



# Foreshore Nutrition

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## SPRING CLEAN YOUR BODY

Top nutrition tips to support your liver and cleanse your body from the inside out

**INCLUDING AN EXCLUSIVE RECIPE TO SUPPORT YOUR LIVER - GLUTEN & DAIRY FREE**

## SPEND TIME OUTDOORS IN NATURE

Guest feature by horticulturalist Paula, owner of Polly's Gardens who shares tips on sowing vegetables and gardening jobs in March

## New! Meal Plans & Programmes

**50% off all standard or specialist 7 day meal plans for the whole of March!**





With spring approaching, now is the perfect time to cleanse our bodies. You may have heard people speak about 'detoxing' which often involves drinking and eating strange concoctions for days or weeks in an effort to shift a few pounds or clear our toxins.

Your body in fact detoxes itself constantly, a process which has been designed and built in to naturally clear toxins and keep you healthy. Several organs in our body work together to do this - our skin detoxifies and clears bacteria through sweating, our kidneys filter many litres of blood and get rid of toxins in our urine, our lungs expel carbon dioxide, our gut uses specific nutrients from our foods to help eliminate waste in our stools and finally, but definitely by no means least, the liver also processes and clears unwanted toxins from the body.

**"A healthy outside starts from the inside"**

**ROBERT URICH**

# What does the liver do?

The liver is the main organ in the body that is responsible for detoxification.

Detoxification is a process that happens in the body constantly to remove toxins and keep us functioning normally. We are constantly exposed to indoor and outdoor environmental toxins and pollutants in the air, food, water, alcohol, medications, household chemicals and personal care products, as well any excess or unwanted hormones, bacteria and other chemicals that are used naturally in the body which need to be processed and removed efficiently.

The liver detoxifies these substances in two phases - in phase 1 it removes any fat-soluble toxins from our bloodstream and in phase 2 it prepares these alongside any water-soluble toxins ready for excretion from the body. The liver also processes and eliminates unwanted oestrogen from the body - this is an important process, especially for women, as poor oestrogen clearance can lead to hormonal imbalances and oestrogen-related breast cancers.



Basically, the liver could be thought of as the recycling and processing centre of the body and so it is crucial that we support our liver for whole body health and function. How well it does this depends on several factors such as genetics, age, amount of exposure to toxins and the nutrient content of our diet.

## Signs of toxic overload or that your liver may need more support can include:

- Headaches
- Tiredness and fatigue
- Excessive sweating or night sweats
- Gut symptoms - bloating, constipation or wind
- Poor appetite and difficulty losing weight
- Indigestion or heartburn
- Low mood, anxiety, depression, irritability, poor cognition
- Itching and skin conditions
- Jaundice (yellowing of eyes and/or skin)
- Dark urine
- Sensitivity to food additives
- Sensitivity to perfumes and chemical odours



Toxic overload and compromised liver function can lead to health issues if not addressed. These can include:

- An inability to control weight
- Hormone imbalances
- Auto-immune disease
- Chronic fatigue syndrome, Parkinson's disease, fibromyalgia or other neurodegenerative disease
- Cardiovascular disease
- Some cancers, particularly oestrogen-related breast cancer
- Autism

If you have any of the signs and symptoms listed above, ask for advice and support from a qualified and registered Nutritional Therapist who can work with you to find the root cause of your issues and put together a plan to address any underlying imbalances or nutrient deficiencies.



## 10 top nutrition tips to support your liver and cleanse your body



### INCLUDE:

Good quality protein - organic meat, liver, game, poultry & fish, eggs, nuts & seeds, beans & pulses, wholegrains

Plenty of brightly-coloured vegetables and fruits, herbs & spices - especially dark, green leafy vegetables, cruciferous vegetables, watercress, rocket, berries, ginger, garlic, onions, green tea, beetroot, chicory

Healthy fats - olive oil, oily fish, avocado, nuts & seeds

Prebiotic and probiotic foods - asparagus, leeks, onions, garlic, Jerusalem artichoke, fermented foods



### AVOID:

Processed foods and wash vegetables and fruit thoroughly before use.

Gluten and sugar

Alcohol and caffeinated drinks

Browned and barbecued foods

Grapefruit if taking certain medications

Reduce saturated fats

**TOP TIP: Aim to drink 2 litres of water daily to help flush out toxins**



# Brussels Sprouts Slaw

Serves: 2 Prep & Cooking Time: 20 minutes

Support your liver!  
Gluten & Dairy free



## Ingredients:

- 1/4 tsp dried oregano
- 1/8 tsp garlic powder
- 1/8 tsp sea salt
- 1 tbsp extra virgin olive oil
- 3 cups shredded Brussels sprouts
- 2 cups shredded red cabbage
- 1 tbsp lemon juice
- 1 tsp tahini

## Method:

- Add the Brussels sprouts and red cabbage to a bowl
- Add the dry ingredients and toss lightly to mix
- Add the lemon juice, tahini, olive oil and salt
- Mix well with your hands or salad forks to combine
- Divide the slaw evenly between plates. Serve as a salad on its own or add tofu, chicken, salmon, avocado....
- Enjoy!!



## Nutrition per serving:

Calories 134  
Fat 6g  
Carbs 20g  
Fibre 7g  
Sugar 7g  
Protein 6g



Foreshore Nutrition is delighted to welcome onboard Paula, a professional horticulturalist, who shares with us her guide for gardening in March. Getting outdoors in nature is beneficial for our physical and mental wellbeing and plays an important role in keeping healthy.....

"Hi ... I'm Paula and I run a small gardening business in East Cornwall called Polly's Gardens.

I started as an enthusiastic home gardener over 15 years ago and, keen to expand my interest further, I then studied horticulture for three years, gaining an NVQ Level 3. This has allowed me to become an accredited member of the Gardeners Guild.

I've been a self-employed gardener for the last 10 years and would like to share some of the passion I have for gardening with you all."

**"To plant a garden is to believe in tomorrow"**

**AUDREY HEPBURN**

# MARCH GARDENING

Finally, spring starts to begin in the month of March, the nights are finally drawing out and the daffodils and snow drops have started to burst through and bring back some much-missed colour to the dreary winter grey as the soil begins to warm, and plants start to stir.

All in all, it's a very exciting month for everyone as new life begins to appear all around. For a gardener it's the start of a busy period as the season starts to get underway after a typical Cornish dreary grey and wet winter.



March can be a tricky month weather wise, ranging from mild days to hard frosts and there's nothing better than getting out and blowing away the cobwebs working in your garden.

It's a great way to exercise and feel satisfied that your garden is finally getting some tender loving care.

A good place to start in the garden is to get the borders tided. A good method of keeping the weeds down in your borders, which as we all know can become a chore, is to place organic matter on your beds which will not only help to reduce the weeds but also conserve the moisture within the soil. The best time to do this is in early spring - this way the moisture will be locked in for longer and won't evaporate from the soil surface so rapidly.



Preparing your vegetable beds is another great way to start the season, although timing jobs like this can be tricky due to the weather being so unpredictable and the soil conditions can range from very dry or very lumpy depending on how wet it's been.

The key to preparing a good vegetable bed is to break down the larger lumps with a large fork, then rake the area out so you're smoothing out these big lumps to create a fine tilth. Once that is complete, tread the soil to firm it and apply organic fertiliser about two weeks before sowing your vegetables. A great organic fertiliser would be one based on seaweed and this should be raked in firmly ready for your seeds.

### **Seeds that can be sown indoors March onwards...**

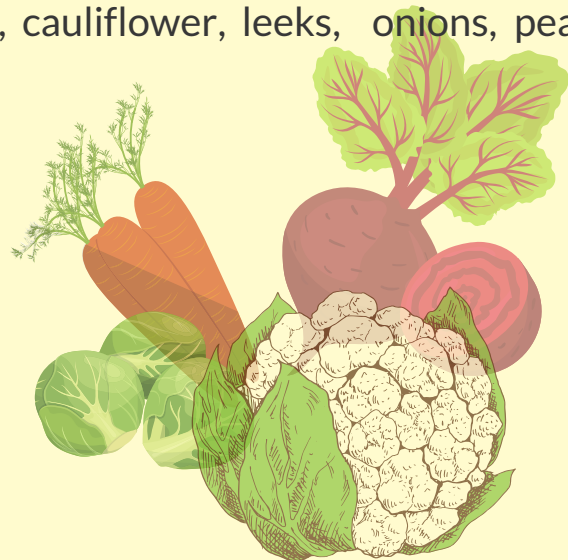
Celery, kale, tomatoes, cucumbers, chilli peppers, rocket, marrow and radish

### **Seeds that can be sown outdoors by mid-March under cloth or in a cold frame...**

Brussels sprouts, summer cabbage, beetroot, cauliflower, leeks, onions, peas, spring onions, carrots and turnips

### **March Garden 'To Do' List**

- mulching bare soil in beds and borders
- move evergreen shrubs
- prune roses and shrubs with colourful stems
- plant young plants outdoors undercover
- sow vegetables outside
- harden off young plants to put out



I hope this gives you some ideas of how you can best spend your time in the garden in March enjoying the start of Spring and hopefully the warmer days to come.

**Polly's Gardens:**

**paulalillyman@yahoo.co.uk**

**07762 904597**





As of 12th April Foreshore Nutrition is pleased to be opening the clinic room in Truro for face-to-face appointments once again following lockdown

Until then, all consultations are still taking place online via zoom and this can still be arranged for those of you who prefer to be seen remotely

### **Services available:**

Nutritional Therapy Consultations 1:1

Nutrition and lifestyle analysis without consultation

Meal Planning

Group workshops/webinars on request

I also operate a friends referral scheme and offer 10% discount on all services for NHS staff

To find out more visit my website or contact me via the details on the last page...

Alexa, set a timer for the 12th April





**To launch my meal plans and programmes I am offering you 50% off any standard or specialist 7 day meal plan purchased during March**  
**Now only £17.50!!**

All plans include a shopping list, recipes with photos, meal planner and nutrient content & are designed to provide healthy, balanced nutrient-dense meals. Please enquire re any specific dietary requirements, ie gluten or dairy free. 21 day programmes and bespoke plans are also available at additional cost. Contact Mel for further information.

## Choose from:

### Standard 7 day plans:

- One Pan Meals
- High Protein
- High Protein, Low Carb
- High Calorie, High Protein
- Family Friendly
- Intermittent Fasting
- Freezer Meals
- Healthy & Affordable Meals
- Pressure Cooker/Slow Cooker Plan
- Low Fat Vegan
- Vegan for One
- Whole Food Plant-Based Plan
- Vegetarian Plan
- Weight Management
- Kid-Friendly Meals
- Sugar-Free Plan
- Mediterranean Plan
- Meal Prep Sunday Plan
- Detox Plan

### Specialist 7 day plans:

- Heart Health
- Menopause Support
- Bone Health
- Stress & Anxiety
- Immune Support
- Low Histamine
- Auto-Immune Ketogenic
- Low Fat Vegan
- Sugar-free Paleo
- Low Carb Paleo
- Auto-Immune Paleo
- Low Lectin
- Low Glycaemic
- Women's Hormone Balancing
- Leaky Gut
- PCOS
- Thyroid Health
- Ketogenic
- Anti-Candida
- Low FODMAP
- Gut Healing
- Anti-inflammatory
- Immune Support



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