

Start the Year Off With a Good Clean Out

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Out with the old and in with the new! A cleanse is a perfect way to start off the New Year in optimum health and rid your body of all the junk you may have indulged in over the holidays.

What is a cleanse/detox?

Most of us shower everyday, and we appear clean and fresh, but what about the inside of our bodies? Living without regular "clean-outs" is like washing your car but never changing the oil filter. What good is a shiny, clean car if the engine is clogged and dirty?

Cleansing is like changing your filters. Your liver, kidneys, blood and colon are in charge of getting rid of unwanted toxins, but if the toxins build up, they can no longer do their job and your system gets backed up and overburdened. A thorough cleanse or detox program flushes away those toxins, allowing your 'filters' to work efficiently again.

Cleansing programs generally involve two parts:

- 1.the elimination of various foods/substances that clog the system (ie fried foods, sugar, alcohol), and
- 2.the use of fresh juices, foods and/or herbs that aid the elimination of toxins from the organs.

They generally last between 2-10 days depending on the individual and *should always be overseen by a qualified health professional*

What Will A Cleanse Do For You?

While most cleanses require a little discipline, they offer a whole bunch of endless rewards:

- Your digestive system will be flushed of accumulated waste and putrefied bacteria.
- Your liver, kidneys and blood will be purified.
- You will feel clear, alert and more emotionally balanced.
- Your cravings for substances like sugar, caffeine, nicotine, alcohol, or drugs will decrease.
- Your stomach will have a chance to normalize in size for better weight control.
- You will feel lighter and more energized.

While the best results occur when you follow an individualized detox program directed by a health care practitioner, the following tips can help reduce the toxic overload in your system:

- Water with fresh lemon juice taken every morning and 20 mins before each meal will cleanse the liver and aid digestion. Remember your 8-10 glasses of pure water per day.
- Wheatgrass juice or another "green drink" to detoxify and alkalize the blood
- Eliminate refined carbohydrates and increase fibre consumption through whole grains, fresh fruit and veggies
- Milk thistle, dandelion, burdock and red clover are cleansing herbs that can be taken as a tea, drops or capsules
- Get regular exercise - helps keep the bowels moving, and aids detoxification through sweating

Get in the groove of detoxing once or twice a year and you'll feel vibrant and squeaky clean, inside and out!

For more information on our detox programs or for any other health matter, contact Michelle or Heather at Bloor West Homeopathic and Wellness Clinic, 416-588-0400 or email info@bloorwestwellness.com.

