

WINTER CLEANSE



USING SEASONAL FOODS AND HEALTHY LIFESTYLE PRACTICES
TO NOURISH BODY, MIND AND SPIRIT.

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WELCOME

This gentle cleanse has been designed to aid your body's natural processes of digestion, detoxification and elimination, which can become sluggish during winter 'hibernation'. Like many others, you may notice that these processes tend to slow down during the colder months.

Dietary change, including the removal of stimulants, sugar and known allergens, is an important part of the program, as this enables the body to function better. Increasing the consumption of nutrient-dense foods, high in vitamins, minerals, fibre and antioxidants, will also support your body.

All the recommendations have in mind the season during which you're doing this cleanse, and ensure that you stay warm and nourished while the weather is cold and the days short.

Some supplementation, herbal and nutritional, may be a useful addition, to stimulate and support digestive and liver function, as well as enhancing energy production and general vitality. This will depend on your individual needs and should be discussed with your clinician.

It is not unusual to feel unwell for the first few days of a program such as this, but it will not last; and after that initial phase, a sense of lightness and overall good health will follow.

This is a plan that can be followed for a short-term cleanse, such as 1 – 2 weeks, or up to a month for those wishing to make longer-term changes.





DAILY PRACTICES DURING THE CLEANSE



Each morning, begin your day with the juice of half a lemon or lime, squeezed into with a glass of warm water. If you don't tolerate citrus, a spoonful of apple cider vinegar can be used instead. Do this as soon as you wake up and allow at least half an hour before you consume breakfast afterward.



Eat just three meals per day, following the suggestions in the cleanse menu and recipe list. Between meals, sip on herbal teas or water.



Drink up! Help your body to purify itself and expel wastes by staying well hydrated. Aim to get 2 – 2.5 litres each day, drinking regularly throughout the day and evening. You may need to drink more if you are exercising heavily. Herbal teas and fresh vegetable juices can make up part of your daily fluid intake.



Herbal teas – increase your fluids, warm yourself up and support your body's digestive function by drinking at least 1-2 cups of herbal tea each day. Some suggestions to support the winter cleanse include: lemongrass, ginger, dandelion, nettle, rooibos and liquorice.



Keep moving. This time of year, many people go into 'hibernation mode' which means significantly less activity. Try to do some sort of exercise every day (incidental exercise counts too), including more arduous activities (increasing your heart rate for at least 30 minutes) four times a week.



DAILY PRACTICES DURING THE CLEANSE



Dry skin brushing: to enhance circulation and aid the body's elimination processes, brush your skin every day before you bathe.

Good quality skin brushes can be found in most health food stores and some pharmacies. Starting at the feet, brush upwards towards the heart; then starting at the hands, brush up the arms towards the torso. Avoid any broken skin and the sensitive skin of the neck and face.



Boost circulation and metabolism with a contrast (hot-cold) shower at least three times per week.

After a normal warm-hot shower, gradually reduce the temperature until the water is cool or cold and rinse the whole body under the cooler water for 30-60 seconds. Then, switch the water back to hot to re-warm the body for several minutes, before again reducing the temperature to cold. Repeat this 3-5 times and end with cool water.



WINTER CLEANSE FOODS & WHAT TO EAT

During the period of the cleanse, you are encouraged to avoid the intake of all processed and fried foods, sugar and refined carbohydrates, wheat, bread, dairy, caffeine and alcohol.

You are also recommended to limit intake of meat, poultry and fish, focusing on a predominately plant-based (vegetarian) diet, as outlined in the suggested menu and recipe list.

Rest assured, there are still *plenty* of delicious inclusions during the cleanse, outlined below:

☼ The cleanse encourages intake of plenty of 'good' fats in your meals, such as cold-pressed olive oil, avocado, flax and chia seeds, coconut oil, and nuts (especially macadamias, walnuts and Brazils).

☼ No fruits or vegetables are out of bounds, but you are encouraged to use what's in season. During winter, you'll see more cruciferous and root veggies, and more citrus fruits in season. You'll see these incorporated into the menu and recipe suggestions included in the cleanse.

☼ Vegetables in abundance at this time of year include: broccoli, cauliflower, Brussels sprouts, kale, spinach, chicory, avocado, artichoke, pumpkin, ginger, carrot, beetroot, turnip, shallots, fennel and potato.

☼ Fruits in abundance at this time of year include: pears, apples, quince, mandarins, oranges, ruby grapefruit, lemons and kiwi fruits.



WINTER CLEANSE FOODS & WHAT TO EAT

- ✧ Plant-based protein should be incorporated into every meal, this can be as simple as adding nuts and seeds to a salad, lentils to a soup, or tofu to a stir fry. The cleanse menu and recipe suggestions balance proteins with other macro- and micronutrients.
- ✧ Some animal proteins can be included in your diet, preferably not more than 2-3 times each week. Examples include organic chicken broth and soup, poached fish, and free range eggs.
- ✧ Use spices such as chilli, turmeric, ginger, asafoetida, garlic and onion in your cooking to enhance flavour, aid digestion and improve circulation. You can also include as many herbs as you like, such as basil, coriander, parsley, thyme, etc.
- ✧ Legumes (e.g. lentils) and pulses (e.g. chickpeas) can be cooked with ginger and/or cumin seeds to enhance digestibility and avoid production of gas.



WINTER CLEANSE MENU SUGGESTIONS

Within half an hour of rising and at least half an hour before breakfast, drink one glass of warm water with the juice of $\frac{1}{2}$ lemon or lime, OR a spoonful of apple cider vinegar.

BREAKFAST options (consume between 7 and 9am)

- ✧ Quinoa and Apple-Oat Porridge
- ✧ Savoury Smoothie, served warm or room temperature
- ✧ Rainbow Tofu Scramble

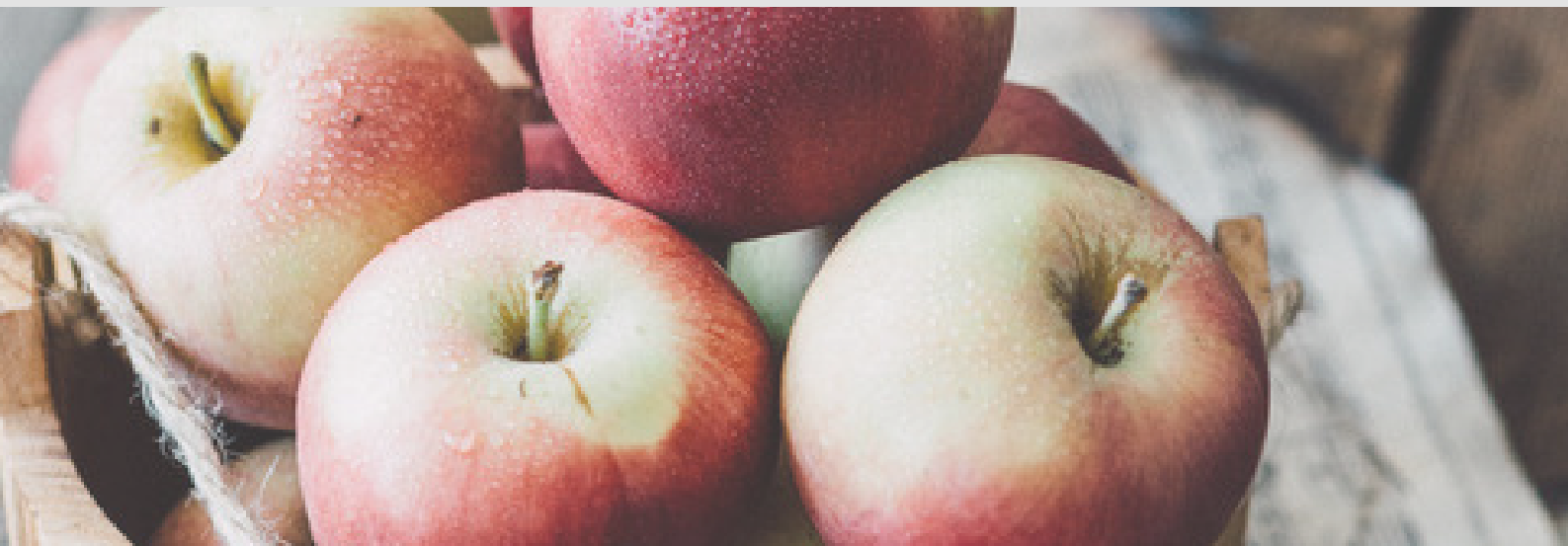
LUNCH options (consume between 12.30 and 2pm)

- ✧ Coriander and Sweet Potato Soup
- ✧ Chicken and Veggie broth
- ✧ Winter Kale Slaw
- ✧ Nourish Bowl
- ✧ Roasted Garlic and Beetroot Soup
- ✧ Green Pea and Mint Soup

DINNER options (consume between 6 and 7.30pm)

- ✧ Coriander and Sweet Potato Soup
- ✧ Chicken and Veggie broth
- ✧ Winter Kale Slaw
- ✧ Parsnip Rice with Steamed Fish & Greens
- ✧ Roasted Garlic and Beetroot Soup
- ✧ Green Pea and Mint Soup

SNACKS: Generally, snacking is discouraged during the cleanse. Instead, you're encouraged to drink herbal teas and water between meals. Snack suggestions can be provided, if required, to best suit your needs.



WINTER CLEANSE RECIPES

Warming Quinoa and Apple-Oat Porridge

serves 1

- o 1/3 cup pre-cooked quinoa
 - o 1/3 cup raw rolled oats
 - o 1/3 cup grated apple
 - o 1/2 teaspoon cinnamon
 - o 1/4 teaspoon ginger (powder or fresh grated)
- Combine all ingredients in a pot and add enough water to cover (1-1½ cups). Stir to combine.

Place over high heat and bring to boil, stirring. Reduce to simmer and continue to stir regularly, allowing it to cook for another five minutes.

Turn off heat and leave to sit for 1-2 minutes, covered, before serving.

Savoury Smoothie

serves 1

- o 1 cup broth (organic chicken or vegetable)
- o 1 avocado
- o 1 tablespoon organic miso paste
- o 1/2 cup almond or coconut milk

Blend all ingredients until smooth and serve warm or room temperature. Sprinkle with freshly cracked pepper or chilli flakes, according to taste.



Rainbow Tofu Scramble

serves 1

- o 100g firm organic tofu
- o Spoonful olive or coconut oil
- o 1 garlic clove, crushed
- o 1/4 cup carrot, grated
- o 1/4 teaspoon turmeric (powder or fresh grated)
- o 1/4 teaspoon sweet paprika
- o 1 large handful of English spinach, or preferred green, roughly chopped
- o Salt, pepper and chili to taste

Place the tofu in a small bowl and use a potato masher to break up and crumble. Drain with a sieve to release excess fluid.

Heat the oil in a heavy based pan. Add garlic and carrot, and cook together for 30 seconds to 1 minute. Add the crumbled tofu and gently stir into garlic-carrot mix for 3-5 minutes. Season tofu mix with turmeric and paprika, stirring thoroughly to mix spices through.

Add English spinach for final 1-2 minutes and combine, allowing the spinach to wilt from heat of the pan and cooked tofu.

Serve and season with salt, pepper and/or chili to taste.



Coriander and Sweet Potato Soup

serves 3

- o 1 tablespoon olive or coconut oil
- o 2 medium onions, chopped
- o 5 cloves garlic, crushed
- o 1 teaspoon sea salt
- o 3 cups water
- o 2 medium-large sweet potato, scrubbed and cut into small cubes
- o 1 tablespoon freshly-squeezed lemon juice
- o 1/4 teaspoon cayenne pepper or chilli (to your taste)
- o 2 large handfuls coriander (leaves and stems), roughly chopped
- o 2 large handfuls English spinach, roughly chopped

Heat oil in a large, heavy-based pot. Add onions and salt, stir to coat and let cook over medium heat for 5-7 minutes, until onions have softened. Add garlic and stir, cooking for 1 minute.

Add sweet potato and water, then bring to a boil. Reduce to simmer and cook until the sweet potatoes are soft, about 15 minutes. Take off heat and place soup into a blender; whizz until smooth. Add coriander, spinach, lemon and cayenne/chilli and stir through well before serving.

Leftovers can be kept in an airtight container in the fridge for several days. Reheat before serving.



Chicken and Veggie broth

serves 6

- o 1-1.5kg whole chicken or parts - free range and organic
- o 1 medium-sized brown onion, peeled and quartered
- o 1 small knob (~ 5cm length) fresh ginger, peeled and halved
- o 3 cloves garlic, peeled
- o 2 shallots, whole stalks
- o 2 medium sized carrots, sliced into 3-4 pieces each
- o 2 celery stalks, sliced into 3-4 pieces each
- o Salt and pepper

Place the chicken into a large pot with 3L water, or enough to cover it by at least 3cm. Bring to the boil, then reduce to a simmer for about 30 minutes. Add remaining ingredients (excluding salt and pepper) to the pot and leave to simmer over low heat, partially covered, for 3-4 hours. The water can be topped up if needed, but the broth is meant to reduce while cooking.

The chicken meat will be falling off the bone and you can strain all of this, with the vegetables, to keep the broth only. Or (recommended) separate the meat, which will be in soft strips, and put back into the broth for a more fortifying broth / soup base.

Additionally, finely diced vegetables (carrot, mushrooms, cauliflower, etc.) can be added to the broth, heating for 10 minutes before serving to soften vegetables. Season with salt and pepper to taste.

This will keep in the fridge for up to five days, or can be portioned and stored in the freezer for up to three months. As it cools in the fridge, you'll notice a 'jelly' layer that congeals on top of the broth – this is related to the high gelatine content – which will clarify into liquid when reheated.



Winter Kale Slaw

serves 6

- o 1/4 cup sesame seeds
- o 2 bunches (6 cups) kale, stems removed and leaves shredded
- o Juice of 1 lemon
- o 2 tablespoons olive oil
- o 1/2 teaspoon salt
- o 2 apples, cored and finely sliced
- o 1 medium sweet potato, shredded (2 cups)
- o 1 medium beetroot, peeled and shredded (2 cups)
- o 2 shallots, sliced finely
- o 1 cup flat-leaf parsley, roughly chopped
- o 1/2 cup fresh mint, roughly chopped

In a small, heavy-based pan, toast sesame seeds over medium heat, stirring, until golden. Remove from heat and set aside.

In a large bowl, drizzle chopped kale with lemon juice, olive oil and salt. Using your hands, massage kale for about 5 minutes, until dark green and tender. Add apples, sweet potato, beetroot, shallots, parsley, mint and reserved toasted sesame seeds and toss. Season with salt and pepper to taste.

Serve at room temperature. This can be stored in an airtight container in the fridge for 3 - 5 days



Roasted Garlic and Beetroot Soup

serves 4

- o 3 medium beetroots
- o 2 tablespoons olive oil, plus more for drizzling
- o 6 unpeeled garlic cloves
- o 1 large leek, thinly sliced
- o 1 teaspoon fresh thyme leaves
- o 1-2 bay leaves
- o Coarse salt and pepper
- o 2 tablespoons lemon juice

Preheat oven to 200°C. Drizzle beetroots with olive oil and wrap in foil, then roast in oven until tender, about 1 hour. Meanwhile, drizzle garlic cloves with oil and roast in separate foil packet for about 30 minutes.

Once finished, unwrap beetroots, let cool, peel, and quarter. Squeeze garlic from skin. Set aside.

Heat 2 tablespoons olive oil in a heavy-based pot over medium heat. Add leek and cook, stirring regularly, for 5-10 minutes or until tender. Add beetroot and garlic, thyme, bay leaves, and 3 cups of water. Bring to a boil, then reduce heat and simmer for 10 minutes. Discard bay leaf and season with salt and pepper to taste.

Let mixture cool slightly, then puree in a blender until smooth. Stir in lemon juice and serve warm.

Leftovers can be kept in an airtight container in the fridge for several days. Reheat before serving.



Green Pea and Mint Soup

serves 4

- o 1 tablespoon coconut oil
- o 3 shallots, chopped finely
- o Sea salt to taste
- o 3 cloves garlic, chopped or minced
- o 500g frozen peas
- o Handful of fresh mint leaves (or 1 tablespoon dried)
- o 1 teaspoon freshly squeezed lemon juice
- o Zest of 1/2 lemon
- o 2 tablespoons olive oil, plus more for drizzling

In a heavy-based saucepan, heat coconut oil over medium heat. Add shallots and a pinch of salt and cook for 5 minutes, or until soft. Stir in garlic and cook for another minute.

Add peas and 3 cups boiling water, bring to a simmer, and cook just until peas are bright green and no longer frozen - just 1 to 2 minutes.

Ladle the mixture into a blender. Add mint leaves, lemon juice and zest, and olive oil. Puree until smooth. Season with salt and pepper to taste. Ladle into bowls and serve with a drizzle of olive oil.

Leftover soup can be stored in an airtight container in the fridge for several days. Reheat or serve at room temperature.



Nourish Bowl

This Nourish Bowl recipe is quite flexible. The ingredients can be adjusted, based on what you have at hand and what you feel like eating.

Think of it as a guide to combining various simple ingredients that build a delicious, filling and nutrient dense salad bowl; providing an excellent source of complex carbohydrates, protein and healthy fats.

- *Greens / Veggies* – baby spinach, rocket, lettuce, sprouts, carrot, cucumber, capsicum, zucchini, peas, broccoli (raw, steamed or roasted), cauliflower (raw, steamed or roasted), etc.
- *Carbohydrate* – roasted sweet potato, steamed or roasted corn, brown rice, quinoa, roasted or steamed beetroot, etc.
- *Protein* – lentils, tempeh, chickpeas, nuts, seeds, quinoa, free-range egg, poached fish, etc.
- *Fats* – avocado, nuts, olive oil, hemp seeds, macadamia oil, etc.
- *Additional extras* – kimchi, sauerkraut, pickles, hummus, tahini, apple cider vinegar, lemon juice, kelp/dulse granules, chilli flakes, etc.

Aim for around 1-1 ½ cups of greens, 1 cup of carbohydrate-rich veggie and/or grains, ½ - 1 cup of plant based protein and a generous serve of good fats (e.g. ½ - 1 avocado, a generous lug of oil or serving of oil-rich nuts such as macadamias and Brazil), with garnishes to suit your palette.

To assemble, combine ingredients of your choice in one large bowl, drizzle with 'dressing' of choice and season with salt, pepper, chilli, etc as desired.



An example of how you can combine ingredients to create a Nourish Bowl:

- ¼ cup cooked lentils
- ½ cup cooked quinoa
- 1 cup roasted broccoli and cauliflower florets
- ½ cup roasted sweet potatoes
- 1 medium avocado
- ¼ cup nuts e.g. almonds, Brazil, macadamias
- ¼ cup seeds e.g. pepitas, sunflower
- 1 tablespoon hemp seeds
- And to drizzle: 1 tablespoon olive oil, 1 tablespoon tahini, and juice of half a lemon.
- Salt and pepper to taste.

Nourish bowls can be eaten warm (if roasted or cooked ingredients have been freshly prepared, for example) or room temperature.

Ingredients such as roasted veggies or cooked grains may be made in advance and used over several days.

And, while this is a dish that can be assembled in advance, it should be consumed on the same day it's made.



Parsnip Rice

serves 4

- o 4 parsnips, peeled and roughly chopped (4 cups)
- o 2 teaspoons freshly squeezed lemon juice
- o ¼ cup unsweetened shredded coconut
- o 1 tablespoon coconut oil
- o 1 large onion, chopped (about 1½ - 2 cups)
- o 2 capsicums, cored and sliced
- o 2 tablespoons water
- o 1/2 teaspoon salt
- o 3 cloves garlic, chopped or minced
- o 1 small knob (~ 5cm length) fresh ginger, peeled and minced

Place parsnips and lemon juice in a food processor or high-quality blender and pulse until parsnips are minced and resemble rice. Set aside.

In a large heavy-based pan, toast shredded coconut over medium heat for 5-10 minutes, stirring until golden. Transfer to a plate and set aside.

In the same pan, heat coconut oil over medium heat. Add onion, capsicum, and a pinch of salt and cook for 5 minutes, or until softened. Add garlic and ginger and cook for another 1 minute. Add reserved minced parsnips, stirring until the pan becomes dry, then add water and salt. Cook until parsnips are softened and just tender, about 5 minutes. Stir in reserved toasted coconut.

Serve parsnip 'rice' with steamed fish and greens, vegetable-cashew stir fry or combination of choice.

This can be stored in an airtight container in the fridge, for up to 3 days.

NOTES

