

Post River Support Cleanse

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"River Liver Fall Cleanse"

Being a river guide is rewarding work in many ways, but the time we spend making sure everyone else is taken care of, is time we neglect focus on self care. It goes without saying that when you are working hard all day, every day for 4 months without breaks, the body gets worn down. Dubbed by guides as "The liver of no return", the "River of no return" provides a working environment that can cause major imbalances come fall time. Being on everyone else's vacation all summer enables some less than ideal consumption habits. Transitioning from busy summer to quiet fall presents many hardships for a river guide, who works incessantly all summer and suddenly finds him/herself back in the throgs of civilization, unemployed and exhausted. Some of the most intelligent and capable contributors to society can get caught in the "post season blues" cycle of depression. As soon as rest ensues, the entire season catches up with a person, and often allows opportunistic bacterium, viruses and fungus to take charge of its tired host.



Reasons To Cleanse Post Season

- Chronic Dehydration
- Fatigue & Sleep Deprivation
- Summer Diet
- Exposure to UVA Rays
- Compromised Gut Integrity
- Excessive Alcohol Consumption
- Weak immune function

Many of the body's systems become compromised through the tireless hours of physical and mental labor of being a river guide. In order to maintain a career on the river one must develop the mindset of running a marathon race over a sprint. The invaluable experiences river guides bestow upon their guests are taxing mentally, physically, emotionally and socially and must be met at the end of the season with a self-care program to reset a healthy trajectory of longevity.

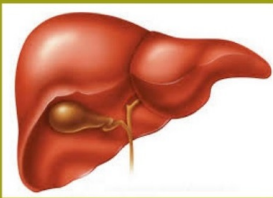
Target Systems To Support

- Liver
- Nervous System
- Digestive System
- Skin
- Kidneys & Adrenals



What do these systems do for us on the river and why do we need to support them?

Rather than looking at each system as a separate entity, it is important to consider each one as a microcosm within the macrocosm. Everything in the body serves everything else, so when you support one system you support them all. With this said, there are several systems that get weather the brunt of the river season force.



Liver

The liver is the body's filtration system, whether it is battling the giardia you acquired from a big swim, the noro-virus a guest passed your way, the alcohol you drink by the campfire or the Costco hunk of prime rib you eat every fifth night...the liver never sleeps just like guides. The liver facilitates metabolism of all substances that enter the body, aiding in proper absorption of nutrients and effective excretion of waste.(1)The liver also aids in blood production and hormonal processes.(1)

Signs a tired liver needs some love: exhaustion, lethargy, depression, feeling stuck, low motivation, anger, irritability, impatience

Nervous System

The nervous system coordinates communication for the the body in all of its glory. It simultaneously processes information originating inside and outside of the body. This system is responsible for keeping the body within its healthy margins for survival, otherwise known as "homeostasis". This requires processing information and making decisions to act upon, telling the heart to beat and when the kidneys should let go of water and electrolytes or keep them. This is a limited view of the scope of the nervous system, but one thing is for sure; the health of this system is tremendously important for well-being. A healthy nervous system helps us to cultivate meaningful social interactions on the river, remain hydrated and cool in the summer heat, manage risks and stressful situations, recall important first aid solutions and much more.



Signs of an imbalanced nervous system: depression, brain fog, decreased memory, numbness or tingling and headaches (2)



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Digestive System

Your gastrointestinal tract is responsible for the production of neurotransmitters, absorption and assimilation of nutrients, and excretion of waste products.(3) This system plays a role in fluid balance, overall nutrition and mental health. Detoxification and balanced health begins with digestion which starts in your brain and mouth and ends in the bathroom. During a busy river season that digestive system is responsible for acquiring the nutrients that fuel the body through the day by breaking down and absorbing foods. Many imbalances can occur in the summer due to improper digestion and malabsorption for one reason or another.

Signs to focus extra energy on your gut: belly aches, constipation, diarrhea, gas, bloating, heartburn, IBS or ulcerative colitis.

Skin



Though we often forget to credit this amazing system as the largest organ of the human body, it serves many important functions we take for granted. We are all reminded of how harsh the river climate can be when we get a deep crack on our fingers or toes, or forget to apply sunscreen one day, and days later have peeling or even blistering skin. The vocation of a river guide sets us in a high risk group for skin cancers, which can be some of the most silent and deadly, since they often don't present with alarming symptoms. The dry hot climate we subject ourselves to requires extra attention to the organ that keeps our guts in place, regulates temperature, blocks pollutants and absorbs vitamin D from the sun, which we need for a healthy immune system. (4,5)

Signs your skin is struggling: Cracking, rashes, dryness, peeling, redness, itching, and simply being in the sun all summer.

Kidneys & Adrenals

The kidneys and adrenal glands are hugely important in maintaining health through a river season and could use a break in the fall. The kidneys are charged with the task of regulating fluid balance in the body which is a monster of a responsibility in the harsh climate the river of no return provides. Chronic dehydration is a common problem on the river, most river guides endure with a tough attitude. But the reality is that ignoring dehydration can have long term effects. Sometimes no matter how much water you drink, your skin, headache and fatigue communicate the fact it is never enough. While you have done your best to load up on water and electrolytes all summer, alcohol and hot sun meddle with the balance. The adrenals are instrumental in regulating stress which can happen physically and mentally on the river. "Adrenal fatigue" can develop overtime and present necessary support.(6) In the season to come, giving the adrenals a "nap" is a great idea.



Signs your kidneys and adrenals need support: dehydration, hard time waking, back pain, fatigue, anxiety, craving salty food, inability to handle stress, weak immune system, overuse of stimulants like caffeine and even tachycardia.



30 Day Self-Care Plan

This restoration program is anything BUT restrictive, instead it incorporates whole foods and lifestyle practices which support the systems that lead you back to balanced health. By dedicating the next 30 days to yourself and listening to what you need, you can set yourself up for a wonderful winter and a river career that stops when you want it to. As was shortly briefed, even though the cleanse is named after the river guide saying "river liver", it should be clear that many systems will be supported through this cleanse, as they are all connected to optimal health.

Whole Foods

Meditation, Mindfulness & Yoga

Hydration & Skin-care

Bodywork

Probiotics & Omega-3 Fatty Acids

Meaningful Social Interactions

Rest

Recipes

Whole Foods

What are whole foods? Whole foods are unprocessed foods in their natural form. This is the healthiest way to reap the benefits of the nutrient density these foods harbor. The more nutrients in the least amount of calories, the more "bang for your buck" as they say. Over a long river season, it is common for guides to acquire nutrient deficiencies even though they are eating plenty of calories.



Whole Food Options

Liver

Digestive System

Skin

Adrenals & Kidneys

Nervous System



As one can see, if you eat the rainbow and eat simply, you can't mess up! Many of the foods overlap on which food systems they benefit, and generally speaking if you do most of your shopping focused in the produce aisle and avoid plastic, you'll be golden! Eating out is tempting this time of the year since you have been running a floating restaurant all summer, and that is okay for a week or two. However, when you are ready to start cooking again you will benefit, as restaurants generally provide food with excess sugar, salt, cheap cooking oils and other additives. Try to keep things focused on simplicity, and the plant kingdom. Proteins are important for many of the body's functions, but try to steer away (pun intended) from saturated fats, and toward fats from fish and leaner meats like organic chicken.

Meditation, Mindfulness and Yoga



Meditation has given many people across the world a peace of mind for thousands of years. Current research is finding stress reducing effects of mindful practices have profound impacts on overall health and wellbeing including reductions in hypertension. (7,8) Those who participate in mindful practices describe reduction in stress and an improved sense of well-being. (7) In these ways, meditation will support the health of the adrenals and nervous system. A beautiful display of self-love is to treat your body to silent reflection.



Exercise should be re-introduced slowly and thoughtfully after a river season. The intensely physical work you have been contributing all summer begs a rest for your body. If you feel the need to exercise, working on gentle movement that relieves tension that has accumulated over the summer is very supportive. Participate in yoga through community classes, or use an online resource in the privacy of your own home. Online classes are abundant and range from free-to a small fee. Gaia.com and Youtube are two resources amongst many you will find online.

1 Hour A Day Meditation

Take the time to process your summer and reset your peaceful mind. Meditation does not need to be limited to one hour, but two sessions of thirty minutes is very manageable. You will make a practice that is good for you, but 30 minutes in the morning and 30 minutes before bed works well. Create a quiet peaceful space that is welcoming to you. Some people meditate outside, some inside in a dark space. Some people light candles, some people prefer walking meditation. This is not meant to be a strict or harsh practice, but does involve self-love and a sense of discipline. Closing your eyes can be beneficial if you are easily distracted, but if you are a physical person you may be drawn to walking meditation. Wherever you are, the breathing should be central. With each breath in, tune in to your body sensations and let go of everything else. Each thought that enters, gently acknowledge and let pass through easily as it entered. Do not dwell or rest on any thought, and try to stay connected to deep breathing. This is a wonderful way to process a river season and let anything that is holding you in the past and not serving you anymore, leave your being. Who knows, maybe you will love it so much that after the thirty days is over you will have a fulfilling life practice!

Hydration and Skin-care



No matter how much you cover up, re-apply sunscreen, or hide in the shade, nothing changes the fact that you live outside. Constant exposure to sun can have its toll on your skin despite its life sustaining gift of vitamin D. Constant contact with sun can lead to water losses that are hard to replace.

Beta Carotenes- carrots, sweet potatoes, cantaloupe, bell peppers, kale and squash. (5)

Vitamin A/Retinol- organic animal liver, egg yolk, butter and cod liver oil.(5)

Omega-3 fatty acids-fish, walnuts, hemp hearts (nuts and seeds) and eggs. (5)

Vitamin C- citrus fruits, broccoli, brussels sprouts, potatoes, cantaloupe, cauliflower and most fruit.(5)

Avoid: Sugar, dairy, processed foods and alcohol. These things can cause inflammation in the body and will compound matters where inflammation is already in play.

Eating a rainbow full of fruits and vegetables will ensure you are getting a wide variety of phytonutrients that help to scavenge free radicals and decrease inflammation in the body.(9,10)

Like we say on the river..."Hydrate or die!" The skin loves water, so water it shall have. Chronic dehydration is detrimental to the health of every body system, but particularly so for all of the detoxification organs. At least 65 oz. a day of fresh filtered water and your skin and kidneys will be supported back to balance.

Oatmeal Baths and Aloe Moisturizer

Place one cup of oats in a grinder with 1/2 cup calendula and 1/2 cup chamomile. Grind thoroughly and add to a warm bath. This is a great method for stress relief to support the adrenals, while the ingredients of the bath promote healthy skin.(11,12)

After you dry off, moisturize with an aloe product that only contains one ingredient. Many aloe preparations have several ingredients including alcohol which is drying.



Coffee and Alcohol



Two beautiful substances that river guides tend to "over enjoy". These pleasures in life can create a vicious cycle when they are consumed in excess. We have all had a crazy night where we imbibed a little TOO much, and woke up in the morning needing two cups of coffee instead of one. This can add fuel to the flame where dehydration is involved, taxing all systems. In addition to dehydration, excessive alcohol consumption can lead to chronic illness and disease. This cleanse does not tell you to eliminate either, but if you are practicing mindfulness effectively, you will come to realize unhealthy patterns and eliminate them as you are ready. The key with alcohol and coffee is to use moderation, and give your systems a rest from time to time. This could be the perfect time to ween down the coffee and abstain from alcohol to gain a sense of clarity and health.

Bodywork



Bodywork is a wonderful gift to yourself that helps work out the kinks of a summer full of repetitive physical activity. Massage feels amazing so it is hard to deny its benefits on physical well-being. A wonderful side-effect of pure comfort and relaxation is stress reduction and anti-anxiety management.(13) In this way, bodywork benefits the adrenals that deal with stress, and the nervous system that gets the chance to recharge in a peaceful state.

Massage is also highly effective in managing pain that may accumulate from physical labor, and is especially helpful for back pain.(14) Another way to treat yourself is by indulging in a pedicure, as it is impossible for the feet to leave a full river season unscathed. If this seems too feminine for those extra masculine type-think of it as basic foot hygiene, without the nail-polish (though river men have been known to enjoy magenta from time to time).

Rest

It certainly doesn't take a cleanse for you to know how tired you are. Cumulative weeks of work create a rest-deficit that is hard to get back on top of. Now that the season is over, you may be hard on yourself wondering why you are always tired. This can lead to destructive behaviors and thoughts surrounding rest, but there is a reason that all you feel like doing is sleeping and watching Netflix. This is OKAY. Take a mindful moment to acknowledge that you might be a slug for a month, and this is exactly what your body needs. When you feel the urge to nap and lounge, that is what you should do, you have certainly earned it. A lack of rest is bad for all body systems, which require energy to function smoothly.



Probiotics



Probiotics help us to maintain the integrity of our gut, aiding in digestion, absorption, and assimilation of nutrients. Without a balance of helpful bacteria in the gut, the rest of the body is burdened. Probiotics have a profound effect on mental health in addition to physical health facilitating most of the body's serotonin production. (15) After a long season on the river, it is common for a guide to come down with every sort of illness as a result of exhaustion and impaired immune function and probiotics are important for a healthy immune response.(16) One can supplement with probiotics if they would prefer, but fermented vegetables, yogurt, kefir, miso, tempeh and kombucha are all great food sources of probiotics.

Omega-3 Fatty Acids



Omega-3 fatty acids are hugely important for humans, EPA and DHA found in Omega-3's are anti-inflammatory, and can resolve some of the problems that have accumulated from a river season that inherently causing inflammation.(5,17) These essential fatty acids make up the membranes of cells in our body and are necessary for skin, nervous system and digestive system health. (5) Supplementing for a month or two will help your body restore its tissues and manage inflammation. Follow the directions on the bottle, sourcing is very important. Finding a fish oil of high quality will ensure the oils aren't rancid, which would cause further inflammation in the body. Buy a product out of the refrigerator and immediately refrigerate at home, this is a supplement that is worth paying extra for quality. Nordic Naturals has a great product with good amounts of EPA and DHA. This would be a good time to incorporate more fatty acids to your diet for the long run. Fish, nuts and seeds (particularly walnuts, flaxseeds, chia), olive oil, hemp hearts and avocado are great sources of omega-3's.

Social Interactions



Re-integration into civilization is hard, and river guides have little support from the world at large. Reach out to the Redside Foundation if you are feeling lonely, discouraged or depressed. There is no reason you have to be alone because you are not alone, and the transition between river and society is rough by nature.



Make an effort to draw on the strength of the river-guide community at this time. While it is normal and natural to withdrawal to a more introverted pattern in the fall as a result of the intensely extroverted summer, make sure you are nourishing your soul with meaningful social interactions when you need them. Make a delicious whole-foods meal for your friends to enjoy. If everyone has scattered, call your guiding friends and organize a post season Moab mountain bike trip. Call up a friend you haven't seen in a while and go fishing, because you know it is good right now. This is an excellent opportunity to visit you folks, and catch up on the happenings of the summer in a loving environment where people understand who you are. Having a downstream plan can be helpful for people who need to be busy. Before the season starts next year, consider your long term goals and make fall a time to reconnect with those goals and create meaning in the off-season. Never forget the importance of the work you do no matter how undervalued it is in the "mainstream". River guides allow people to disconnect, rejoin nature, learn about conservation and the environment, have meaningful human relationships and simply be the way we were designed. You are amazingly beautiful and intelligent!



Redside Foundation Guide Support Hotline (208) 740-1192



30 Days of Whole foods

The scope of this cleanse is intended to support detoxification processes in the body through natural means of whole food nutrition. This cleanse does not diagnose or cure any condition. If you have any concerns with pre-existing conditions or an impending health consideration, you should contact your primary healthcare provider for support. Provided are 3 full days of recipes, but these three days should set the stage for the entire month. Additional resources for whole food recipes are found at the end of this cleanse.

Breakfast Inspiration

Stewed Fruit and Amaranth



Ingredients

3/4 cup amaranth dry
1 1/2 cup coconut milk full fat
1/4 cup walnuts
1/4 cup pear
1/4 cup green apple
4 prunes
1 cup water
1 tbsp cardamom
1 tsp cinnamon
1 clove
2 tbsp organic yogurt

Place coconut milk and amaranth in a small pot and cook on high until boiling. When amaranth is boiling cover and cut the heat to medium. After 20 minutes take off heat, set aside and keep the lid on. While the amaranth is cooking in a medium small sauce pan place the rest of the ingredients and turn heat to high. Once the mixture is bubbling simmer on medium heat until the prunes are completely soft and can be cut with a wooden spoon or 20 minutes. Serve the amaranth with a scoop of fruit on top and garnish with yogurt and walnuts

This recipe is soothing to the digestive system and immune system providing probiotics from the yogurt.(16) Amaranth is a complete protein that will help rebuild damaged tissues in the body.(4,18) Walnuts are one of the highest sources of omega-3 fatty acids and protect against inflammation. (5) Spices have anti-inflammatory effects in the body, this is certainly true of cinnamon and clove. (19) Stewing fruit makes the nutrients readily available and easy for the system to absorb without much effort. The fruit is a great source for anti-inflammatory and free-radical scavenging polyphenols.

Ingredients

1/2 medium sized sweet potato
2 organic eggs
2 cups spinach
4 brussels sprouts
2 tsp paprika
1 tbsp liquid aminos
2 cups water
2 tbsp diced garlic
1 tbsp ghee
1 tbsp sunflower seeds

Heat a medium sized saucepan on medium high, once hot add ghee and let melt. Half the brussels sprouts and chop the sweet potato into bite sized chunks and when the ghee is melted add these two ingredients with the garlic. Sauté the sweet potatoes and brussels sprouts until they are cooked through and slightly brown on the outside. In a small pot boil the water, once boiling crack two eggs into the water and cover. After 5 minutes the eggs should be poached to perfection, you can test by poking the egg gently with a spoon and if the white appear uncooked continue to poach until they don't jiggle. Add the spinach to the pan for a flash steam, adding the liquid aminos and serve the potatoes and vegetables on a plate. Use a slotted spoon to extract the eggs and place on top of the potatoes. Garnish with a dash of paprika and the sunflower seeds.

Poached Eggs with Steamed Greens and Sweet Potato Home Fries



Eggs are an excellent source of B-vitamins which are supportive in energy production, nervous system health and in the case of B6 antioxidant action.(20-23) Sweet potatoes are high in carotenoids which are important for skin health and immune function.(5) Spinach is high in vitamin C that helps mitigate oxidation in the body and supports skin health.(5) Sunflower seeds are a great source of omega-3 fatty acids to help nurture all systems and particularly the nervous system. Brussels sprouts contain glutathione which is a powerful stimulator of phase 1 and 2 detoxification pathways in the liver.(24,25)

Omni-system Support Smoothie

Ingredients

1/2 small beet
4 tart cherries
1/2 c steamed broccoli
1/2 avocado
2 tbsp flaxseed
1/2 banana
1/2 cup coconut milk

Steam the broccoli to make the nutrients more available and easy to digest. Add all ingredients to a blender and blend until completely smooth all of the way through.



Bananas and avocados are excellent sources of electrolytes that will replenish the body's stores that may be deficient after a long summer in the sun. These are also excellent fruits for nervous system health avocado with healthy fats and both high in B-vitamins. The flaxseed hosts a high supply of omega-3 and the broccoli glutathione for the liver (discussed previously). Tart cherries have shown strong antioxidant effects in animal studies and supportive nature to the liver.(26) Beets contain betaines, which promote a healthy liver.(27)

Lunch Inspiration

Liver-wonder Soup



Ingredients

1 cup purple cabbage
1/2 cup brussels sprouts
1/2 cup zucchini
1 cup kale
1/2 cup maitake mushroom
3 cups bone broth
2 tsp turmeric
1 tsp cumin
1 tbsp black pepper
1 tbsp garlic
1 tbsp fresh ginger
1 tsp salt
For garnish:
a dollop of plain organic yogurt
1 tbsp green onion

Loosely chop cabbage, brussels sprouts, zucchini, and maitake and place in a medium sized pot with bone broth. Boil on medium high heat until the vegetables are cooked all of the way or 10 minutes after boiling starts. Add the kale to the boiling vegetables near the end. In a blender add the boiled ingredients including the liquid, turmeric, cumin, pepper, ginger and salt into a blender. Blend until uniformly smooth and serve. Garnish with green onion and yogurt if desired.

Ginger has been studied for its anti-inflammatory properties in the body. (28) Brussels sprouts and cabbage are supportive to the liver in phase 1 and 2 detoxification. (24,25) A chemical component of turmeric, curcumin, has been studied for its beneficial impacts on multiple body systems, but particularly for decreasing inflammation and supporting the liver in particular.(29,30) Garlic has been shown to ameliorate fibrosis, and cut down on steatosis, oxidative stress and inflammation in the liver. (31) Both yogurt and bone broth were chosen to restore the integrity of the gut.

Spring Rolls



Ingredients

Spring roll rice paper
1 Carrot
Rice noodles
Cucumber
Red pepper
1/4 cup Peanuts
Mint
Basil
Alfalfa Sprouts
Sesame Dipping Sauce:
1/2 lime juice
1 tbsp liquid aminos
1 tsp honey
1 tsp sesame seeds
1 tsp peanut butter

Julienne the carrots, peppers and cucumbers. Chiffonade the mint and basil, and lightly chop the peanuts. Boil 4 cups of water in a pot and cut from heat. Add the rice noodles, cover and let stand until cooked. Drain and rinse with cold water in the sink. Soak the rice paper one sheet at a time in luke-warm water until soft, then place on a cutting board and fill with ingredients desired. Don't fill the wrapper too much or it will be very hard to fold. Fold in both sides and roll like a burrito and place on a plate. Mix together sauce ingredients in a bowl and use a fork to whisk together until uniform and creamy. Enjoy!

Spring rolls are light fare that taste delicious and can pack a cleansing punch. You can switch out favorite vegetables, and are a great way to pack fresh vegetables into your diet. Fresh vegetables are nutrient dense, supporting detoxification processes. The dressing is lime-based, as citrus foods are known for supporting detoxification processes at the level of the liver, acting to stimulate detoxification, reduce oxidative stress, induce apoptosis of cancerous cells and mediate risks for metabolic disorders.(32-34)

Ingredients

4 oz fresh salmon
1/4 cup fennel
1 cup arugula
1/2 cup spinach
1/4 cup sliced dandelion greens
1/4 cup cashews
1/2 grapefruit sliced
1 tsp butter

Dressing:
1/2 lemon
1 tbsp apple cider vinegar
2 tbsp organic plain yogurt
1 tsp parsley
1 tsp dill
1 tsp honey
Salt and pepper to taste

Place the salmon filet in a medium sized sauce pan on medium heat with a cup of water. Place the butter on top of the filet and squeeze half of a lemon on top. Cover the salmon and let it cook for approximately 7 minutes depending on the thickness of the filet. Kill the heat and set aside. Cut the fennel and grapefruit into bite sized pieces. Dice the dandelion greens to disperse throughout the salad. Mix all ingredients together and get a smaller bowl for the dressing. Chop the dill and parsley finely and combine all salad ingredients to mix thoroughly. Dress the salad, add the salmon and enjoy.

Salmon Salad



This crisp light salad will stimulate healthy digestion through the bitter-sweet action of the flavors it showcases. The strong citrus components will support liver detoxification.(33) Dandelion greens are a wonderful addition to any meal to help stimulate the production of enzymes needed for healthy digestion, and by supporting liver detoxification.(35) Their bitter taste is delightfully balanced by the fresh fennel, citrus and honey.

Dinner Inspiration

Ingredients

2 cups chick peas
1/2 bunch chard
2 stalks of celery
1 yellow onion
3 green apples
1 can coconut milk full fat
1/2 stick butter
2 tbsp fresh diced ginger
1 tbsp fresh diced garlic
3 tbsp liquid aminos
1 lime
1/2 banana
1 tbsp rasins
1 tbsp peanuts
2 tbsp basil
4 tbsp curry powder

With a 2-1 ratio, water to brown rice, combine ingredients in a pot and cook until rice fluffy and steamed. Dice the apple, onion, ginger, celery and garlic finely and add to a stock pot with butter. Heat to high and back off heat once the pot is warm to medium. Once all of the vegetables are translucent, add curry powder and coconut milk and mix thoroughly. Add chickpeas, liquid aminos and chard at the end. Place a scoop of curry over rice and dice the peanuts, basil and banana to serve as garnish with raisins.

Chickpea Curry



This meal is simple and easy on digestion. The chickpeas and rice provide protein for healing tissues and the absence of complex animal proteins (butter is an exception), give the body a chance to digest using little energy. The coconut milk has medium chained fatty acids that help absorb nutrients in the body. Butter was chosen for its B-vitamins to support the nervous system and butyric acid to support the health of the digestive system.⁽³⁶⁾ Again we see curcumin in the turmeric and ginger to support inflammation in the body and promote liver detoxification support.

Chard contains high concentrations of magnesium, which is known to be relaxing to an anxious nervous system.

Shitake Miso



Ingredients

2 Tbsp red miso paste
2 reishi mushrooms
2 shitake mushrooms
Green onions
Lime
Sesame seeds (white and black)
Soba noodles (or rice noodles)
1 cup tofu
2 tbsp kombu

Cook the noodles in a medium sized pot following the directions on the package (depending on the noodles you decided on) and set aside. Chop mushrooms and tofu to bite sized pieces. In a medium sized pot heat the water to boiling and reduce to medium heat. Add miso paste, stirring until completely dissolved at which point you can add mushrooms, kombu and tofu. Add the noodles of your choice and garnish with lime, green onions, and sesame seeds.

Miso is a soothing soup that supports healthy digestion with helpful probiotic strains. This is another meal that is easy to digest with immune building mushrooms, protein from tofu and mineral dense kombu to restore the vital life-force.⁽³⁷⁾

Resources

Books:

The Flavor Bible
(Andrew Dornenburg and Karen A. Page)

The New Whole Foods Encyclopedia (Rebecca Wood)

At Home in the Whole Food Kitchen (Amy Chaplin)

Healing With Whole Foods (Paul Pitchford)

Internet:

<http://mywholefoodlife.com/recipes/>

<http://www.thekitchn.com/>

Blogs:

Inspired Edibles

Food Renegade

Apps:

Pinterest

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