

Spring Detox

This article appeared in April 2005 Natural Health
I have taken the liberty to apply its content to my cleansing
program I offer clients through out the year.



It's a familiar urge. Come spring, you can't help but throw open the windows and scour every inch of your house to get a fresh start on the new season. So why not take it further? After all, you've spent the winter in hibernation mode, eating more, exercising less, and getting less sunlight and fresh air. Wouldn't you like to peel away the stale, tired layers from your body just as you shook the cobwebs from your home?

"Spring is an optimal time to detoxify," says Ann Louise Gittleman, Ph.D., author of *The Fast Track One-Day Detox Diet*. "A long, hard winter can leave you feeling lethargic and wanting to lighten up on all levels. As the world renews itself, your body yearns for replenishment as well."

Detoxing/Cleansing doesn't have to be a grim chore. A simple spring cleansing program can increase your vitality, bolster your immune system, and leave you with healthy habits to live by all year long.

Trash Talk

Detox is a perfectly natural process--in fact, your body already detoxifies itself as it goes about its business. Think of it as a well-organized sanitation system.

Your five main detox systems—lymphatic, respiratory, urinary, the gastrointestinal tract, and the skin—

work in concert to neutralize and eliminate potentially harmful substances, from the outside (pesticides, food additives, airborne allergens) as well as the inside (free radicals, metabolic waste). The hydrochloric acid in your stomach kills bacteria; your colon readies wastes for expulsion; your skin secretes toxins via sweat. The tiny vessels that make up your lymphatic system act like garbage trucks that shuttle fluids, fats, and waste throughout your body, channeling these to your liver, which constantly filters and purifies the blood.

"The liver decides which substances the body needs, and which to purge," Gittleman says. "It's the key to life."

Look deeper and you'll see that all this activity begins at the cellular level with glutathione, a molecule made up of amino acids. Just as we identify trash by placing it at the curb, glutathione binds with harmful wastes, tagging them for expulsion from the cell. Normally, the availability of glutathione adjusts according to the amount of toxins present.

But there are limits. "Pesticides, herbicides, heavy metals--we get rid of these with the help of glutathione," says Sharol Tilgner, N.D., a naturopathic physician and owner of Wise Acres Herbal Educational Center in Pleasant Hill, Ore. "But as we do more damage to the planet, our bodies need to work harder. Glutathione gets used up more quickly--faster than we can replace it."

If too many harmful agents accumulate, your body is unable to expel them. The mercury your liver can't eliminate, for example, likely ends up in your hair, while xenoestrogens take up residence in your fat cells. This "body burden" can result in immediate problems like fatigue, headache, and low-back pain, and over time, it may create conditions ripe for disease.

The New Renew Thing



"People used to take up cleansing as part of the old puritanical idea that our bodies are dirty, evil, and in need of purging," says Tilgner. "But our bodies are these beautiful temples that extract all the nutrients and fluids we need from food and get rid of what we don't need. So the question is really: How can we restore normal body function and elimination?"

The answer is easy: **This spring, earmark three days for renewing and supporting your organs of elimination.** Cleanses vary in intensity and duration, but effective ones blend nutrition,

herbs, rest, and movement to stimulate and enhance our own natural systems, says Scott Blossom, a yoga therapist and practitioner of Traditional Chinese Medicine and Ayurveda in Berkeley, Calif.

"Clearing your schedule for a cleanse allows you to watch, moment to moment, the cause and effect of food and lifestyle choices that often remain unnoticed," notes Blossom.

It also provides a time for reflection and fresh insights into how diet and lifestyle habits are serving to support or undermine our health, he adds.

On the next page, you'll find a recipe for a basic cleanse; you can follow it exactly or adjust it to meet your personal needs. It calls for a light diet, herbs to support organ function, and beneficial yoga poses.

This cleanse provides the benefits of fasting without the hardships. "When toxins are released from fat reserves during a fast, the body has insufficient nutrient support to rid itself of them ", says Gittleman. "This often results in headache, fatigue, and other problems..."

This is where a good **wellness coach** comes in...to support and provide information that will assist in the cleansing process.

As you cleanse your inner dwelling, take time to purge your outer environment as well. Do you slather yourself with lotion containing artificial colors? Do you fill your shopping cart with only non-organic foods? Bit by bit, you can lessen your body's toxic load, leaving more energy for battling the factors you can't control.

"We are creatures of habit," affirms Blossom. "We get into familiar patterns of eating, moving, resting, thinking, and feeling that aren't necessarily optimal, and a cleanse creates the opportunity to see things from a new perspective."

In this sense, spring cleansing challenges those bad habits and sets a standard for a healthier lifestyle--one that mitigates the need for detoxifying in the first place.

Completing a **FREE Health Consultation, to determine your starting point is an informative exercise, not only for someone like me as your **wellness coach**, but also for you. When we sit down to assess exactly what we are eating, or doing for exercise, etc. it increases our awareness...which is the first step toward change.**

Herbs for Cleansing

Your detox plan should support the organs and systems that naturally neutralize and eliminate toxins. These botanicals offer great starts:

- 1) **Milk Thistle** (*Silybum marianum*), known for centuries as a liver cleanser, has been clinically shown to increase levels of glutathione, the amino-acid compound that's necessary for toxin removal. Take a teaspoon or two of the ground seeds twice a day, or ingest it as a tea or tincture, or in capsules, according to package instructions. (Sylimarin, which is a complex of flavolignans, is another option.)
- 2) **Licorice** (*Glycyrrhiza glabra*) supports the liver, the adrenals, and the immune system. It also acts as a gentle laxative. Take it as a tea or tincture according to package instructions. Licorice may not be appropriate for patients with high blood pressure, so consult your doctor before using it if you are at risk.
- 3) **Dandelion** (*Taraxacum officinalis*) stimulates the gallbladder, the kidneys (as a diuretic), and the liver, increasing bile production. The bitterer, the better, advises herbalist Sharol Tilgner, ND, at least in terms of increasing the liver's ability to function optimally. Harvest some fresh, or purchase as a tea.
- 4) **Schisandra** (*Schisandra chinensis*), a Chinese tonic herb, is a multitasker. "It's an antioxidant, an anti-inflammatory, a liver protector—they keep finding out more about it," notes Tilgner. Chew the berries, drink the tea, or take 10 to 50 drops of tincture, up to four times a day (Talk to your doctor if you have high blood pressure).
- 5) **Burdock** (*Arctium lappa*), the cleansing herb of our grandparents can today back up its traditional use with research. It helps protect the liver and clears toxins that lead to skin eruptions like eczema and acne. Cook with the root, or take 20 to 40 drops of tincture up to four times a day.

7 Detox Foods

These foods harbor healing promise for those looking to detox—and they're safe to consume every day.

- **Apples, grapes and celery** are high in fiber to cleanse the colon. "The pectin present in apples helps detoxify the gut, while the phytonutrients in grapes support the immune system, which in turn addresses toxins in the body," says integrated-medicine specialist Elson Haas, M.D. Both fruits are easily tainted by pesticides, so buy organic if possible. Celery is rich in minerals and provides fiber and high water content so organic is important here as well.
- **Artichokes** are a source of antioxidants and liver-supporting cynarin. "Artichokes not only cleanse this organ," says holistic nutritionist Ann Louise Gittleman, Ph.D., "but also helps convert the inactive T4 thyroid hormone to an active T3, which helps to increase metabolism and weight loss. Artichoke also helps the liver decongest fats."
- **Cranberries** kill bacteria in the urinary tract and contain digestive enzymes that cleanse the lymphatic system, says Gittleman. Unsweetened cranberry juice is available at health-food stores.
- **Leafy greens** like chard, kale, spinach, dandelions, chickweed, and salad leaves not only are among the most nutrient-rich vegetables, they help purify the GI tract, according to Haas. Buy organic—or collect fresh greens that are harvested in spring from untreated soil.
- **Lemons** contain antioxidant, antiseptic, and cleansing substances. Once ingested, lemon's alkaline effect helps counter excess acid, while its high vitamin C content bolsters the immune system.
- **A soyfree/dairy free protein** rich in amino acids offers immune system and bone support. Research has shown it also helps the body produce more glutathione, facilitating toxin removal. Simplicity offers a mixed protein powder called **Peak Protein**.

The 3-Day Detox Diet

Include the following with the two mixture blends on each day of the program:

- 8 ounces of lean protein
- Fresh vegetables, lightly steamed or raw, favoring leafy greens (spinach, kale) and high-fiber options (broccoli, celery) Eat as much as you want.
- 4 servings of fruit, including 2 organic apples for fiber.
- Lots of filtered water, as well as the **Master Cleanser** and **Cranberry Elixir** as prescribed below.

Commit to organic food. If you can't afford to buy all organic, start with one or two foods you consume or those most likely to be contaminated with pesticides (peaches, strawberries, apples, spinach, nectarines, celery, pears, cherries, potatoes, and sweet bell peppers).

Eliminate the following Foods during the 3-days:

Sugar, breads, grains, pasta, corn, potatoes, milk/milk products, caffeine, sodas or carbonated beverages, fruit juices, excess salt, spices or condiments

Master Cleanser

Elson Haas, M.D., founder and director of the Preventive Medical Center of Marin in California and author of *The New Detox Diet*, recommends starting each day of your detox with this libation. Mix the ingredients together and drink immediately.

8 ounces of filtered water
2 tablespoons lemon juice
1 tablespoon maple syrup (optional)
Dash of cayenne pepper (optional)

Cranberry Elixir

Ann Louise Gittleman, Ph.D., author of *The Fast Track One-Day Detox Diet*, suggests this tonic concoction. Mix the ingredients together in a glass and drink immediately.

1 ounce of **unsweetened organic** cranberry juice
8 ounces of filtered water
2 teaspoons Simplexity **Go Green** super food

You can expect visible results when you follow a healthful plan such as this one. Drink plenty of filtered water each day, include digestive enzymes, pro-biotic and super blue green algae, and allow time for extra sleep. Protein powder, milk thistle seed, tincture of schisandra, flaxseed oil, dandelion tea, cod liver oil, and Green Super food are available at natural-foods stores and direct from Simplexity using [my website link](#) .

Day 1

Morning

First thing in the morning upon rising take/do the following:

- 1-3 pro-biotic (Acidophilus, Bifidus and/or Spectrabiotics)
- Drink 8 ounces of Master Cleanser and 8 ounces of Cranberry Elixir.
- 1 tablespoon of organic flaxseed oil and 1 tablespoon of cod liver oil
- 50 drops of schisandra tincture or tea (optional)

-With your breakfast meal take the following:

1-2 enzymes

Yoga Pose: **Cobra**.



Lie on your stomach with legs outstretched. Place your palms on the floor near your rib cage. Inhale as you press your hands into the floor and lift your chest, keeping your hips anchored on the floor and pressing down with your pubic bone. Hold for 3 to 5 smooth breaths, then lower to the floor. Repeat 3 times. (According to yoga therapist Scott Blossom, the Cobra Pose puts pressure on the abdomen, assisting elimination.)

Afternoon

- Mix 1-2 teaspoons Peak Protein with apple juice or water
 - Take 2 heaping teaspoons of ground milk thistle seed, tea or capsules.
 - Drink 1 cup of dandelion tea.
- Have plenty of vegetables and lean protein for your meal.
- 1-2 digestive enzymes

Clean up your environment. Swap your household glass cleaner, bathroom scrub, and floor wax for natural alternatives from the health-food store. Or save money by making your own greener cleaners with natural ingredients such as vinegar and borax.

Evening

- Drink 8 ounces of Cranberry Elixir.
- Take 1 tablespoon of organic flaxseed oil.
- Take 50 drops of schisandra tincture or tea(optional)

Have plenty of vegetables and lean protein for your meal.

- 1-2 Digestive Enzymes

Yoga Pose: **Corpse** (see below).

Day 2

Morning

First thing in the morning upon rising take/do the following:

- 1-3 pro-biotics (Acidophilus, Bifidus and/or Spectrabiotics)
- Drink 8 ounces of Master Cleanser and 8 ounces of Cranberry Elixir.
- 1 tablespoon of organic flaxseed oil and 1 tablespoon of cod liver oil
- 50 drops of schisandra tincture or tea (optional)

-With your breakfast meal take the following:

- 1-2 enzymes

Yoga Pose: **Lying Twist**. Lie on your back, your arms stretched out to the sides, in line with your shoulders. Bring your knees to your chest. Slowly let both knees fall to your left side; turn your neck and look to the right. Breathe for a few moments, then return your knees to center and repeat on the opposite side. (Doing twists massages the internal organs, encouraging sound digestion, improving circulation, and helping to detoxify the organs, says Blossom.)



Afternoon

- Mix 1-2 teaspoons Peak Protein with apple juice or water
 - Take 2 heaping teaspoons of ground milk thistle seed, tea or capsules.
 - Drink 1 cup of dandelion tea.
- Have plenty of vegetables and lean protein for your meal.
- 1-2 digestive enzymes

Evening

- Drink 8 ounces of Cranberry Elixir.
- Take 1 tablespoon of organic flaxseed oil.
- Take 50 drops of schisandra tincture or tea(optional)

Have plenty of vegetables and lean protein for your meal.

- 1-2 Digestive Enzymes

Yoga Pose: **Corpse** (see below).

Day 3

Morning

First thing in the morning upon rising take/do the following:

- 1-3 pro-biotics (Acidophilus, Bifidus and/or Spectrabiotics)
- Drink 8 ounces of Master Cleanser and 8 ounces of Cranberry Elixir.
- 1 tablespoon of organic flaxseed oil and 1 tablespoon of cod liver oil
- 50 drops of schisandra tincture or tea (optional)

-With your breakfast meal take the following:

- 1-2 enzymes



Yoga Pose: **Seated Forward Fold**. Sit with your legs crossed and back straight. Slowly lean forward, relaxing your neck, shoulders, and spine into a comfortably rounded position. Remain folded for 5 to 10 smooth breaths, then rise up, switch the cross of your legs, and repeat. (Forward folds put pressure on the legs, triggering the liver, gallbladder, and lymph channels and promoting proper elimination patterns, says Blossom.)

Afternoon

- Mix 1-2 teaspoons Peak Protein with apple juice or water
- Take 2 heaping teaspoons of ground milk thistle seed, tea or capsules.
- Drink 1 cup of dandelion tea.

Have plenty of vegetables and lean protein for your meal.

- 1-2 digestive enzymes

Reassess your beauty routine. Pick one or two products to swap for natural options. Start by assessing your skin cream, since the ingredients end up in your bloodstream. The skin is one of the largest organs of the body so it is important to consider what we feed it. You can [visit my website to obtain more information on personal and skin care products](#).

Evening

- Drink 8 ounces of Cranberry Elixir.
- Take 1 tablespoon of organic flaxseed oil.
- Take 50 drops of schisandra tincture or tea(optional)

Have plenty of vegetables and lean protein for your meal.

- 1-2 Digestive Enzymes

Yoga Pose: **Corpse** (see below).



Corpse Pose - Lie on your back, feet and arms extended and comfortably relaxed. Let your weight sink into the floor, and relax everywhere. This pose "keeps bringing attention back to the sensations of the body, so we get glimpses of where we're holding tension," says Blossom. "Releasing nervous, mental, and emotional stress is of utmost importance when we cleanse.")

Additional Recommendations for the 3 days:

Plan to include the following types of healing and cleansing activities:

- Anything to generate an increase in oxygen intake: Walking, Yoga, John Grey's Lymphatic exercise routine, Curves daily, Spa/Fitness club, Pilates, stretching
- Chi Machine 2x/day (I sell these at a great price)
- -Hot Tub / Epsom Salts baths and foot soaks
- -Dry and Wet Skin Brushing
- -Clean out closets/create order to your home and office space
- -Clean out car
- Journal at the beginning and ending of each day to include what you are grateful for, what you are looking forward to...and thanking God at the end of each day.

SHOPPING LIST FOR 3-DAY DETOX

****It is highly recommended that you purchase and use as much organic as possible***
We are cleansing the organs, so we want to be filtering the highest grade food nutrients as possible. Additional preservatives, pesticides or toxins could trigger a severe hyper-allergic response.*

Herbs: (some of these herbs may not work well if you have high blood pressure-check properties of each)

- **Milk Thistle** – seed, tea, or tincture
- **Licorice-** tea or tincture
- **Dandelion** (Taraxacum officinalis) harvest fresh or buy tea form
- **Schisandra** (Schisandra chinensis), a Chinese tonic herb. Available as berries, tea, or tincture.
- **Burdock** (Arctium lappa). Cook with the root, or tincture.

Detox Foods These foods harbor healing promise & they are safe to consume every day.

- **Apples**
- **Grapes**
- **Celery**
- **Artichokes**
- **Cranberries- Unsweetened cranberry juice** is available at health-food stores. (straight juice with nothing else added)
- **Leafy greens** like **chard, kale, spinach, dandelions, chickweed, and salad leaves**. Buy organic—or collect fresh greens that are harvested in spring from untreated soil.
- **Lemons** – Meyers have a great flavor
- **Simplexity SuperSun Soy Protein or Peak Protein (non-soy protein mix)** - EITHER are rich in amino acids, offers immune system and bone support.
- **Flax Seed** (purchased whole, you can grind them in a coffee grinder and refrigerate)

Master Cleanser

- filtered water and plenty to drink through the day
- lemons (3-4 Meyers are best for flavor)
- maple syrup (optional)
- cayenne pepper (optional)

Cranberry Elixir

- Unsweetened organic cranberry juice (1 small bottle)
- filtered water
- Simplexity Go Green Mix
- Emergen C vitamin c packets

Recommended Supplements: I highly recommend products from Simplexity. I have been consuming or using all of their products (nutritionals, skin/hair care, plant food and animal food) for 13+years. The reason- plain and simple: they work, are pure, and are of highest quality.

- Regular Formula or Super E-12 Digestive Enzymes
 - Acidophilus, Bifidus and Spectrabiotic
 - Alpha Sun and Omega Sun Blue Green Algae
- The above five products can be purchased in daily packets called Essentials or in separate bottles
- Herbal/Fiber Formula Cleanse
 - Peak Protein or Super Sun Smoothie Mix
 - StemPlex

Please **contact me for a FREE Health Consultation** and for assistance on the most appropriate products to match your needs and circumstance. I look forward to working with you!