



Vernal Equinox

March 2010 Newsletter

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Hi Everyone,

I am writing to you from beautiful South Beach, Florida today, the vernal equinox. After participating in a yoga class on the beach, I couldn't think of a better way to welcome spring. It got me thinking about how we naturally start to clean out our environment, i.e. our closet, yard, house, etc. But what many of us don't think about is the need to clean out our bodies of all the rich foods from the holidays, all the heavy comfort foods we have been eating all winter. Now is the perfect time to cleanse the body, particularly the liver.

Have a happy and healthy Spring!

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The Liver

You can clutch the past so tightly to your chest that it leaves your arms too full to embrace the present.
-Jan Glidewell

Exercises for the Liver

The liver is our biggest glandular organ which is responsible for producing substances that break down fats, store vitamins, cleans the blood, filters harmful substances, turns glucose into glycogen for energy, and produces 80% of our cholesterol. For obvious reasons we want to keep our liver in the best shape possible. Here is how:

- Walk 3-5 miles most days of the week.
- Stretch your body. Particularly side stretches
- Laugh often and laugh hard helps to cleanse the body of pent up emotions that bog down the liver
- Dance

Spring Cleanse for a Healthy Liver:

To spring clean your body, give it a break from rich and complicated foods by either cleansing or fasting for a short period of time. Cleansing means paring down your food to just simple fruits and vegetables, lots of water and perhaps whole grains. Fasting means limiting most foods and drinking lots of water, fresh vegetable and fruit juices, teas and soups. Without much energy going toward digestion, more energy is available to the rest of your body and mind.

Cleansing and fasting can sharpen your concentration, help you gain insight and promote spiritual awareness. It can also bring improved immune function and better digestion.

We can help the body naturally cleanse itself by making sure we are taking the right kinds of supplements and eating the right kinds of foods that support our body in increasing the flow of bile. Bile carries stored fat-soluble toxins away from the liver to be excreted in the stools.

Supplements to include in a detox: Chose a good high-potency multivitamin with selenium, molybdenum, and zinc.

- Choline and Methionine supplement also known as lipotropic factors. They help regulate fat metabolism and increase bile flow.
- Vitamin C, an antioxidant that supports detoxing and may help to reduce some of the side effects such as headache or nausea.
- Milk Thistle. Either buy it as a supplement or make a tea out of the herb. This herb is an antioxidant and assists in liver

cell regeneration, and is used after exposure to chemical and industrial pollutants. It can also help the body rejuvenate after consuming excess alcohol or high fat foods. Also helpful for spring allergies.

- Dandelion Root - Increases flow of bile. Can also be taken as a tea or supplement.

Foods that are detoxifying:

- Artichokes - Contains plant compounds known as caffeoylquinic acids, which increase the flow of bile and help to digest fats.
- Beets - Beets contain betaine, which promotes the regeneration of liver cells and the flow of bile. It also has a beneficial effect on fat metabolism.
- Broccoli and other members of the brassica family (cabbage, cauliflower, Brussels sprouts, kale, kohlrabi) support the liver's detoxification enzymes.
- Fresh fruits and vegetables - Food sources of vitamin C and glutathione, which are essential for detox.
- Plant based protein is required by the liver for detox. Beans, nuts, seeds, quinoa (see below)
- Onions and garlic - Rich in sulfur-containing compounds. Involved in sulfation, the main detox pathway for environmental chemicals and certain drugs and food additives. Helps with the elimination of harmful heavy metals from the body.

Food Focus: Quinoa

Quinoa (pronounced keen-wah), is a nutritional powerhouse with ancient origins. It was originally cultivated by the Incas more than 5,000 years ago; they referred to it as the "mother of all grains." It contains all nine essential amino acids, making it a great source of protein for vegetarians. Quinoa is also high in magnesium, fiber, calcium, phosphorus, iron, copper, manganese, riboflavin and zinc.

While quinoa is widely considered a grain, it's actually the seed of a plant called Chenopodium or Goosefoot, related to chard and spinach. Quinoa is a gluten-free grain and has a similar effect as other whole grains in helping to stabilize blood sugar.

It has a waxy protective coating called saponin which can leave a bitter taste. For best results, rinse quinoa before you cook it. When cooked, it has a fluffy, slightly crunchy texture. Try it in soups, salads, as a breakfast porridge or as its own side dish.

Quinoa with Beets & Greens

2 cups water

heat!

Upcoming Book Review & Events

Book Discussion and Review: This is a free event, I invite you all to come. We will discuss books on topics related to health and well being.

Hosted by Darby Melnik

Next book: David Kessler's Question of Intent

Thursday, April 22

Time: 7pm

Place: Options in Fitness Studio at Sky Movement

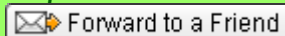
Check out our new schedule at www.optionsinfitness.com/schedule

We are always adding classes!

OPEN HOUSE : APRIL 24, 1-4PM

Forward to a Friend

It's such a pleasure to help those closest to us become happier and healthier. Please forward this newsletter to friends, family members or colleagues who might be interested and inspired by it.

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