



"When it comes to your health...a natural choice should be your first choice."

Wild Ginger Dressing – blend everything in a blender

- ½ mild onion
- ½ c oil
- 1/3 c rice vinegar
- 2 T water
- 2 T fresh ginger
- ¼ stalk celery
- 1 TBSP Bragg's Soy Sauce
- 1.5 t agave or honey
- 1.5 t lemon juice
- ½ t salt
- ¼ t black pepper

Creamy cucumber dressing – blend everything in a blender

- 1 small cucumber peeled and cut into large pieces
- 1 avocado
- 3/4 C cilantro or basil leaves and stems
- 1-2 green onions
- 3-4 basil fresh leaves (omit if basil was used above)
- 1/4 C flax oil
- 1/4 C (or less) olive oil
- 2 T. honey
- 2 T. apple cider vinegar
- 1 tsp. sea salt
- 1 tsp. fresh dill

USES FOR CASTOR OIL

Cold pressed Castor oil is a valuable treatment option for many conditions including headaches, migraines, constipation, gallbladder and liver conditions, arthritis, low back pain, chest colds, ear infections (a few drops of warmed castor oil can be dripped in the affected ear or a castor oil pack can be done on the neck.,) muscle sprains, bruises, acne and other skin conditions, menstrual pain.

PROCEDURE

- Spread castor oil over your abdomen (especially the right hand side where your liver is)
- Put on an old t-shirt
- Place heating source (magic bag or hot water bottle) over plastic for 20-30 minutes
- Rest while the pack is in place, a good time to read or watch TV or meditate
- After removal, cleanse the area with water and baking soda (1 teaspoon baking soda to 1 pint of water)

Seed Protocol:

Used to balance hormones while menstruating and afterwards by using the specific oils and fibre from each type of seed. If you don't have a period use the cycle with the full moon.

Day 1-14: 2 tbsp each ground flax and pumpkin seeds

Day 15-28: 2 tbsp each ground sesame and sunflower seeds

Ways to use them: In yogurt, smoothies, salads, stir-fry, protein balls

Hot Detox Diet: By Julie Daniluk

Lemon water: 1-2 TBSP freshly squeezed lemon juice in warm water first thing in the morning. Used to move toxins off of the liver and jumpstart digestion.