

# 5 Foods to Cleanse and Nourish in the Winter Months



Winter is a season when we naturally conserve energy and increase sleep with shorter, colder days. The reduction of sunlight, fresh air and physical exercise can put additional stress on our systems. In the winter it is especially good to nourish our kidneys and adrenal glands.

The kidneys filter our blood to balance the body's acidity levels and help maintain appropriate water and electrolyte balance. The adrenal glands respond to the stress and pressures of our daily lives by producing adrenaline and cortisol ~ two potent chemicals that can do damage if overused in our system.

The following foods and recipes can be increased in your diet to support cleansing and nourishing during this time of the year.

# 5 Foods or Food Types Excellent for Winter Wellness



## Ginger and Lemon

Lemon is a natural detoxifier and works to counteract acidity in the body. Because lemon is a high source of vitamin C, it helps to convert toxins in your body to a water-soluble form. This allows your body to flush them from your system. Ginger is a warming spice and excellent for supporting the body's circulation and digestion.



## Sweet Roots: Beets, Carrots, Cauliflower

Sweet root vegetables are particularly good in the winter seasons when our body craves natural sweet tastes and heavier meals. These nutrient rich foods are delicious roasted or made into a puree soup.



## Homemade Broths

Miso, vegetable and natural meat broths are excellent ways to provide proper electrolyte and mineral nourishment while hydrating and warming the body. Seaweeds are also an excellent source of trace minerals necessary for proper hydration and cell function.



## Garlic

Your liver enzymes can be activated by eating garlic. These enzymes help to filter out toxins from your body. Garlic will also stimulate the circulation and helps to body to cleanse itself efficiently. It is also a wonderful immune builder in the flu and cold season.



## Dark Leafy Greens

Broccoli, spinach, kale, and collards have lots of chlorophyll, which helps your body eliminate toxins and support your liver. These greens along with watercress and arugula lettuce help to flush out your system while still giving you plenty of minerals to keep your system strong.

## Vegetable Broth



### Ingredients

3 potatoes

1 carrot

1 celery stalk

1 onion

3 garlic cloves

1 Thoroughly scrub the potatoes and then cut them in half. Peel the potatoes leaving about 1/2 inch of potato flesh on the peel.

2 Add potatoes, carrots, celery, onion and garlic (all coarsely chopped) to 6-8 cups of water.

3. Boil for about 30 minutes and then strain out the vegetables. This broth can be used in any recipe calling for vegetable broth, but it can also stand alone as a wonderful healing broth.

## Sweet Veggie Puree Soup

### Ingredients



1 onion, coarsely chopped

coconut oil

3-5 C chopped vegetables (beets, cauliflower, celery, rutabaga, turnip, carrots)

vegetable or chicken broth

spices according to your taste (bay leaf, basil, rosemary, thyme)

dark leafy greens (kale, beet tops, collards or swiss chard)

1 Sauté onion in coconut oil over medium heat until soft and translucent.

2 Add 3-5 cups of chopped vegetables then add broth ~ just enough to cover the veggies.

3 Add spices according to your taste then bring to boil. Lower heat and simmer for 45 minutes or more until all veggies are soft.

4 Add dark leafy greens and cook just until wilted {about 5 minutes}. Remove from heat and puree using a hand blender or upright blender.

## Dark Leafy Sauté



### Ingredients

several garlic cloves

2-3 Tbls coconut or olive oil

2-3 C dark leafy greens, chopped

Optional additions:

fresh tomatoes, chopped

sun-dried tomatoes

pine nuts

1 Sauté a few chopped cloves of garlic in coconut or olive oil.

2 Keep the oil on medium heat and add chopped dark leafy greens into the pan.

3 Allow the greens to quickly cook and stir around until they become bright green.

4 Add optional additions of chopped tomatoes, sun-dried tomatoes, and/or pine nuts and toss until everything is warm.

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## About Lisa



Lisa Grace Byrne, MPH is a mom of three, founder of [WellGrounded Life](#) and a trusted authority on women's vitality and wellbeing. Her work focuses on supporting moms to live vibrant and fulfilled lives.

She is a passionate speaker, teacher and mentor to women and mothers worldwide. She has a degree from Cal Poly State University, SLO in Biochemistry with an emphasis in Nutrition and Metabolism and holds a Masters in Public Health degree from Boston University.

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