

# BACK TO THE GARDEN

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*Restoring the health God gave us "In the beginning..."*

## FOOD: NATURE'S CLEANSER

By **Angela Pifer**, MSN  
Certified Nutritionist

A cleanse can take on many shapes and forms, but most importantly it should involve extended lifestyle changes. Minimizing the amount of chemicals you are exposed to and maximizing the consumption of vitamins, nutrients and live enzymes will help draw out toxins.

You may incorporate a one or two day juice fast into your program. A juice fast should only account for three to four days in total of a 30 to 45 day program.

To improve the long

term functioning of your digestion, liver and help cleanse your colon:

- Select 3-5 fruits per day.
- Combine complex carbohydrates with proteins to maintain blood sugar levels.
- Limit meats to 3 days per week, and use vegetable proteins, such as grains and beans, in combination.
- Select at least 2 different vegetables for each meal; the orange/yellow veggies are great for the liver.

- Consider eating beets daily. Coleslaws will help increase vegetable variety in your diet.
- Select a fat or oil (one teaspoon or more) or seed or nut with at least 2 of your meals. Nuts and seeds also make excellent snacks.
- To prime the digestive organs every morning, take one tablespoon of lemon juice and a pinch of ginger powder in two cups of hot water. You may also choose a glass of cold filtered water with a lemon slice.



*Taste and see that the Lord is Good! Ps. 34:8*

**GENETICS CAN  
LOAD THE GUN,  
BUT YOUR  
ENVIRONMENT  
PULLS THE  
TRIGGER**

## SECRETS TO LIVING WELL

From the **Rocky**

**Mountain Health Journal**

It's true that heredity plays a role in how well we age, but research shows that our lifestyle is also very important. Embracing healthier habits can help put you on the road to a long, healthy life. To get started:

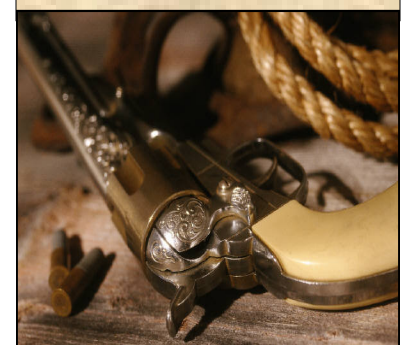
**Stop Smoking:** Smoking is the most preventable cause of death, according to the Centers for Disease Control and Prevention.

**Start Moving:** Regular exercise helps reduce the risk of heart disease, type 2 diabetes, cancer, high blood pressure and other serious health conditions. It helps

control weight and increases muscle and joint health.

**Eat well:** Include plenty of fruits, vegetables, beans and whole grains.

**Practice preventive health:** Many diseases are easier to treat if caught early, so get regular checkups and preventive screenings.



## QUANTUM WELLNESS

From *Quantum Wellness*

by **Kathy Freston**

Wellness is not so much a goal as a process, a journey, a way of orienting yourself toward life. It's about how you eat, how you listen to and take care of your body, how you process your feelings and connect to the larger world.

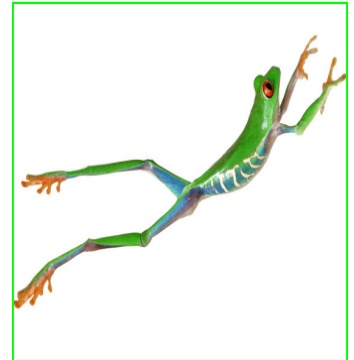
Quantum wellness is

about the tiny little things that we invest our energy in every day and every moment. The more we turn our attention to wellness the more we stoke the fires of change.

The momentum we generate through our actions leads, eventually, to a tipping point, and then there is a breakthrough, a quantum leap. We get to breakthrough levels of wellness by

turning our attention to those things that add to the force field of wellness.

Quantum wellness is not about imposing big changes but about leaning into wellness, comfortably adding things here and there, and taking baby steps toward the changes we want to achieve. It is about pointing yourself in the direction of growth, and then taking small steps to support that shift.



*Our actions generate momentum, which results in a breakthrough; a quantum leap!*



## PRACTICING SAFE SUN

If you plan on spending time outdoors this summer, be sure to keep these sun safety strategies in mind:

**Limit** full sunlight exposure, especially between 10 a.m. and 4 p.m.

**Drink** plenty of water to avoid dehydration.

**Cover up** with dark or brightly colored long

sleeves and pants.

**Don** a broad-brimmed hat with a 3-4 inch brim all around.

**Sport** UV-blocking sunglasses with wrap-around or large frames to protect the sensitive skin around eyes, and to reduce the risk of cataracts and macular degeneration.

**Apply** sunscreen liber-

ally and often, especially around eyes and on lips, ears, neck, hands and feet. Choose a sun protection factor (SPF) of at least 15 with ingredients that block both UVB and UVA rays. Use lip balm with an SPF of 15 or greater. Re-apply all of the above at least every two hours—more often if you're swimming, towel-drying and sweating.

## BEET SALAD WITH CHEVRE AND PECANS



4 medium red or golden beets (4 oz. each), stems and roots ends removed

1/3 cup pecans, chopped

1 tbsp balsamic vinegar

Fresh ground pepper, to taste

1 tbsp olive oil

2 oz. low fat chevre

1 tbsp fresh basil, chopped

Heat oven to 400 degrees. Wrap each beet in foil. Roast until soft, about one hour. Cool slightly; remove foil. Rub off

skins; cut into wedges. Toss with nuts and vinegar. Season with salt and pepper. Add oil; toss. Crumble cheese and basil on top.

Yields 4 servings

194 calories

3.4 grams fiber