

Debunking DETOX Diets

You may have heard that spring is the ideal time to DETOX, and a good spring clean never hurts, but does a 7 or 10 day detox really work? According to current trends, a detox diet can encompass everything from a fast to “cleansing” green juice concoctions. While some are stricter than others they’ve all got one thing in common; the liver. Detoxification, “the process of clearing toxins from the body or neutralizing or transforming them” takes place day in and day out regardless of whether we participate in a fast or juice cleanse. It is true that the liver needs certain nutrients to support a healthy continuous detoxification and these nutrients are found in a diet of whole nutrient-dense foods.

The liver is the main detoxification organ that works to neutralize toxins and eliminate them mostly through feces and urine, and some through sweat and respiration. In order to optimize detoxification we require an adequate amount of fibrous foods, foods that contain pectin, water, and fermented foods that support a healthy gut flora. The detoxification process requires a variety of vitamins, such as C, E, B complex; minerals like magnesium, zinc, manganese, selenium, sulphur; amino acids like cysteine, glycine, taurine, glutamine, glutathione; and antioxidants and phytonutrients that are found in plant foods

So your detox plan, if you choose to call it that, should consist of regular consumption of a well-balanced diet composed of nutrient dense whole foods. And including the nourishing foods listed below, will guarantee that your liver will love you!

Pectin rich foods	Fermented Foods	Sulphur Rich Foods	Cruciferous Vegetables	Other Supporting Foods
Apples	Kimchee	Garlic	Broccoli	Lemons/limes
Cabbage	Yogurt	Onions	Kale	Berries
Piths of citrus fruits	Sauerkraut	Eggs	Cauliflower	Herbs (cilantro/parsley)
	Kefir	Brussels sprouts		Dark Leafy bitter greens

Sources: <http://www.doucookrd.com/2015/01/your-ultimate-guide-to-detoxing-and-cleanses/>

Staying Healthy with Nutrition the complete guide to diet and nutritional medicine (Elison M. Haas, MD with Buck Levin, PhD, RD)

Tri Fit Green Tips

Create Your Own Green Cleaning Products

DIY cleaning products are an easy and inexpensive way to green your environment. Many natural household ingredients, can be used to make safe and effective cleaners. The chart below shows you some of the uses and benefits of common household ingredients:

Vinegar – Kills bacteria, mold and effective in cleaning kettles and coffee makers, removing salt stains and as a cleaner.

Baking Soda – Uses include as a cleaner, odor eater and drain cleaner.

Lemons – Effective as a multi-purpose cleaner and odor eater and to sanitize cutting boards

Salt - Use as a vegetable scrub for leafy greens, to remove red wine stains from carpets and clothing and to de-ice sidewalks.

Olive Oil - Useful as a shaving cream, to condition leather, dust wood furniture, or to silence squeaky doors.

Borax – Although not a common household ingredient, borax is great to have on hand to use as a non-toxic cleaner, water softener, deodorizer and pest deterrent. For more uses visit <http://bit.ly/1tRsngg> and try the recipe for non-toxic all-purpose cleaner on the next page.

Share your green-clean ideas on social media using hashtag #TriFitSpringClean

Sandvik Canada Sets the Gold Standard

After tremendous commitment and several years of hard work, Sandvik's headquarters in Mississauga, Ontario, have attained Gold level LEED™ CI certification, making their building one of the top environmental performers in Canada. Certification involved meeting a wide range of sustainable goals, and the resulting building is a healthy, beautiful, and functional workspace with a minimal impact on the environment.



LEED features of the Sandvik Canada location include:

- **Water Efficiency** – The site uses native and adaptive vegetation that thrives on very little water. Low water consumption urinals, dual flush toilets, showerheads and low-flow aerators reduce water use.
- **Energy and Atmosphere** – Separately zoned HVAC systems allow tenants to control the environment based on heat input in different parts of the building. Daylight harvesting and motion sensors reduce electricity. Regularly occupied rooms are placed along the perimeter with outdoor views to reduce the need for artificial light in these areas.
- **Reduced Consumption of Materials** – Using recycled and locally sourced materials during construction diverted significant waste and lowered the need for virgin materials. Day-to-day operations include a full-scope recycling system for consumables and organic compost.
- **Design and Construction Practices for Superior Indoor Quality** – All interior materials were chosen for low chemical emissions and the space was “flushed” with fresh air, eliminating odours and particulates upon construction completion.
- **Cutting Down on Cars** - Designated, conveniently placed carpool parking spots encourage a ride share program. Cycling is encouraged with the provision of bike racks and showers, and a flexible telecommuting policy is in effect where possible.
- **Cleaning Green** – Only non-toxic, third-party Green Seal® and Environmental Choice® cleaning products are used to safeguard occupant health and prevent toxic chemicals from entering the waste water system.

Gold level certification is a significant achievement that everyone at Sandvik is extremely proud of. Working in an airy, appealing building that encourages interaction and growth demonstrates that Sandvik truly cares about the health and well-being of employees and is willing to go the extra mile to help make the world a better, healthier, and more beautiful place, now and in the future.

Upcoming Events

Earth Day

Wednesday, April 22nd is International Earth Day! While we should care for the planet year round, April 22nd is a day for communities to come together to make a difference! What can you do? Download Earth Day Canada's Top 10 Actions to reduce your impact on the environment at <http://bit.ly/1zJvvBv> and then post your workplace or home “Green” strategies on social media @EarthDayCanada #TriFitSpringClean

Learn 2 Run

Go from walking to running 5km in just 10 weeks. Tri Fit's annual Learn 2 Run program is gradual and progressive in nature; combining short bouts of walking and running intervals. Participants will progress from mixing four minutes of walking with two minutes of running to running for 30 minutes without stopping! Ask your Tri Fit Wellness Consultant for details.

Featured Recipe

DIY Green Antibacterial Cleaner

INGREDIENTS

- 1 tsp Borax
- 2 cups hot boiled water
- ½ tsp castile soap
- 2 Tbsp white vinegar
- 15 drops lavender essential oil
- 5 drops tea tree essential oil

DIRECTIONS

Boil water and transfer to a glass pitcher with a spout. Add Borax and stir until dissolved. Let mixture cool. When solution reaches room temperature, pour into a spray bottle. Add remaining ingredients and shake to mix. Spray on surfaces and wipe with damp sponge. Rubber gloves are recommended as Borax can irritate the skin.