

Natural Healing Express Weekly

Column Volume 110 Good Recipes which are OK during Detox

Last week we discussed whether or not it was time for a detox in your life. I shared an easy to follow questionnaire to help determine if you were indeed at that intersection. We received many calls and are always happy to help folks begin or continue their journey towards health and wellness. So, if you missed that article and are wondering if you may need a detox, give us a call, when can email you a copy. Or if you don't have email, we can set one aside for you at the store.

Although most detoxes are designed to be accompanied by a specific diet for a certain number of days, many recipes can be utilized no matter what day you are on or what type of detox you are doing (unless it's the maple syrup one, egad!)

Here are a few great recipes that you can try anytime, but are especially great if you are trying to lose weight, detox or get healthy. Enjoy.

Here's a Great Dip you can Utilize with Vegetables during your detox or Pitta Bread following:

Artichoke and Cumin Dip

Ingredients = 2 – 14oz Cans of Artichoke Hearts Drained, 2 cloves of peeled garlic, ½ tsp. of ground cumin, olive oil, black pepper. Put Artichokes in food processor with garlic, cumin and a drizzle of olive oil, process to a smooth texture and add pepper to taste. Serve with Veggies

Cannellini Bean Soup

Ingredients = 2 14oz cans of chopped tomatoes(or fresh) 9oz of cabbage, 1 14oz can of cannellini beans drained and rinsed, 4 tbsp. of Olive Oil, black pepper. Pour tomatoes in a large pan and add one can of cold water. Season with pepper and bring to a boil, then reduce to a simmer. Shred the cabbage leaves and add them to the pan. Simmer for another 15 minutes or until cabbage is tender. Add the beans to the pan and simmer for another 5 minutes. Season to taste, serve with olive oil drizzled on top.

Dark leafy vegetables such as cabbage are a great source of phytonutrients.

Greek Salad

Ingredients=1 bundle of romaine lettuce,1 lb. tomatoes,1 cucumber, 7oz feta cheese,4 scallions (green onions) ½ cup black olives. Dressing-3 tbsp. olive oil, 1 ½ tbsp. lemon juice, ground black pepper. Put the lettuce, tomatoes, cucumber, crumbled blue cheese, scallions and olive in a large bowl. For dressing, whisk together olive oil, lemon juice, and then season. Pour over salad, toss well and serve immediately.

This salad adds great protein and calcium. Substitute soya cheese for feta if lactose intolerant.

Salmon Steaks w Mango Salsa

Ingredients=1 Ripe Mango, 1 cucumber, 2 scallions, 2tbsp coriander, 4 salmon steaks, 1 lemon or lime, black pepper, cilantro. To make the salsa- Peel and chop mango, chop cucumber and scallions. Place in bowl, add coriander and pepper to season. Store for 30 minutes. Place salmon on grill or grill pan, season with lemon or lime, cook until steaks are tender and just beginning to flake. Place steaks on serving plate, add salsa to top and garnish with cilantro.

Fish contains Omega 3 fatty acids which aids in many layers of good health.

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: skscham@aol.com 204 W Main St, Lena, IL 61048.

Website: www.naturalhealingexpress.com Facebook: Natural Healing Express