Save on all atoma pain relief medication.
Save now
Exclusively at these pharmacies:
Guardian
I·D·A
The Medicine Shoppe
atoma

Eating like a goat means greens

By Melissa Carr, Special to 24 hours
Thursday, February 19, 2015 7:08:08 PST AM

It's the Year of the Goat so try a green cleanse. (REUTERS)

Happy New Year. Even if you don't follow Chinese New Year, you might look at this as an opportunity to reset your — perhaps wavering— health goals for 2015.

This is the Year of the Goat according to the Chinese calendar. Though the expression, "stomach like a goat," denotes digestive fortitude, goats do not eat tin cans, as is popularly referenced. In fact, though curious enough to tug on your shirt with their mouths, they only go after the most nutritious options available to them. We might do well to eat a bit more like a goat, willing to taste and sample different things, but being mindful about what we ultimately choose to eat.

With a taste of an early spring in the air on the West Coast, some might be thinking about a spring detox cleanse, especially if you are craving sweets or coffee, your hair and skin look and feel dull, your energy is low even after enough sleep - or you feel bloated.

Eating like a goat would mean eating more greens. Bitter greens from the brassica family — kale, arugula, watercress, collards, and mustard greens — help stimulate the liver's production of bile, supporting the digestion of fats, as well as helping the liver in its role of detoxification. Mix the bitter greens in with other lighter-flavoured greens and toppings to make a tasty appetizer or full meal.

If you're not big on chewing your raw greens like a ruminant, many cleanses also suggest juicing and/or drinking green smoothies. Add in some fruit or other natural sweetener, like a bit of honey or maple syrup to help that bitter medicine go down. You can also add those greens to soups, stews, slow cooked meals, or baked dishes, or you could sauté or quickly blanch them.

Traditional Chinese medicine also advocates sour-tasting foods to support liver health, so try adding a good squeeze of lemon or lime into a big glass of room temperature or warm water to drink first thing in the morning. Apple cider vinegar is also a great sour food to include in your cleanse.

Think you could use some more help? Chinese herbs like bupleurum, gentian root, or white peony root might be included in a customized formula to help detoxify your body and resolve some digestive and other health issues, with the bonuses including a loss of unwanted body fat and a more glowing complexion.

Dr. Melissa Carr is a registered Dr. of Traditional Chinese Medicine, caring for patients in an integrative medicine clinic in Vancouver.

Organic Vegan Raw Cuisine
taoorganics.com/
Cafe, Classes, Juice Cleanses Catering, Grocery, Organic Coffee

Reader's comments »

If you already have an account on this newspaper, you can login to the newspaper to add your comments.

By adding a comment on the site, you accept our terms and conditions and our netiquette rules.

0 Comments Vancouver 24 hrs Login

Sort by Newest Recommend Share

Start the discussion…

Be the first to comment.

Subscribe Add Disqus to your site Privacy