



SPRING CLEANSE



Recently my friend told me about a cleanse and the new regime that she has been following. She described how prior to her cleanse she had been experiencing some bloating. Now after the second week of her routine she said that her abdomen felt much better and she has noticed an increase in her energy level. She has shared her advice so that we can enjoy the same benefits.

Each meal should consist mostly of fresh vegetables, either raw or lightly steamed accompanied with small amounts of protein. Barley, quinoa or brown rice could be eaten once a day. Fruit should be limited to include berries and pears. Avoid dairy, bread, sugar, alcohol, caffeine and red meat.

Drink room temperature lemon water throughout the day.

Follow for 5 days and then allow yourself to relax on the weekend. Continue for 2 to 4 weeks, depending on how you feel. Be careful not to do strenuous exercise when the calorie intake is low. Mild to moderate exercise is best. The idea is to be gentle in how we renew our digestion.

Life for most of us in the Northern Hemisphere brings about certain challenges. Through the winter months our short days, cool climate and processed foods take their toll on our health. Much of our time is spent indoors rarely seeing the sun. Most food has been trucked thousands of miles, so let's take advantage of the season and eat up those lovely fresh greens.

Pickleball Players Celebrate National Health and Fitness Day



Comox Recreation invites you to help celebrate National Health and Fitness Day with the Grand Re-opening of the Highland Sport Box on June 7. Come for a Pickle Ball 'Day of Play and Introductory Lessons'.

Round Robin play from
11:00 - 12:30 or 1:30 - 3:00.

Lessons for Beginners from
12:30 - 1:30pm

Hot dogs and drinks will be served between 12:00 and 2:00.
Register at Comox Community Centre.

Recipe

GREEN TEA CHICKEN SOUP



5 cups water

4 green tea bags

1 stalk lemon grass, sliced

1 cup frozen shelled Edamame

1 cup sliced shitake mushrooms

1 large carrot sliced into matchsticks

½ tsp sea salt

½ tsp red chili flakes

¼ tsp black pepper

500 g cooked skinless boneless chicken

Chicken breast shredded

1 cup cooked brown rice

1 Tbsp sesame oil

In a large saucepan, bring water to a boil. Turn off heat, add tea bags and lemon grass, and steep 15 minutes. Remove solids from broth, bring back to simmer and add edamame, mushrooms, carrot, salt, chili flakes and pepper; cook for 5 minutes. Add shredded chicken breast, brown rice and sesame oil; heat two minutes. Serve and enjoy!

Sun Protection For Your Eyes



Long-term UV exposure can contribute to eye damage such as cataracts and age-related macular degeneration. UV exposure may cause eyelid malignancies and ocular melanomas. Eyelid skin tumors, such as squamous and basal cell cancer, constitute 5 to 10 percent of all non-melanoma skin cancers.

To help prevent these conditions buy a good pair of general purpose medium to dark sunglasses. Daily-use outdoor sunglasses should block 60 to 92 percent of visible light and UVA rays and 95 to 99 percent of UVB rays. Wear sunglasses from morning to night when outside.

Wear a wide-brimmed hat or visor and avoid bright midday sunlight. Don't wear lightly-tinted "cosmetic" sunglasses when outdoors. They do not protect the eyes sufficiently. Most people instinctively turn away from intense glare. Such exposure is more than just annoying; it can cause permanent damage to the eyes and the skin surrounding them, because both are particularly sensitive to ultraviolet radiation. UV-related eye injuries, ranging from temporary discomfort to disabling diseases, are common.

UV radiation, composed of shorter UVB waves and longer UVA rays, can harm the eye at any time of day. It is important to wear sunglasses even in the early morning and late afternoon hours, because, due to the sun's angle, the eye is subjected to nearly twice as much radiation as during the midday hours.

Care for your eyes now, don't leave it until it's too late to see the light!



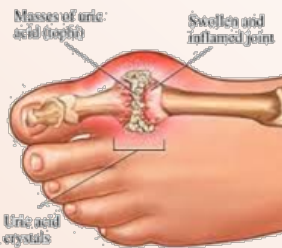
SLOW EATING

One day last week I caught myself wolfing down my lunch so quickly that I should have been awarded a blue ribbon for speed eating. I'm sure I could have won the pie eating contest at the Fall Fair.

Unfortunately I missed the

appearance, fragrance, flavour and texture of my meal. Ten minutes after eating I felt uncomfortably full and sleepy. If this seems familiar to you then you might want to join me in an attempt at slow eating. After some reading on slow eating, the first step to eating mindfully is to avoid becoming ravenous and then gorging on food in a state of panic. Small frequent meals which include protein will help to stave off that gnawing feeling. The other thing to remember is that feeling a little bit hungry before we eat can be beneficial, it helps us to be in touch with our digestion. We need to ask, how hungry am I and what kind of food would feel good in my tummy? While eating ask "When have I had enough?" We live in a culture of over abundance and it's easy to over consume. Apparently the trick is to eat slow enough that our brains have time to acknowledge how much food we have taken in and what our body is going to do with that food. Some ideas to think about as we eat include food awareness, colour, texture, smell and taste. It's interesting to look at the food and wonder about it's journey to our plate. So let's take a breath and then enjoy a bite. Bon Appetite!

WHAT IS GOUT?



Gout is a type of arthritis, a painful condition which usually affects joints especially the big toe. It is caused by a build up of uric acid in the blood. Gout only affects certain people and for about 1 in 5 is hereditary. Men are also more commonly affected than women.

If you are prone to gout then try to reduce your consumption of the following foods;

Alcohol, beef, pork, lamb and organ meats, crab, herring, mackerel, trout, shrimp, yeast, asparagus, cauliflower, mushrooms, peas, beans and spinach. Try to avoid sugary foods which can increase uric acid build up.

Achieve a healthy weight since obesity may cause metabolic syndrome contributing to the problem.

Foods that are best to eat include fruits and vegetables, starchy carbohydrates such as rice, potatoes, pasta, bread and barley.

Milk products, especially yogurt and vegetable protein is preferable to meat. Stay hydrated with water and do not consume soft drinks.

For some people a visit to the doctor may be necessary.

The Dangers of Working in the Hot Sun

Environment Canada said that it should be hotter than usual this summer. If you work outdoors this could be a major health and safety issue for you. Working in the heat can be uncomfortable and can create serious health issues and even death in severe cases.

Workers should pay attention to the warning signs of heat exhaustion; excessive sweating, muscle cramps, shallow breathing, increased heart rate, dizziness, weakness and fatigue.



A few tips for preventing heat stroke;

- 1) Hydrate several hours prior to being outdoors
- 2) Put your water bottles in the freezer the evening before work
- 3) Prepare a frozen wet face cloth in a baggie so that you can apply to the back of the neck and under arms.
- 4) Seek the shade
- 5) Wear a hat
- 6) Wear light cotton clothing whenever possible.
- 7) Start early in the day and finish early

We all love the sun but sometimes it can be a major health risk.



"Today I ate two bowls of dog food, a sandwich crust, some spaghetti that fell on the floor, half of your cat food, a wet tea bag, three bugs and the inside of a sneaker. How many Grams of fat is that?"