

Naturopathic News

October 2014



Let's Fall in Love ... with Juice!

For anyone following my facebook page or twitter account, you know I am all about juicing these days. I can't seem to get enough of our fresh organic harvest to bathe my cells with nutrient goodness and nourish my body and soul.

I recently invested in a Vitamix and it was the best purchase I have ever made. Who needs Prada when you've got a Vitamix ... lol (laughing out loud). I use it for my morning smoothies, my fiber rich fruit and vegetable juice, my carrot & ginger soup, and my famous sesame seed-free hummus to name a few.

What am I juicing you may ask? Some of my favourite ingredients include: *apple, carrots, beets (& their greens), kale, broccoli, black grapes, and pomegranate juice*. I have even managed to get my kiddos to drink it! Thank you Popeye for helping me demonstrate to my little one that eating spinach makes you strong!

Maybe you'll consider adding more fruits and vegetables to your diet too. We can never never get enough of these life saving foods.

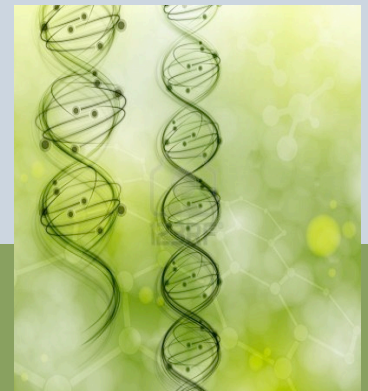
Join my juicing revolution!

Family Health & Cancer Support

Just came back from an amazing cancer conference in Ottawa, Canada this month and was honoured to hear renowned Dr. Neil McKinney ND, a respected leader in the field of Naturopathic Oncology.

We marveled and shed many tears as he shared his stories and experiences with patients over his past 40 years of practice.

It is an honour to work with patients & their families and for this, I am grateful.



Remember to recommend our
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Amita Sachdev BScN, RN, ND www.DrSachdevND.com

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