

TURNIP *The* BEETS

H O L I S T I C N U T R I T I O N & W E L L N E S S

newsletter

April 2021

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news

April is one of my favourite months - It's a time for rebirth, regrowth and renewal. It's also **Earth Month** which gives us a great opportunity to become more aware of our environment and different initiatives we can be a part of to support our planet.

Since Holistic Nutrition includes lifestyle recommendations as well, I love being able to educate clients on their current household products that are often toxic and help them find solutions that improve overall health and reduce waste. Changes can range from swapping to reusable coffee filters, purchasing detergents that offer refills or stocking up on biodegradable kitchen sponges. As much as diet plays an important role in achieving optimal health, the environment you live in is just as important, so why not take the extra leap and upgrade your products too!

In this months newsletter, I'll be sharing a zero-waste DIY cleaning recipe, tips on how you can reduce waste in your home, my favourite kitchen cleaning tool that's environmentally friendly and of course, a client spotlight!

Recipe

Homemade All Purpose Cleaner

Recipe Adapted from keeperofthehome.org



Ingredients

- 1/2 c white vinegar
- 2 Tbsp baking soda
- 10 drops tea tree, lavender, or lemon essential oil (for their disinfectant properties)
- 12 oz glass amber bottle

Instructions

1. Mix the vinegar, essential oils and a little water before adding baking soda in a clean spray bottle.
2. Fill bottle to the top with water.
3. Gently shake to mix ingredients.
4. Spray, wipe with a cloth, and allow it to dry.
5. That's it!



Go Green!

It's so wonderful to see all the different eco-friendly products that have entered the market in the last few years. There has also been some new stores open up that are dedicated to zero waste environment carrying refill stations, homemade toilet bowl cleaner tablets and anything you can imagine. I highly encourage you to do a quick search online to see if you have any of those stores in your city. If you do, take some time to check out all the amazing products they carry. If you are more of a DIY kind of person, there are tons of recipes online to make your own cleaners, laundry detergent and more!

I'm continuing to do my part to reduce my daily waste knowing that every little bit counts. I wanted to share with you some examples of changes you can make to start to reduce your carbon footprint and hope that inspires you!

- Rather than body wash, opt for soap bars with little to no packaging
- Invest in reusable food baggies such as stasher bags rather than ziplocks
- Grow your own food this summer! It's so rewarding and you can compost your scraps too!
- Choose foods with the least amount of packaging - fresh fruits, veggies, meats, fish
- Switch to a bamboo toothbrush instead of plastic
- Find a refill station nearby to refill your laundry detergent, dish soap shampoo, conditioner, body wash
- Buy reusable cotton pads - they have so many cute patterns!
- Switch to the Diva Cup over tampons
- Cook at home rather than buying takeout! It's better for the environment and your body! ;)

There are so many more things that you can start doing today that will positively impact our Earth. Start with one thing even if that means being mindful to turn the lights off in your house when you don't need them on. To celebrate Earth month, I'd love for you guys to tag me on IG with changes you've personally made to reduce your carbon footprint!

Client Spotlight

This month's Client Spotlight is Caitlin!

Caitlin's journey has been transformational on many different levels. Initially she was referred to me by an amazing trainer and friend Bianca @livewellbybianca to help with her weight-loss goals. In addition, she had concerns with skin health and had been suffering with long-grade depression.

We worked together to figure out what nutrients she was lacking that were affecting her weight, skin and most importantly mood. We developed a manageable plan that included supplements and recipes with foods that support mental health and reduced overall inflammation. We also implemented lifestyle tools to improve her mindset while she continued to work with her personal training Bianca to get stronger physically.

In a matter of 4 months, she has completely transformed not only her body but her mind! Her depressive symptoms have lifted, her bloating is gone, her skin is almost cleared up, she no longer suffers from headaches and her energy has increased tremendously. She's feeling strong, confident, happy and has a new outlook on life. She recently even signed up to run half marathon - how amazing is that!! So proud of how far you've come Caitlin and thank you Bianca for including me on her journey

For free tips, recipes and inspiration, you can follow me on IG @turnipthebeets_

Let's Chat!

If you're ready to work on your health goals and create long lasting changes, email me at sabrina@turnipthebeets.ca. You can also schedule a Free 15-minute Consult to learn more.



Product

Highlight

This month's product highlight is **Ten & Co Swedish Sponge Cloth!**



This sponge is eco-friendly and made from cellulose-cotton which is 100% biodegradable (you can toss it in your compost).

It can also absorb 15x its own weight in liquid and they come in so many fun designs. When it starts to get smelly or stained, just toss it in the dishwasher or laundry machine.