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Whole Foods, Whole Mind, Whole Body
Wellness

Detox and Cleanse 101- How to Cleanse and Detox Your Body Naturally!

TIPS FOR FIRST TIME CLEANSING:

- **BEGIN WITH DIET**- clean up your existing diet. This alone will begin the cleansing process for someone who is not eating a healthy sound diet.
- Stop eating **JUNK** food- no more fast food lunches or dinners. Make your lunch and when you do eat out choose healthier options
- **CUT** out all **SUGAR, SALT** and coffee. You might have to gradually eliminate these foods. Withdrawal symptoms will be unpleasant for heavy coffee drinkers and sugar junkies.
- Stop buying processed and packaged foods! Try shopping only from the outer isles of the grocery store, stick with fresh fruits, vegetables, lean fish and meat, organic eggs, herbs and spices.
- **DRINK more water!** Water mobilizes toxins out of the body and rehydrate every one of your cells. Drink at least 2 litres a day!
- Cut down on animal protein sources. Try going vegetarian twice a week. Try two full days a week without any meat, fish or eggs. See what happens :)

- Take a pro biotic supplement this will encourage the digestive system to heal and help with bowel function, and **INCREASES** immunity! Triple Star supplement ;)
- **JUICING**- try juicing your veggies and fruits. having at least 2 glasses of green veggie juice will help you cleanse and replenish any nutrient deficiencies

Begin there and you will notice within as little as 2 weeks amazing changes. Your skin will get clearer, your hair will seem shinier, your lungs will feel stronger, your energy will sky rocket! The first few days may be hell. I will be honest. Letting go of all the crap will be a change your body needs to get used to.

So be patient, and **DRINK MORE WATER.**

You may feel headaches come on, nausea, more bowel movements than you usually are used to, some stomach upset, fatigue and just a yuck feeling. **THESE WILL PASS.**

Trust me. You just have to get through the initial few days. Then the **REAL AMAZING** energy comes. And when it does, memories of the yuck will be forgotten.

So what is a cleanse/detox? and why do we need to “do a cleanse”?

Well like I said we are bombarded by toxins in our environment, food, and daily lives. Stress is a toxin. It burdens the body, by adding more to the bodies workload and lowers our immunity.

Smoking, drinking alcohol, eating processed and fast food, excess preservatives, not exercising regularly will add to your toxin status. A cleanse will help the detoxifying organs of the body Ie. the colon, liver, skin, lymph nodes and lungs, to release stored up toxins. This allows the actual organ to regenerate itself, thereby creating a more efficient detox system in your body. Its like cleaning the dryer filter every time you dry your clothes. If you don't do it , the darn thing gets clogged up and backed up and the dryer will burn out and break down.

CLEANSE to avoid burn out!

Cleanses help the body to restore and regenerate on a very real cellular level. A lot of the results are not seen by the eyes. But your blood, lungs, heart, liver and digestive system will feel the effects within days.

CLEANSE DO and DONT'S

If you have done cleanses in the past or are pretty healthy and maintain a close to as possible pristine lifestyle as possible than you can go ahead and do a more intense cleanse. You can buy a cleansing kit at your local health food store. There are some very reputable ones I recommend to my patients. These include the right amounts of herbs, and fibres needed during a cleanse. Some are 1 week cleanses, others are full month cleanses. Shorter cleanses tend to be more intense and therefore are for the veteran cleanses. The longer cleanses are great for the newbies, and/ or want a more gentle cleanse over a longer period of time.

The other type of cleanse you can do is juicing or water only fasts. AGAIN be careful here. If you are fairly new or have only done an occasional cleanse, I would suggest you not go this route right off the bat. Do them down the road, when you've done some preliminary cleansing.

Adjuncts to your herbal Cleansing Kit:

- **Sauna therapy-** use a sauna, ideally on daily basis and the Infra red Type of Sauna
- **Hot Yoga-** during a regular cleanse, you can do hot yoga and the extra sweating will help with detoxification. If you are doing a water or juicing fast, I don't recommend you do hot yoga, or any intense exercise.
- **Gentle Yoga-** stimulates all the glands, lymph nodes, and digestive system, helping the elimination process
- **Meditation-** regenerates the mind, nervous system and whole internal self, replenishing what stress took away
- **Extra Fibre supplements-** taking natural source fibres without any artificial sugars, sweeteners will help to bind the wastes and increase

elimination. **DRINK WATER WATER WATER!**

Herbal and plant source Cleansing kits are very effective. Look for the following herbs on the label of the kit. Make sure that most of these are included:

- Aloe
- Ground sprouted flax
- Slippery elm bark
- Wormwood
- Mullein
- Marshmallow root (not the one you roasted on the fire!)
- Rhubarb root
- fennel seed
- Ginger root
- Triphala
- Milk thistle
- Ashwaghandha
- Burdock root
- Cleavers
- Dandelion root and leaves
- Tumeric
- Red clover flower
- Garlic
- Hawthorn berry
- Artichoke leaf
- Oregano

Cleansing is beneficial on all levels. The sense of lightness and energetic vibrancy that comes on is just the tip of the iceberg. Continued cleansing, and simply eating healthier, meditating, and taking the time to go inwards for yourself all help you connect with that greater part of you. You become more whole, integrated, and less attached to external circumstances. Good luck on your first cleanse! And please share your story with me at www.Pierab.com or tweet me here [@MsPieraB](https://twitter.com/MsPieraB)