalance in the body)
- Brown in colour – meaning an absence of blood (if blood is present and it is bright red blood this indicates that there is a lower gastrointestinal (GI) tract issue, such as hemorrhoids and if there is dark red/black that indicated an upper GI tract issue such as an ulcer)
- No mucous (this often indicates inflammation seen in GI issues such as Irritable Bowel Syndrome, Crohn's, Ulcerative Colitis etc.)

No undigested foods - apart from corn (if food is present it can indicate that there is insufficient chewing or insufficient food enzymes or a food intolerance)

Absence of pain (rectal or otherwise)

Also keep in mind that gas and bloating are symptoms that often accompany irregular bowel movements, a certain amount of gas can be anticipated with diets high in legumes (beans) and cruciferous veggies (broccoli, cauliflower, brussel sprouts, kale etc.) but if bloating and gas are consistent throughout the day it is worthwhile exploring the cause behind this.

Bowel Movements and Hydration

Water is key to a healthy lubricated colon. You will need to drink at the very least one liter of water daily (often more depending on your size and weight) and the water cannot be exchanged for juice, pop or tea. If you strain to defecate



try increasing your water to see if this can help with an easier passage.

Bowel Movements and Nutrition

Another key ingredient is fiber. There are two types of fiber: soluble and insoluble. Soluble fiber dissolves in water and helps lubricate the colon examples are oats, legumes, nuts, flax and other seeds. Insoluble fiber, examples are leafy greens and whole grains – an insoluble fiber remains mainly undigested and scrapes the colon and acts like a sponge to remove toxins from the body.

To recap a few choice daily routines to promote healthy bowels would be:

- Half a dinner sized plate of greens daily (salad, rapini, broccoli, collards, kale etc.)
- 2 tbsp of seeds daily
- Eliminate refined grains (wheat products) and focus on alternative whole grains (quinoa, oats, millet etc.)

Other possibilities could be that there are food intolerances – it would be worthwhile to consult an ND to discuss this in further detail.

Bowel Movements and Exercise

The third pillar to happy healthy bowels is exercise. Exercise is a requirement as the

The scoop on healthy poop

(Continued from page 3)

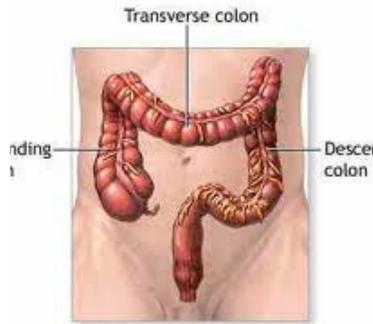
human body is designed to be active and when you are not active your body, including your bowels get stagnate. Try to incorporate 45 minutes 4 times a week of brisk walking, yoga, cycling – whatever gets you moving.

Bowel Movements and Stress

Stress, both physical and emotional, can spike the stress hormone cortisol in our bodies and this spike can impact our digestive tract – from how we digest food, absorb nutrients and expel waste. Consistency of your stool can give you an idea of how stress is affecting you. In many ways your bowel movements can help you determine what stressors act as your triggers and from there you can make changes in your life to minimize the effects of the stress. Taking time to have a bowel movement may sounds obvious but for those of you who are constantly on the go, give your body time to do a little release. This can be deep breathing, reading and communicating to your body that you have the time to do what it needs to do.

Bowel Movements and Dysbiosis

Dysbiosis is a microbial imbalance in the body that can af-



fect bowel movements. The lining of all body cavities, including the gut, is populated with healthy bacteria and microorganisms, much as the soil of the forest floor is teeming with the same. This proper microbial balance is essential for the proper functioning of any ecosystem. When something disrupts the balance - such as antibiotics, overconsumption of sugar/refined carbohydrates, stress – then certain species (i.e. yeast, bacteria, viruses) can overpopulate, essentially creating an infection and with the imbalance of these microorganisms symptoms develop. This can result in constipation, diarrhea, gasiness, bloating etc. It is worthwhile to consult with an ND to work at balancing the gut by maximizing elimination of the critters and re-establishing adequate balance in bacteria and a healthy digestive environment.

Bowel Movements and Supplements to Consider

As always supplement proto-

cols are individualized to the patient's needs and back story. However, a few safe and effective supplements to consider are:

Probiotics – good flora is critical to healthy digestive functioning. Please consult your ND for a reputable probiotic

Magnesium – as a smooth muscle relaxant it can be helpful to relax the intestinal tract in the relief of constipation

Omega-3 – these healthy oils act as a lubricant and anti-inflammatory and can be helpful in the relief of constipation. Again, please consult your ND for a reputable omega-3

Bulking agents – to help with diarrhea bulking stool can be helpful. A few to consider would be amino acid l-glutamine, psyllium, apple pectin, rice bran etc.

These recommendations are a starting point, however, as is always the case with naturopathic medicine, it is important to address the individual.

Have a great summer, may your bowel movements be regular, and support your digestion through enjoyment of the bounty in local fruits and vegetables at this time of year. I look forward to seeing you at the clinic soon! ♥

To screen or not to screen: the facts about sunscreen

By Dr Allison Ziegler ND

It's a hot summer day – not a cloud in the sky or a breeze in the air. You decide to take a trip to the beach to bask in the sun and enjoy the warmth of the day. In preparation, you grab your beach bag and fill it with all the beach necessities - towel and bathing suit, a water bottle, some snacks, sunglasses and hat. Before you leave you decide to lather on the sunscreen as the morning news indicated a high UV index. All prepared for the day, you make your journey to the beach unaware that the “safety” benefits listed on your sunscreen and what it contains may be causing more harm than good.

Sunscreen has long been known as the protective mechanism against sunburns, skin cancer and declining skin health. More recently we know that beyond preventing sunburns, there is little known about the safety and efficacy of sunscreen. In June 2011, the Food and Drug Administration (FDA), which is responsible for regulation of products, released sunscreen regulations; however, they still allow the products to contain potentially hazardous ingredients and make exaggerated claims. As a result, it is important to understand what to look for when selecting sunscreen products.

Getting the Facts:

Vitamin A

The common form of vitamin A added to sunscreens is retinyl palmitate. Vitamin A is a popular anti-oxidant used in skin

products in order to prevent or slow skin damage and aging. The FDA has recently conducted a study that showed in the presence of sunlight, topical application of retinyl palmitate increases the development of cancerous skin lesions. It is thought that when vitamin A is exposed to sunlight, free radicals are formed, which damage skin cells and predispose them to cancer development. This becomes an issue with the vitamin A content in sunscreens as opposed to other skin care products because of the vast sunlight exposure endured while wearing sunscreen. Furthermore, claims made by sunscreen products that they protect against skin cancer become a concern; as such products may in fact increase risk of skin cancer development.

Oxybenzone

Oxybenzone is added to sunscreen to absorb UV-B and UV-A rays; however, it is known to penetrate the skin and can lead to development of allergies and disrupt hormone balance. It is strongly urged to avoid use of oxybenzone containing products especially in children because of the hormone disrupter properties.

SPF

SPF, or Sun Protection Factor, of sunscreen is a measure of effectiveness of the sunscreen, meaning that the higher the SPF, the more protection against UV-B radiation. The FDA has prohibited companies from indicating SPF 50+ because there is lack of evidence that 50+ exhibits any additional protection and in fact may promote people to

stay in the sun longer, thus increasing radiation exposure and damage. Despite the FDA's efforts, companies continue to advertise SPF50+.

UV-A & UV-B Protection

UV-A and UV-B radiation are both responsible for skin damage; however, many conventional sunscreens do not protect against UV-A rays. UV-B rays only penetrate the outer skin layer and are primarily responsible for causing sunburns and non-melanoma skin cancer. UV-A rays penetrate deep into the skin to cause DNA damage increasing the risk of malignant melanoma. The sunscreens labeled as “broad-spectrum” are designed to block both UV-A and UV-B; however, many do not contain the ingredients to actually protect against the UV-A rays.

Form

Sunscreens in the form of liquid or powder should be avoided because the health effects due to inhalation have not been investigated. Additionally, sunscreens containing bug spray should be avoided and applied separately if needed.

What to Choose

Mineral sunscreens tend to be the safest and effective choice. Mineral sunscreens (zinc and titanium) are stable in sunlight, do not penetrate the skin and tend to be the most effective at blocking UV-A radiation. Those who do not like mineral sunscreens are encouraged to try sunscreens with 3% avobenzone and products without oxybenzone (for reasons listed above).

(Continued on page 6)

To screen or not to screen: the facts about sunscreen

(Continued from page 5)

Sun protection is important; however, sunscreen should not be the first-

line protection mechanism. Use of protective clothing, hats, sunglasses and monitoring time of direct sun exposure are primary in reducing

the risk of skin damage and skin cancer. Selecting a sunscreen more carefully can aid in the protection but should not be the sole action to do so.♥

Staying healthy all year long

By Dr Julie Zepp Rutledge ND

In past newsletters I have tended to use the season as a topic in my articles. Spring is for cleansing, summer for clean eating, fall for establishing new routines and winter for going inwards for self-reflection. This spring I began re-reading a very favourite book of mine “Staying Healthy With the Seasons” by medical doctor, Dr Elson Haas, and it motivated me to put together a summary that included health tips to incorporate all year long. I recommend you make a copy of this and each season implement some of these suggestions and tools in order to help keep you healthier throughout the year.

Different organ systems are active at different times of the year and these systems need to be properly nourished and supported in order to function properly. When they are working well this leads to balanced emotions, especially those emotions that are dominant in a given season. If an organ system, normally dominant in a particular season is not performing up to snuff this can lead to a variety of concerns. For instance, the spring is the season of the liver and gallbladder. If we consume too many rich or fatty foods in this time, drink excessively, or don't make time for increased activity – then we can damage these organs and this may lead to anger, irrita-

bility, high cholesterol, headaches, muscle and joint pains, menstrual difficulties, hormonal imbalances and skin problems, usually acne.

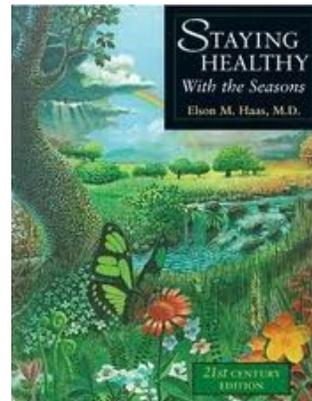
In the summer, it is important to support the heart, pericardium (the protective sheath around the heart), the small intestine and what the system of Chinese Medicine calls *The Triple Heater* (in Western Medicine we do not have a term for this, but it symbolizes the ability of the body to move energy through the upper, middle and bottom parts of the body – ensuring smooth flow of blood, nervous system signals and hormones). Consuming too many cooked foods, heavy foods, not enough fruit and vegetables, drinking too little water can increase our risk of inflammation and pain, digestive problems like heartburn, troubles with our circulation (either too much heat – a beet-red face, for eg. - or too little heat - eg. Cold hands or feet) and may lead to anxiety (an increased “fight or flight” response, depression or alternation of depression and mania.

Towards late August and early September we often experience what we have dubbed “Indian Summer”. This is also known as “late summer” in Chinese Medicine. This is thought of as a distinct season and is character-

ized by dominant spleen and stomach activity. Too many sweet foods eaten during this time damage these organs and can lead to problems such as hypoglycaemia or diabetes, swelling or puffiness of the tissues (eg swollen ankles), immune system problems – especially aggravation of an auto-immune condition. We may feel more worried or a tendency to brood or “overthink” when these organs are not being properly supported and nourished.

In the Fall the lungs and large intestine require a little extra support. Exposure to cigarette smoke, airborne allergens, constipating and mucous-forming foods such as dairy products and refined sugars and especially processed, “chemical” substances such as artificial sweeteners, alcohol, medications, vaccinations can damage these organs resulting in allergies, frequent colds and flus, and/ or “IBS” symptoms. Lung/ Large Intestine energy is also damaged by prolonged or excessive sadness or grief and Damage to these energies either through physical or emotional pathogens leads the feeling of being ‘stuck’ or resistant

(Continued on page 7)



Staying healthy all year long

(Continued from page 6)

to change or the coming on of winter.

In the Winter the Kidneys and Bladder are the active organs. The Kidneys are the root of our energy and essence. Strong Kidney essence means we have a strong constitution and are resilient to disease, have good energy are not held

back by our fears. Winter is the time to go inside (literally and figuratively) and to recharge our bodies, minds and spirits. When we resist this natural need to slow down, sleep and rest more, are very fearful or we don't pay attention to the dietary changes required in this season we may develop an increased tendency to urinary tract infections, low back pain, or problems with our hair (eg hair loss), hearing or bones (fractures, osteoporosis).

The chart on the following pages gives a summary of the seasons, their active organs and those things that are best done within each season to support each organ system. It is also important to begin following these guidelines in the preceding season to ensure optimal health of a given system within its season. For instance begin following the guidelines for a healthy liver (spring) during the winter months.

Season	Organs/ Emotions	Foods to eat	Substances to avoid	Herbs to use	Other
Spring	Liver Gallbladder Smooth flow of all emotions (healthy state) Anger/ Frustration (unhealthy state)	Lemon Beets Vegetable juice Bitter greens Sprouts Wheatgrass Olive oil Nuts and seeds (raw) Whole grains (rice, millet, oats) Beans (pinto, mung, lentils, chickpeas) *especially important to chew well and relax fully before eating	Household and industrial chemicals Alcohol Pharmaceutical and recreational drugs Caffeine Fried foods Heavy meals "Chemical" (processed) foods	Milk thistle Dandelion Olive leaf Royal jelly Propolis B vitamin complex	Increasing exercise that induces sweating Sauna use Great time for cleansing/ juice fasts/ the "Master Cleanse" Bodywork (massage, reflexology)
Summer	Heart Pericardium Small intestine Triple Heater Joy (healthy state) Anxiety (unhealthy state)	A cool and light diet: Fruits/ juices Vegetables/ salads Seeds (esp. sunflower) Eggs Yogurt Tofu, tempeh Lentils	Red meats Animal fats Sugars and starches Salty foods	Fennel Fennugreek Anise Cayenne pepper Ginger Licorice root Hawthorn berries American ginseng Borage Goldenseal Amino acids Enzymes	Relaxation Focus on relationships, activity, fun Vigorous aerobic activity (ideal is 15 minutes of higher intensity and 15 minutes of stretching, daily)

Late Summer	Spleen Stomach Feeling grounded (healthy state) Worry\ Overthinking (unhealthy state)	Focus on alkaline foods: Fruits and veggies Millet Buckwheat Corn Sprouted grains and seeds Almonds Brazil nuts Honey	Acid and mucous producing foods: Barley, wheat, oats, rye (gluten containing) Dairy products Eggs all meats Cashews, peanuts, macadamia nuts Sugars and sweeteners Cold foods	Rosemary Juniper berries Fennel Fenugreek Licorice root Catnip Cinnamon Parsley Chamomile	Practice food combining rules and focus on improved digestion Engage in meditative “grounding” practices Increasing focus on strength building in exercise programs Keep exercise outdoors as much as possible
Autumn	Lungs Large Intestine Sadness (in healthy state we easily express sadness) Excess grief (in unhealthy state we get stuck in sadness)	Grapes/ pure grape juice/ organic wine Olive oil Limited increase in consumption of meats, eggs, dairy Whole grains, nuts, beans, seeds Cooked vegetables/ root vegetables Soups	Cigarette smoke Inhaled toxins Vaccinations (eg. Flu vax) Aspartame/ artificial sweeteners Refined sugar, corn syrup Addictive substances Start reducing fruit intake	Garlic Burdock root Comfrey root and leaf Coltsfoot Oregon grape Cascara sagrada Increased fiber: psyllium, flax	Hydrotherapy: contrast showers – ending showers with cold water rinse Dry skin brushing Overnight jojoba oil treatment on the scalp Colon cleansing/ hydrotherapy Expression of feelings and creativity
Winter	Kidney Bladder Creativity (healthy state) Fear (unhealthy state)	Steamed/ baked vegetables, especially squash, yams, carrots, turnips other root vegetables Millet, buckwheat Adzuki beans Black beans Soybeans/ miso/ tempeh Unrefined sea salt Seafood, meat, some dairy	Table salt/ refined sea salt Minimize fruits, cold/ raw foods	Garlic Ginger root* Cayenne* Marshmallow root Juniper Flax Nettle Sarsaparilla	Increase proportion of strength/ flexibility (yoga/ tai chi) Stay warm and cozy, relax, sleep, reflect and dream

Regarding exercise: at least 30 minutes a day of exercise is important throughout the year, with the balance between strength promoting, flexibility/ meditative and cardiovascular/ sweat-inducing exercise changing throughout the year. Summer is the time with the most time dedicated to the cardio exercise while winter will see a shift towards the more inward flexibility/ meditative types of exercise.

Balanced Spring (Liver/ Gallbladder energy) with its new beginnings, gardens, greens, sprouts will leave you

(Continued on page 9)

Staying healthy all year long

(Continued from page 8)

feeling the excitement of a clean body and home, good elimination, exercise, creativity and enthusiasm (instead of the heavy feeling of “the same old stuff”, excess, congestion, laziness, weeds, drugs, overeating).

Balanced Summer (Heart/ Small Intestine and Pericardium/ Triple Heater) energy includes lots of sun and fun, vigorous exercise, “sweating it out”, swimming, trimming, being at the beach and eating light. If this energy is out of balance we may find ourselves hiding inside, feeling shy/ faint-hearted, afraid to play, over-serious, or overeating.

Balanced Late Summer (Spleen/

Stomach) energy means adaptability, relaxation, deep breathing, balanced intake of foods (light foods of summer with added beans, nuts, whole grains), preparation (increased work, productivity) and faith. When out of balance we may feel resistant to change, we engage in shallow breathing, nervous eating and feel apprehensive.

Balanced Autumn (Lungs/ Large Intestine) energy results in good communication, productive work, discipline, clarity, care, quiet walks and more rest. Out of balance there is indecision, confusion, obscurity, overindulgence, coffee drinking, smoking and fatigue.

Balanced Winter (Kidney/ Bladder)

energy means we stay warm, quiet, we sleep well and more, we stay home, we look within and preserve our energy. Out of balance we are overactive, lack rest. If we fight against the natural rhythm of winter that is to slow down we will feel frustrated, suffocated and possibly depressed.

Our goal is to have balance in all organ system throughout the year. Paying attention to seasonal rhythms and changes and living in harmony with the seasons by respecting the different food, exercise and lifestyle requirements each necessitate will allow us to have this flow and optimal health in mind-body and spirit all year round.♥

Recipes for a perfect picnic

By Hayley Stobbs RHN

Lemonade

Available year-round, lemons are nearing the end of their peak season in May - but you can still squeeze in homemade lemonade! A citrus fruit, lemons are a good source of vitamin C, helping to keep the immune system strong. Lemons come in both sour (Eureka and Lisbon) and sweeter (Meyer) varieties. Look for a lemon that is heavy for its size, which indicates less skin and more flesh. The peel should have a finely grained texture and be fully yellow. You can use both the flesh and the peel (as a zest if the lemon is organic) in all types of dishes, so enjoy!

8 cups water

¾ - 1 cup sulfite-free lemon juice

*about 6 - 8 lemons, fresh squeezed

20 - 25 drops liquid stevia

Combine all ingredients in a glass pitcher and refrigerate to cool.

Lemonade for 1

8oz water

½ lemon, fresh squeezed juice

3 - 4 drops stevia

ice cubes, to serve

Lemonade Creations:

- **Lemon Spritzer:** Mix lemonade with mineral water.

- **Hibiscus & Mint Lemonade:** 4 hibiscus tea bags, 2 cups fresh mint leaves, plus sprigs for serving.

- **Desert Limeade:** 4 desert lime tea bags, swap lemons for fresh squeezed limes

* **for the tea:** Steep tea and mint in 4 cups boiling water; let it cool. Discard the tea bags and mint after 10 minutes. Combine with the 4 cups remaining water, lemon or lime juice, and stevia. Serve over ice and garnish with mint sprigs. ♥

Cooling Summer Cocktail

A hydrating, mineral-rich digestive tonic for hot summer days.

2 ounces aloe vera juice

¼ - ½ lime, fresh squeezed

½ cup coconut water, OR juice of choice

½ cup mineral water

Dash of stevia, optional

Pour into a cocktail glass over ice and garnish with a lime wedge. ♥

Recipes for a perfect picnic

Continued...

Hayley Stobbs RHN can be contacted via her facebook page:

[NOURISH, Holistic Nutritional Consulting](#)



Picnic Potato Salad

3 medium russet potatoes
1 medium sweet potato
3 celery sticks, sliced
1 cup red radish, sliced
½ large yellow bell pepper, diced
1/3 cup lacto-fermented relish,
OR minced dill pickle
½ small red onion, diced
1/3 cup fresh minced chives

5 tablespoons mayonnaise
2 tablespoons yogurt
2 tablespoons apple cider vinegar
1 tablespoon lemon juice
¼ teaspoon white pepper

Paprika for garnish

Lightly steam potato and sweet potato for 8 - 10 minutes in a steamer basket. Add cauliflower in the last 10 minutes of steaming. Turn off heat and let cool. Meanwhile, chop veggies and prepare dressing. Toss to coat and serve with chicken or fish and steamed asparagus. ♥

Peach & Rocket Salad

with creamy goat cheese dressing

2 cups rocket greens (arugula)
2 cups raddichio, fine sliced
2 ripe peaches, sliced
1 red pepper, diced
½ cup pecans

Prepare vegetables and toss with tongs in a salad bowl. Garnish with pecans and serve goat cheese dressing on the side.

Creamy Goat Cheese Dressing:

¼ cup soft goat cheese, packed
¼ cup water
1 tablespoon maple syrup
½ lime, fresh squeezed juice

Whisk all ingredients and serve on the side. ♥

Ranch Dip or Dressing

1 cup cashews, soaked
½ cup water
*OR 1 ½ cups plain greek yogurt
½ cup vegetable broth
2 tablespoons lemon juice, fresh squeezed
1 tablespoon apple cider vinegar
1 tablespoon nutritional yeast
2 tablespoons parsley
1 tablespoon each: dried basil and dill
½ teaspoon garlic powder
½ teaspoon onion powder
¼ teaspoon sea salt
Cracked black pepper

Blend until smooth. Whisk in green herbs (basil, dill, and parsley) after using the food processor with a fork – this prevents the dip to turn green. Store in an airtight glass container in the refrigerator. Keeps up to five days.

Serve as a dip or salad dressing. ♥

Cooling Treats for Hot Days

Coco-Lemon Pops

2 cups plain coconut yogurt
1 cup *So Delicious* coconut milk
½ cup unpasteurized local honey
OR stevia to sweeten
2 scoops rice or whey protein powder
1/2 cup lemon juice, fresh squeezed
1 teaspoon grated lemon zest
1 teaspoon freshly grated ginger

Blend all ingredients in a food processor or blender until smooth. Pour into popsicle moulds and freeze until solid, overnight or for 7 – 8 hours. Run moulds under warm water to loosen. Serve to your children and their friends, your family, and guests. Enjoy!

Frozen banana sticks

6 bananas
2 cups plain organic yogurt
1 cup walnuts, finely chopped
6 wooden skewers

Thread bananas onto skewers. Dip bananas in yogurt, then roll in walnuts. Place banana skewers on a waxed paper-lined baking sheet and set in freezer for at least 1 hour. These freeze well in an airtight container for up to 7 days. ♥