



**W**hich should you do first intoxication or detoxification?

Here comes the festive season!! At the beginning of the year (i.e. after the parties), a lot of media and retailers will begin to feature (fad)

diets, super foods or gadgets to lose weight and to detox. But to me, it would be too late. As we have been in this toxic world, environmentally and mentally, we already had enough toxins in our body. So before putting in more toxins (i.e. alcohol, late nights and party foods) we should clean up our body so that we can deal with the excess load. They are all under the name of “special occasions” so, it’s not only hard for most people to refuse such indulgence but also to recover from the sick and tired body afterwards. Every moment, our organs are working on everything we exposed to. It is very important to support the organs, especially liver and kidney, so that they can deal with the toxins. Whether we support or destroy our body depends on our choices in food and lifestyle.<sup>\*1</sup> Also you don’t have to go to gym or buy expensive gadgets or diet books to take care of your body. Try some of these economic methods, which I believe can reduce toxicity and support your body.

1) Reduce plastic use.

The chemicals in the plastic bottles, cutlery and containers are poisonous.

2) Eat as many vegetables as possible, especially cruciferous ones (cabbage, broccoli, kale, etc.)

They support your liver’s detox function.<sup>\*2</sup>

3) Have a good sleep.

Sleep disturbances have been linked to increased risk for obesity<sup>\*3</sup>, insulin resistance<sup>\*4</sup> and cardiometabolic risk.<sup>\*5</sup>

4) Drink filtered water.

Water is necessary to excrete the metabolites of toxins, but unfiltered tap water contains many unwanted chemicals which make your liver work more.

5) Keep moving and sweat – exercise is the only method to reverse alcohol damage.<sup>\*6</sup>



**Spirits of Venus (serve 2)**

**Equipment:**  
Cocktail shaker

**Ingredients:**  
1 blood orange, seeded & squeeze \*see note  
(Use pulp, too! They are good fibre and slow down the absorption of sugar.)  
¼ cup vodka (gin can be okay)  
20 ml whisky  
2 teaspoons coconut sugar  
2 slices of lemon/lime for garnish

**Direction:**  
1) Put everything in a cocktail shaker and shake well.  
2) Pour into 2 glasses and garnish with lemon or lime slices.

\*Note: Ruby grapefruits provides similar colour as well.

Special occasions!?

**How to make better choices**

Packaged foods are handy and they shouldn’t be too bad if you choose...

- 1) Less ingredients. Ideally less than 5.
- 2) No preservatives or colours. Even if they claim “Natural colours” and “Natural flavours”, their extract methods are usually “NOT natural”.
- 3) Locally produced. Watch out for the wording: “Australian owned” but “Made in other country.”
- 4) Ingredients that you can read and know what they are.
- 5) Read the back of packages “Healthy”, “Non-sugar” or “Fat free” “Gluten free” and “Organic” don’t necessary mean healthy. Always choose less ingredients used and watch out chemical names as preservatives. They can be “Organic Junk”.

<sup>\*1</sup>Katsagoni, N. et al (2017) A “healthy diet–optimal sleep” lifestyle pattern is inversely associated with liver stiffness and insulin resistance in patients with nonalcoholic fatty liver disease. *Applied Physiology, Nutrition, and Metabolism*. 2017, 42(3): 250-256, <https://doi.org/10.1139/apnm-2016-0492>  
<sup>\*2</sup>Hakooz, N. & Hamdan, I. (2007) Effects of dietary broccoli on human in vivo caffeine metabolism: a pilot study on a group of Jordanian volunteers. *Current Drug Metabolism*, vol. 8, no. 1, pp. 9–15, 2007.  
<sup>\*3</sup>Nielsen, L.S. et al. (2011) Short sleep duration as a possible cause of obesity: critical analysis of the epidemiological evidence. *Obesity reviews*. 12(2): 78–92. doi:10.1111/j.1467-789X.2010.00724.x.  
<sup>\*4</sup>Mesari, O et al. (2013) Sleep disorders and the development of insulin resistance and obesity. *Endocrinology and Metabolism Clinics of North America*. 42(3): 617–634. doi:10.1016/j.eccl.2013.05.001.  
<sup>\*5</sup>Badran, M. et al. (2015) Epidemiology of Sleep Disturbances and Cardiovascular Consequences. *The Canadian Journal of Cardiology*. 31(7):873–879. doi:10.1016/j.cjca.2015.03.011.  
<sup>\*6</sup>Perreault, K. et al. (2016) Does physical activity moderate the association between alcohol drinking and all-cause, cancer and cardiovascular diseases mortality? A pooled analysis of eight British population cohorts. *British Journal of Sports Medicine* Vol51 (8) <http://dx.doi.org/10.1136/bjsports-2016-096194>