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5500 Old Cheney Road, Ste. 14 Lincoln, Ne 68516

(402) 421-2460

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New Views on Seasonal Detoxification

By: Michael Hennessey



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Whether planning for the bathing suit or working within the seasons to recalibrate the body systems to Springtime, this is the time people look for detox protocols to help them be cleaner, lighter, less prone to allergies, more energized and healthier. Body cleansing is a pillar of natural and preventative health care. Optimal fitness is best attained when our body systems are efficiently filtering and cleansing, and this change of the seasons offers an opportune time to re-set the body to function better. As we age, we would be wise to find methods to regularly assist these natural processes.

Most cleansing systems focus their attention on what is typically call blood cleansing, colon cleansing and water weight loss. Science teaches that real cleansing is more complex than just that! As knowledge of human physiology advances, we are discovering new tools and reaching toward total body cleansing. Think long-term as you map Springtime strategies to better health, thinner figure and clearer mind and body.

How to Detox

Your body is a 24-hour cleansing machine, built to handle a daily toxin load. Maximizing the effectiveness of your innate body systems is the simplest way to naturally cleanse. Start with the liver and kidneys, truly the body's master filtering organs. The best help for the liver is to feed the body good things. Choosing organic, avoiding sodas and transfats, reading

labels to avoid preservatives and artificial colors are all elemental habits that lessen the need for heavy cleansing. This Spring, turn to fresh raw foods to elevate your body's own enzyme profile. Salads, fruits, raw veggie snacks—all day and all organic! When it come to cleansing; think of your food first.

Certain foods can actively assist the liver and the kidneys in their cleansing functions. Milk thistle has a tremendous history of use in Europe for aiding liver function, and being hepatoprotective. The science of Ayurvedic healing has identified many herbs that safely address the needs of daily liver support. Burdock and dandelion are great Springtime herbs for detox. The kidneys are often overlooked for cleansing; only getting attention when infection occurs. Herbalism has always considered it necessary to cleanse and strengthen the kidneys, with a history of using formulas that include goldenrod, uva ursi, juniper berries, buchu, cornsilk or hydrangea for kidney cleansing.

Formulas that help

The historical use of herbs for body cleansing is well-known. Two herbal formulas respected by millions of users - the Essiac formula and the equally beneficial Hoxsey formula - are both classic alteratives. Every health food store has heard stories of life-changing effects experienced by customers using these formulas. Either formula would make an excellent foundation for any seasonal cleansing program.

"The best help for the liver is to feed the body good things."

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