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Krazy About Kale

On the hunt for a nutritious, vitamin-packed vegetable that is also loaded with great flavor? Try kale. There are many reasons to pile this cruciferous veggie on your plate. It is low in calories, has zero grams of fat and contains nearly 20 percent of the RDA of dietary fiber, which promotes regular digestion, prevents constipation, lowers blood sugar and curbs overeating.

Need more reasons? Kale also contains the glucosinolate isothiocyanate (ITC), which fights the formation of *H. pylori* (*Helicobacter pylori*), a bacteria that can attack the digestive system and cause big problems. Kale is also a superstar in the arena of carotenoids and flavonoids, two powerful antioxidants that protect our cells from free radicals that cause oxidative stress. There are also tons of vitamins in kale – think vitamins C, D, A and K. All boost immunity, help maintain healthy bones and teeth, and maximize overall health. Enjoy!

<http://www.toyourhealth.com/mpacms/tyh/article.php?id=1470>

3 Causes of Irritability

Fatigue

If adequate sleep is Beauty, then inadequate and/or poor sleep is surely the Beast. The health consequences of poor sleep aside, restless nights can lead to crankiness the likes of which have rarely been seen. The Solution: Make sure you get not only enough sleep every night; ensure that it's restful sleep with the right mattress, pillow, lighting (lack thereof) and preparation.

Stress

Stress manifests in many ways, but irritability is perhaps the most common symptom. Stressed about your job, the screaming kids, the unpaid bills, your lack of motivation to hit the gym, or any number of other life challenges? Irritability can't be far behind. The Solution: Manage stress by discussing it, dealing with it proactively and taking control; anything but avoiding it.

Hunger

Irritability that comes on like a wave and doesn't have any other obvious cause (like those above) could be due to hunger. Face facts: People don't eat often enough, and when they do, it's high-GI foods that rush into your bloodstream and rush right back out, leaving you tired and hungry. The Solution: Eat small, frequent meals high in complex carbs that fuel your whole day.

<http://www.toyourhealth.com/mpacms/tyh/article.php?id=1471>

Dr. Jen Corbeil's Latest Article: Expand your detox options – think outside the box!

Late summer/early fall is a traditional time to cleanse. By giving your body a rest from a less-than-perfect diet and adding in gentle cleansing methods, stored toxins are eliminated and over-all health restored. But before you reach for your favourite boxed cleanse, consider customizing your own or adding in some of these tips. . .

Diet: keep it clean! Avoid sugar, coffee/caffeine, refined carbohydrates, alcohol and chemicals (preservatives, etc.). Eliminate or decrease dairy, eggs, conventional meats and high fat foods because of their congesting effect.

Do eat vegetables, fruits and whole grains, with varying amounts of beans, nuts & seeds, fish and free-range or organic lean meats added (if you tend to be chilly or often tired, include more whole grains and protein).

Herbs – try some of the many cleansing tea, tincture and capsule formulas available. Liver herbs, especially, like milk thistle, dandelion root and turmeric can be a wonderful addition.

Drink fresh lemon juice in warm water upon rising in the morning to stimulate your liver and gall bladder and “wake up” your colon, plus plenty of filtered water throughout the day to support your kidneys.

Dry skin brushing: vigorous to stimulate circulation or light to increase lymphatic flow – always working from your extremities towards your heart.

Castor oil packs (ask your healthcare practitioner for instructions) over the entire abdomen increase circulation and lymphatic drainage of your liver and intestines.

Deep breathing and movement to cleanse your lungs and mobilize toxins.

Spiritual cleansing – let go of unhealthy behaviours, thoughts and emotions. Try journaling, meditating, cleaning your house . . . whatever works!

Ideally, your cleanse should last 2-3 weeks and you will find yourself lighter, energized and better able to fend off colds and flus!

Please note that our office will be closed on Monday October 10th for the Thanksgiving Day holiday.

