

Spring Cleaning

The ground is starting to peak out from under the snow, and the daytime temps are creeping up into the 50's this week. Spring is in the air! Many of you have told me you are sick and tired of winter, of snow, and of the cold, grey days and long nights. Well, not to fear! The end of winter is only 2 short weeks away! What are you going to do to get ready for spring? Spring cleaning, of course!

Green house cleaning 101:

While we are thinking about cleaning, why not make this spring **green** in every sense of the word? Some authorities have claimed that indoor pollution is far worse than outdoor pollution, and a part of this has to do with the products you use in your home. Here's my take on **green cleaning**:

- Caustic and irritating substances like bleach and ammonia have no place in the home. If something irritates the eyes and nose, get rid of it!! Choose from the many "green" cleaners now on the market or make your own!
- For windows and other smooth surfaces, use white vinegar and water. IF you feel the need to sanitize, use the vinegar straight- its acidic nature kills bacteria. Or choose products from companies such as Ecover, 7th Generation, Method, and Mrs. Murphy's.
- Dish soap and laundry soap should be chemical free—opt for kinder versions such as Method dish soaps and bathroom cleaners and Arm & Hammer Essentials (fragrance free!)
- Get over the anti-bacterial craze. Your home should be clean, not sterile! Simply washing your counters and sinks with hot, soapy water is enough to get them clean. Cutting boards should be scrubbed well the same way.

- Ditch the paper and cotton towels in favor of microfiber! These small cloths are amazingly absorbent, and wash up well. Buy several packs and wash frequently. You will save trees and keep your house clean with ease. They make cleaning the bathroom, windows, counters and sinks a breeze, and also work really well on wet, muddy dogs!
- Please replace your sponges frequently, and microwave them on high for 3 minutes every couple of days. This will kill the bacteria. Also, I know it sounds simple, but, wring out that sponge and let it dry in between tasks. Don't leave it in the sink to breed germs and bacteria!
- I have designed a terrific workshop on **Creating a Toxin-Free home** if anyone is interested in learning more about cleaning up, well, cleaning up! Contact me for details and availability! 908-377-0773.



Spring Cleaning for You, too!

Ah, winter foods are so comforting and heavy—like a warm sweater or a wool blanket on a cold night. How many of you have put on a few extra pounds this winter? If you do most of your exercise outdoors like I do, the weather this winter has made it difficult to dangerous! The snow was deep, and often a slippery mess, so hiking was out of the question. I maintained my stretching

routine with some core exercises, but much of my cardio was put on hold. I also ate more animal products this winter than I am used to, in the form of eggs, fish and the occasional organic chicken (rarely). Some sweets crept in as well. Now, I crave fresh spring greens!!! Why? Because it is a way for my body to tell me that it is time to clean out the "house"! As the days lengthen and the weather warms up, listen to what your body is telling you. Do you hear it? Is it asking you to eat lighter, wetter foods like fresh fruits and greens? I know mine is!

Now is the time to really transition to this light and active time of year: by switching your diet to a lighter, easier to digest fare, you will find those extra pounds dropping off with ease. Here's what to keep in mind:

- Start your day off with fresh fruits. Citrus is still good now, as are pears and apples. Pineapple is replenishing as well. Add any of these to cooked grains, oatmeal, or yogurt. Like smoothies for breakfast? Frozen berries are the BOMB! Add some whey or rice protein powder, and you have a meal that is fast, portable and energizing!
- Remember the salads of summer? Dive back in! I don't eat much in the way of raw greens in winter- I find I do better with cooked greens like spinach, kale, broccoli raab etc. But as the weather warms up, my digestive fires can handle the raw greens again, and I find myself buying the big tubs of organic greens. Make your lunches energizing and cleansing at the same time by having a huge organic green salad. Add protein in the form of beans, a handful of nuts, or a tin of sardines, salmon or herring. Tuna is okay on occasion, but look for the brands that advertise that they use small fish which are lowest in mercury. [Wild Planet](#) is one such brand.
- If you must snack, snack on raw fruits and nuts. A small handful of almonds and an apple should take you to the next meal with ease. Or, have a small smoothie—and by the way, add a handful of spinach to that smoothie so you can really go green!
- Drink more--water, that is! Buy yourself one of those fancy stainless steel bottles and sip away. I know that I drink a lot more water when I have my bottle with me. Also, now is a great time to sample some of the detox teas on the market. [Yogi](#) brand and [Traditional Medicinals](#) are two of my favorites. Sip these between meals with a slice of lemon added. Mmmm!
- Consider adding a probiotic to your vitamin regimen. Remember that your digestive tract isn't all about food- it is your link to the outside world, and the home base of your immune system. It all starts and ends here! Many of today's health problems can be traced back to issues in the gut—food allergies, autoimmune diseases, IBS, IBD, even whether or not you catch the flu. Poor food choices, stress and most medications wreak havoc on your digestion, so while you are revamping your diet, let's give your GI tract a helping hand as well. There are many brands on the market, and I would encourage you to try several, and to buy the best you can afford. Some things to look for in choosing a good probiotic:
 1. Pick one that has at least 2 billion CFUs (colony forming units) per capsule.
 2. Look for a brand that has several strains, such as Lactobacillus and Bifidobacteria—they do different things.

3. Look for products that guarantee safe passage through the stomach acid and into the intestines where they live!

Several good brands include [Culturelle](#), Dr. Ohira's, Enzymatic Therapy's Pearls, Jarrow's [Jarrodophilus](#), Kyodophilus and Nature's Way [Primadophilus](#). You can order them online from www.vitacost.com and www.iherb.com and get really good prices.

- Now is the time to try skin brushing if you haven't become a convert yet! Skin brushing will remove all the dead, dry flaking skin of winter. It also tones the skin and moves the lymph—a great way to facilitate your detox! Simply buy a nice natural bristle brush and brush your skin vigorously, using strokes moving toward the heart. Brush until you are lightly pink, but not until it hurts!! Shower, moisturize and voila! Great skin!

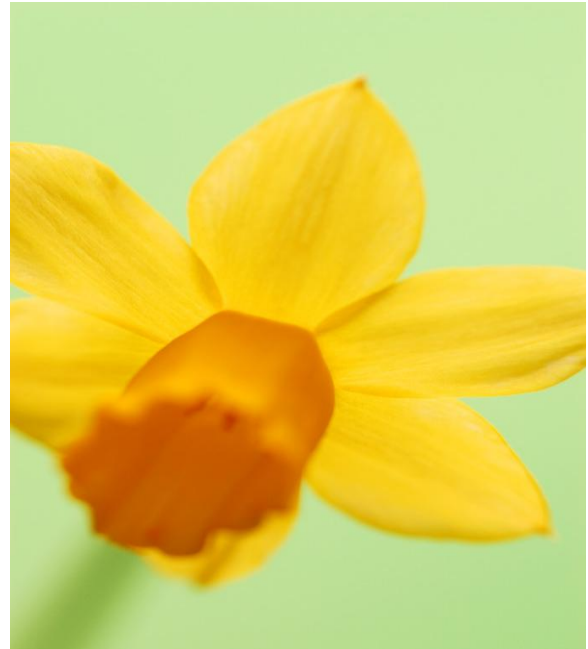
Green Smoothies for Spring!!

Green smoothies are my signature as a health practitioner. Those who know me know my smoothies. I think they are the fountain of youth! Here is my basic recipe for green smoothies. Beware—these are very energizing, and you will also need to hide them from your children—they have been known to drink them with glee even though they contain spinach and kale!!!

In a [Vitamix](#) container or other high-speed blender combine the following in order:

1. Greens: 4 lg. kale leaves, ribs removed; or, ½ the container filled with spinach leaves, not packed. (All amounts are approximate.)
2. 1 10 oz. package of frozen berries, your choice

3. 1 heaping scoop of whey or rice protein powder (optional, if used as a meal replacement)
4. 1 banana
5. Add water until it comes up to the ½ way point on the container (again, approximate!)
6. Blend! This makes 4 of the 2-cup Mason jar-fulls.



Spring is truly in the air. It is a time for the exuberance and love of life! As the bulbs burst forth, I encourage you, too, to rise up to the occasion and bloom!!!

As always, it is a pleasure to present this newsletter to you. I ask that you forward it to anyone you think will benefit from it or enjoy its contents!

Are you ready to make the change to a healthier you? Are you looking for some help and support? Call me; I'm waiting to hear from you! Individual sessions are available, so please email me herbagem@gmail.com or call 908-377-0773. Economy-cruncher rates are in effect for spring!!! Diane

