

# "Spring for Detox"



Throughout all ages and cultures, detoxification or cleansing of the body has long been a traditional ritual for health and well being. In ancient times, it was used as a way to reconnect with the divine and often carried out in the spring as a sign of revitalisation. Sadly, in today's modern times, the necessity of detoxification the physical body is often ignored.

The body automatically cleans itself everyday through sweating, urinating, and bowel movements but our modern world has created an environment of pollutants that make it impossible for complete elimination of these residues. A recent US Environmental Protection Agency report confirmed by blood testing that the top two toxic substances measured in the body were mercury and plastic residues. These are just two of over 200 toxins that have been identified in the human bloodstream at a given time.

Environmental pollutants, drug residues and bodily wastes become trapped in the body. These substances are called "toxins" and they are stored in fatty deposits until they migrate into the bloodstream then into cell membranes of the body's organs and glands. In many cases, people could be carrying up to ten or more pounds of unhealthy mucous-harboured waste and stored toxins in their cellular tissue.

Bowels, kidneys, skin and respiratory organs are responsible for elimination; however, they can become overwhelmed by congestion and as a result, are unable to expel the unwanted toxic waste. When this happens, congestion occurs resulting in damage which eventually may lead to symptoms such as allergies, digestive disorders, fatigue, headaches, joint pains, bad breath, insomnia, depression and excess weight.

The good news is, if we provide the body with the help it needs, it will automatically expel toxins.

A gentle toxic elimination program can be done at home. The only tools needed are a juicer, blender, a skin brush, good breathing, daily exercise and plenty of water. Foods that help to detoxify are fruit and vegetable juices, raw foods, sprouts, greens, whole fruits and vegetables, whole grains, legumes, seeds and water.

The most efficient way to allow the body to focus on detoxifying is to put less strain on the digestive system. To

begin, start with a detox day; this is not a fasting day but rather a holiday for the body away from the harmful foods such as coffee, black tea, sugar, milk, seafood, carbonated drinks, cheese, fried foods, red meat, cooking oil, cigarettes, alcohol, bread, salt and pepper, pork and any medications that are not absolutely necessary.

Start your detox day with 1 oz. of a freshly squeezed lemon in an 8 oz cup of warm water.

For breakfast, choose room temperature fruits of apples, pears, papayas, berries, pineapples, peaches and plums. Avoid oranges and orange juice.

Mid morning make a smoothie from 1/2 pint of mixed berries, 1 banana, 1 apple and 6 oz of pineapple juice.

Lunch will satisfy the palate with raw salad of mixed veggies and greens including alfalfa sprouts and sunflower seeds and a bowl of carrot ginger soup.

Mid afternoon give yourself an energy boost with a glass of juice from 1 celery stalk, 1 garlic clove, 3 carrots, 2 oz of alfalfa sprouts and a small handful of parsley.

Dinner offers include 1 cup of minestrone or lentil soup with a 1/2 cup of steamed, cooled quinoa, millet or brown rice with 1 cup of mixed raw veggies, 4 oz of tofu and favourite herbs and spices drizzled with 2 tsp of organic sesame oil and a splash of wheat-free tamari.

Evening munchies can be satisfied with celery stalks and raw almonds.

Finish the day with another cup of warm lemon water before bed.

## Quick Carrot ginger soup

4 cups of organic vegetable broth

3 carrots peeled and chopped

1 leek chopped

1 small chilli pepper chopped

1 tsp fresh grated ginger

1 bay leaf

Add carrots, leek and chilli pepper to broth. Bring to a boil, then simmer on low for 45 minutes. Cool for 15 minutes, remove bay leaf. Blend until smooth. Return to pot and add ginger, stir and heat to serve. Enjoy!

Detoxifying with foods can be very satisfying for the body.

Herbal or homeopathic detox kits are also good for the body but they need to be used under the care of a health practitioner.