



## AUTUMN HEALTH TIPS

As the Earth now tips away from the sun, and the days become shorter and cooler, the autumn season can provide time to transition from the long hot days of summer into the darkness of winter. Here are some ways that you can tap into the natural flavors of the fall to nourish and support your body, mind and spirit for the days to come:

1. Welcome back and savor the abundance of seasonal foods that are locally harvested such as winter squash, cabbage, kale, pumpkin, broccoli, Brussels sprouts, celery, beets, mustard greens, tomatoes, apples, pears, and grapes
2. Switch to simple warming foods such as soups and stews as the weather cools and dries.
3. Drink seasonal herbal teas, such as burdock (good for cleansing lymph, liver and blood) and nettles (loaded with iron and other nutrients).
4. Enjoy traditional warming autumn spices such as cinnamon, ginger, annatto, turmeric, paprika, saffron and chili powder.
5. Beware the dryness of winter and be sure to drink enough liquid to stay well hydrated.
6. Include ample amounts of healthy oils, such as flax, olive, virgin coconut and oily foods such as avocado, nuts and seeds to maintain luster, help hydration and soothe the nervous system.
7. Boost immunity and digestion by sipping on ginger tea throughout the day
8. Soak in a warming detox bath to help the body gently eliminate toxins.

## Heavy Metal Toxicity – What Does it Mean?

By Amy Joy Smith, Nurse Practitioner

Heavy metals are natural elements that occur in the earth's crust. They cannot decompose or be broken down. Some metals are necessary in trace amounts for human health and metabolic function, such as iron, chromium, copper, selenium, zinc and manganese. Other metals do not have any health benefits, such as mercury, aluminum, nickel, cadmium, arsenic and antimony but are present in the environment.

Heavy metal toxicity is most often a result of a lifetime of accumulation from low level exposure to common environmental and household pollutants. In high amounts, metals become toxic by interfering with the normal functioning of the human body. They do this primarily by bumping off or replacing related minerals that are required for essential body functions. In this way, the metallic molecules become deeply embedded within the cellular structure and don't leave the body on their own.

### POSSIBLE SOURCES OF HEAVY METAL EXPOSURE (BY NO MEANS AN EXHAUSTIVE LIST)

Aluminum Cookware Amalgam Fillings Drinking Water Industrial Air Pollution Plastic water bottles (#1 PETE recyclable plastic)	Old or corroded pipes Tobacco Smoke Fish and Seafood Pesticides Medications Hair color	Cosmetics Fertilizers Car exhaust and worn brake linings Antiperspirants Paint and Pottery glazes
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# How Might it affect YOU?

Toxic metals can affect every single gland and organ system and this has profound influence on your health. For example, virtually every client I have ever worked with, coming in with a prior diagnosis of fibromyalgia (and many other painful, inflammatory, depleted states with immune and gastrointestinal problems) has demonstrated clinically elevated levels of one or more heavy metals when tested. People are always surprised when they see accumulations of mercury, nickel, aluminum, arsenic, tin, cadmium or antimony showing up in their blood. I have come to expect it more and more, as our bodies are simply reservoirs of toxin exposure in an increasingly polluted world.

## Possible symptoms of Heavy Metal Exposure

Headaches Body pain inflammatory disorders Immune and auto immune reactions Muscle Weakness and Aches Neuropathy, Neuralgia	Nervous System Disorders Depression and anxiety difficulty focusing Memory Loss In children, possibly Hyperactivity, Autism, Decreased Intelligence, behavioral problems	Fatigue Digestive disturbances Toxic Feeling Nausea Metallic Taste in Mouth Anemia Skin Rashes Electrical disturbances
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## SOLUTION: TESTING FIRST

Fortunately, it is easy and inexpensive to test for heavy metals through blood, hair and urine. In my practice, which is dedicated to health promotion, I favor whole blood testing. In this procedure, the lab can actually look inside the cells to see which metals are imbedded or "hiding" in them, and so get a very accurate picture of the overall toxic burden in the body.

## FIXING THE PROBLEM

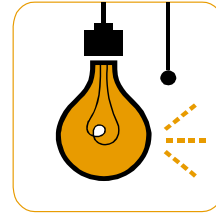
Removing heavy metals is amazingly simple and straightforward. In my practice I utilize oral chelation agents, natural substances that combine with metals and "pull" them out of the body. Examples are methionine (an amino acid), apple and citrus pectin, or chlorella. Different kinds of chelation products may be used depending upon the type and extent of the poisoning, in addition to the overall health and detoxification capacity of each person. Chelation should continue for as long as it takes to bring the blood levels back down into the optimal range, anywhere between 3-4 months and 2 years.

**Do yourself and your family a favor – get tested**

## Cilantro Pesto

- 1 clove of garlic
- 1/2 cup of almonds (soak them first overnight, then rinse and use)
- 1 cup packed fresh cilantro leaves
- 2 tablespoons lemon juice
- 6 tablespoons olive oil

Put the cilantro and olive oil in blender and process until the cilantro is chopped. Add the rest of the ingredients and process to a lumpy past. (You may need to add a touch of hot water and scrape the sides of the blender.) You can change the consistency by altering the amount of olive oil and lemon juice, but keep the 3:1 ratio of oil to juice. (If freezes well, so you can make several batches at once.)



Some Foods are natural chelators that you can eat on a regular basis to ongoingly detoxify your body of metallic toxins. Cilantro, also called "the poor man's chelation treatment" has been found to help the body excrete aluminum, mercury and lead.

## Cilantro Soup

- 1 tsp extra virgin olive oil
- 1-2 cloves garlic, crushed (optional)
- 2 medium onions, chopped
- 2 ribs celery, chopped (optional)
- 1 bulb fennel, chopped (optional)
- 1 tsp coriander (optional)
- 1-2 medium potatoes, chopped
- Vegetable broth, to desired consistency
- 1 bunch cilantro, fresh
- Pinch salt, to taste
- Fresh ground pepper, to taste
- Splash milk or milk substitute or yogurt
- Fresh cilantro, for garnish



Heat oil, onion, garlic, celery, fennel, and coriander in a saucepan at a high heat until veggies are translucent. Add potatoes and broth and bring to a boil. Lower heat and add cilantro until cilantro is just wilted. Transfer soup to a blender and blend until smooth (do this in batches). Pour soup back into the saucepan, cover, and simmer a few more minutes. Taste to determine if it needs a pinch of salt and add it if necessary. Last, add milk and stir it in. Serve hot and garnish with fresh cilantro. To save a step, use fingerling potatoes. They cook quickly due to their small size so you won't need to chop them very much (or at all).

(adapted from [www.simple-vegetarian-recipes.com](http://www.simple-vegetarian-recipes.com) )

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