

A client recently told me that having a salad with olive oil and apple cider vinegar dressing helped immensely to relieve constipation. This makes complete sense because this type of salad contains 4 necessary nutrients/ingredients that help to prevent constipation:

1. Water – from the vegetables
2. Fibre – from the vegetables
3. Healthy Fat – from the olive oil which lubricates the bowel
4. Digestive Aid – from the apple cider vinegar, which helps to move food through the digestive tract at an appropriate speed

On the Member's Portal under the Recipes link, you will find recipes for a Homemade Salad Dressing and a Vegan Caesar Salad which were posted on July 15th and 17th. Even if the Vegan Caesar Salad does not appeal to you, I quite often use the dressing for other salads.

It is rare to find a store-bought salad dressing that I would consider healthy or worth consuming for its nutrient content. Eliminating store-bought dressings and making your own is one of the most important healthy changes you can make to your diet. You are able to control the quality of the oil you consume plus avoid preservatives and other unnecessary ingredients that may not have calories attached to them but contribute to toxic overload, of which unwanted weight gain is a symptom.

Quality oils are a health cornerstone because they make healthy hormones, protect the nervous system, support the immune system by reducing inflammation and are needed for proper brain function. Focus on incorporating omega-3 fats as much as possible as this is the type of fat we are most deficient in. Cod, sardines, mackerel, anchovy and tuna contain the most amount of omega-3. Taking a fish oil supplement is beneficial for everyone. Flaxseed oil, ground flaxseeds and chia seeds are other excellent sources of Omega-3 fats.