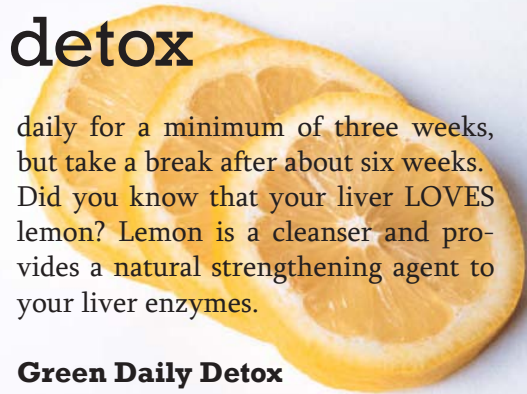


Spring clean your body with a detox



On Sunday I went out for my usual run and was so pleased to finally hear the beautiful sounds of birds chirping. I even saw my first robin. Yes spring has arrived ladies! The changing season not only inspires me to get organized in the house and in the garage, but also to do a good body cleanse.

Why cleanse?

Cleansing is important because toxins build up throughout the year from various sources – antibiotics, air pollution, sugar, processed food, food additives (preservatives, food colorings), plastic, lotions, alcohol, dairy, cigarettes, and negative thoughts – yes, stress promotes a toxic and acidic body.

Your liver is one of the hard working organs that filters all these things and just like your furnace, it **MUST** be cleaned out. Unfortunately, it's not as easy nor as a simply buying a new filter. Other organs that participate in the detoxification process include the colon, the kidneys, the lymph and the blood.

There are various detox plans that exist. A full-blown detox that forces toxins to be eliminated from several organs at one time is stressful to the body and is generally only recommended to those who already follow a clean lifestyle (free of alcohol, cigarettes, artificial ingredients and chemicals). For the newbie detoxer, I would suggest you start with one organ or one elimination system to detoxify, for example, the liver.

Here are two gentle cleansers. They aren't likely to cause any severe reactions other than help your cells eliminate stored toxins. Be sure to sip on plenty of pure water throughout the day to facilitate the cleansing process.

Gentle Daily Detox

Water with lemon. Squeeze the juice of half a lemon into an eight-ounce glass of room temperature or warm water. Drink a glass each morning upon rising and wait about 20 minutes before eating or drinking anything else (including your morning coffee or tea). Repeat

daily for a minimum of three weeks, but take a break after about six weeks. Did you know that your liver **LOVES** lemon? Lemon is a cleanser and provides a natural strengthening agent to your liver enzymes.

Green Daily Detox

Water with liquid chlorophyll. Purchase a bottle of liquid chlorophyll (flavoured or unflavoured). Add one to two tablespoons to an eight-ounce glass of water at least once a day. Repeat daily for a minimum of three weeks, but take a break after about six weeks.

*Chlorophyll is the substance in the plant that makes it green. This green substance is full of important healing nutrients that revive the body with oxygen for optimum health. Chlorophyll cleanses the body of impurities, assisting detoxification of the liver and colon and blood while improving circulation.

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