



because dirt (read: toxins) happens...

better detox nutrition

Truth: Your body is detoxifying right now. This very minute. Yes, even if you haven't been chugging organic cold-pressed green juices all week or adding special powders to your morning smoothies. Don't believe me? I get it. That's because you probably hear the word "detox" used a lot of different ways and few are correct. Here's the deal: We create internal "messes" every day that necessitate detoxification—a.k.a. clean-up work in the body. When you create a mess and don't clean up, there's a good chance you'll get sick more often, feel kind of "meh" all the time, not get the weight-loss results you're going after, and more. However, your body is a well-designed machine that knows how to detox (read: clean up those messes) on its own. And there are also plenty of ways you can support this genius mechanism. Read on for everything you need to know about this hot topic.

Detox, Debunked

I always say that your body is like a race car. And if you roll with me on that analogy, then you know how your car needs to be cleaned on a regular basis. Imagine getting into your car with all of those on-the-go pit stop crumbs, crushed cereal, crumpled-up tissues and gum wrappers. Then, imagine taking a drive after spending some time cleaning, vacuuming, and wiping all that dust off the dash. So much more enjoyable, right? Well, the same is true inside your body:

- We create little messes inside our body every day. While you might guess that the "unhealthy" stuff causes these messes—like non-organic food, stress, and alcohol—the good stuff in life contributes to these messes, too. (Think exercise, excitement, and even just eating a bunch of great-for-you food.)
- Because of this, detoxing can't be an annual event or even something that happens every so often (say, before a big event). It has to happen every day. Yep, you read that right. You should be detoxing Every. Single. Day.
- Take a deep breath: After all, stress is just going to cause more of a mess in there! The good news here is that your body was built to detox every day. Now, this doesn't mean your liver just detoxes on its own—especially if you are giving it too much else to do; this is a major over-simplification. But this detox process is something your body intuitively knows how to do, and there are ways you can help nudge things in the right direction (more on that later!).





Reduce Your Toxic Load

OK, so it's impossible to eliminate toxins completely. Heck, the body creates some toxins when it's digesting good-for-you vegetables. But think of it this way: If the body is already creating little messes by doing what it's supposed to do, it's smart to avoid the very-avoidable things that'll only add to that mess. What do I mean? Consider taking the following steps to reduce your toxin exposure:

1. Take your shoes off before walking around your house. Sounds simple, but it's a surefire way to do what you can to control what comes into your environment. Have a furry friend like me? I wipe my dog's paws with a natural wipe after we go for our walks.
2. Wash your fruits and veggies carefully. Yep, even the organic ones. And if you cook meat, be careful to clean as you go so you're not leaving any toxic remnants behind.
3. Choose organic food. It's absolutely your best proactive shot at reducing unnecessary toxins via your food.

Quick Tip: You don't need to buy organic everything. Focus on choosing organic varieties of the foods you eat most frequently. For example, I eat broccoli every day, therefore it's always organic. As for those kiwis I have once in a blue moon? I don't sweat it if I can't find an organic option.



How does the body detox, specifically?

The body has two detoxification pathways, which you want to make sure you're engaging equally. This, as well as maintaining a healthy digestive system is the key to better health. Here's the breakdown:

Detox Phase 1: It's all about conversion. This is when the body goes to work to convert toxins into waste to be eliminated. Here's the funny thing: Sometimes this can be a messy process and create more free radicals (yep, the stuff you're trying to get rid of), which add to the toxic load that needs to be eliminated. It's proof that the body's detox work is never done! However, during this first phase your bod marks all of the toxins for elimination—think of it like putting all of the stuff that needs cleaning up in your car or your house into boxes and marking it for "trash," "donation," or "bring back to the kitchen."



Phase 1 Foods: So, what should you eat in order to help your bod rock Detox Phase 1? I've got one word for you: plants. Some of my detoxifying faves are whole grains (that's right, you don't have to be gluten-free to detox!), peanuts, seeds (hemp, sesame, and sunflower), avocado, banana, spinach, and all greens. A quality, plant-based diet will always help promote your body's natural detox system.

Detox Phase 2: It's all about elimination. This is when your body starts moving those toxins that were marked for removal. In order to do this, the body actually adds specific nutrients to harmful toxins in order for them to be eliminated. The great part about this phase is that it's also when the body removes "used" hormones (like estrogen and thyroid hormones), which may reduce your risk of certain cancers.

Phase 2 Foods: To help the body convert toxins for elimination, get in your broccoli (floreets) or consider a glucoraphanin supplement. Choose plant proteins (like hemp seeds), and for calcium enjoy sesame seeds and seaweed. Enjoy shallots, leeks, garlic and radishes, more often, too.

Better Detox Nutrition Better Be Delicious!

It is with these Better Nutrition Recipes (developed by & photo credit to: Amy Fischer RD)



Brassica® Tea Poached Pear

Servings: 6

5 Brassica Tea bags

6 cups filtered water

$\frac{3}{4}$ cup honey

1- 1 inch piece ginger

$\frac{1}{2}$ tsp. vanilla bean powder or 1 vanilla bean

3 Bosc pears

Mascarpone cheese, greek yogurt, coconut yogurt, ice cream, etc.

Granola

Parchment Paper

Directions: Bring 6 cups of water to a boil in a large saucepan. Add tea bags to boiling water, remove saucepan from heat and let tea bags steep for approximately 8-10 minutes. Squeeze excess liquid from teas bags in saucepan and discard.

Add honey, ginger, vanilla bean powder to the tea, stirring until honey has melted. Bring tea to a simmer and cook for approximately 5 minutes. Peel pears using a carrot peeler and leave stems intact. With a melon baller or small spoon scoop out seeds from bottom of each pear. Add pears to saucepan and simmer for approximately 15 minutes until pears are tender. Remove pears from liquid and let cool.

Continue to simmer the liquid in pan until it is reduced by about half and thickens. Discard ginger pieces and let tea cool. Cut pears in half and spoon the reduced liquid over the pear. Serve with a dollop of mascarpone cheese, greek or coconut yogurt or a scoop of ice cream and granola.

Brassica® Mocha Cappuccino Oatmeal

Servings: 2

Oatmeal

½ cup steel cut oats
2 cups water

Mocha Sauce

Yield: approx. ¼ cup
3 tbsp. coconut oil
2 tbsp. cacao
1 tbsp. maple syrup
2 tbsp. freshly brewed Brassica® Coffee
with TrueBroc®
½ tsp. cinnamon
½ tsp. vanilla bean powder

Directions:

1. Prepare oatmeal as per instructions.
2. In small bowl combine coconut oil, cacao, maple syrup, cinnamon and vanilla bean powder. Whisk ingredients together and add freshly brewed Brassica® Coffee, mixing until smooth. Add mixture to oatmeal and combine until fully coated.
3. Serve warm and top with steamed milk, mixed nuts, raisins and cacao nibs.



Movin' Muesli

Servings: 6 servings

3 cups Nature's Path organic oats
1 cup unsweetened shredded coconut
1 cup slivered almonds or mixed unsalted nuts
½ cup organic dried fruit
(raisins, cranberries, etc.)
note: If you have digestive issues consider
¼ cup crystalized ginger, chopped
(Detox Tip: Rub off added sugar)
2 Tbsp. Manitoba Harvest Hemp Hearts
2 Tbsp. organic chia seeds
1 tsp. organic cinnamon

Directions: In a large bowl, mix ingredients together. Separate into six (½ cup each) servings, and serve per below or store remaining portions in airtight container (We love New Wave Enviro containers or Ball Canning mason jars)

For 1 serving:

½ cup muesli
¾ cup homemade non-dairy milk

Directions: Add muesli to a small bowl, top with milk ; serve and enjoy.



Buddha Loves Broccoli Bowl Servings: 5 cereal bowl servings or 2-3 soup bowls

1 head cauliflower florets	salt & pepper to taste
1 head broccoli florets	2 Tbsp. coconut oil
5 – 6 carrots chopped	1 head kale chopped
1 – 2 leeks chopped	1 & ½ cups purple or black rice cooked

Additional toppings (per serving):

2 Tbsp. tahini or 3 Tbsp. sunflower, hemp seeds, ¼ cup almonds, peanuts, pistachios.

Directions: Preheat oven to 400 degrees. Line a baking sheet with unbleached parchment paper. In a large bowl, mix cauliflower, broccoli, carrots and leeks with coconut oil, salt & pepper and place on baking sheet on upper rack in oven. Place chopped kale in the same bowl used to mix veggies and coat leaves with remaining coconut oil, set aside.

Roast vegetables for ~30 minutes or less if you like your vegetables crunchy. While vegetables are roasting prepare tahini dressing.

After vegetables have been cooking for 25 minutes place kale on top of roasted veggies and return to oven for additional 4-5 minutes to let kale steam. Careful not to let kale get too crispy. Divide cooked rice into bowls, add roasted veggies and serve with tahini.

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