

Fall Body Cleanse and Detoxification Strategies

Jan Johansen November 15, 2014



Spring and fall are traditionally the time to clean house and throw out all your junk. Shouldn't you treat your own personal house, the body, the same? We all have a tendency to over indulge on foods that we know are unhealthy during the summer.

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Things like hot dogs, ice cream, and alcoholic beverages – oh my!

As cool temperatures approach, and as we pull out the fall clothes from last year, we find that we have put on a few pounds, or we don't look as good in the mirror as we used to. In the spring we notice that our overindulgence of rich foods and alcohol has caught up with us. White or yellow-coated tongue and/or bad breath, Fluid retention and/or congested sinuses, increased belly or visceral fat, cravings and/or blood sugar issues, gallbladder issues or you had it removed, abdominal bloating, overheating/excess sweating, weight loss resistance, acne, rosacea, itchy skin, fatigue unrelieved by more sleep, especially in the morning, moodiness, arthritis, fibromyalgia, chemical sensitivity – you're a lightweight when you drink alcohol or smelling fragrances makes you anxious, and insomnia – especially early morning awakenings such as 1-4 a.m.- are all signs your body is on toxic overload.

Many people recommend an arduous cleanse that involves multiple steps and eating or drinking something disgusting. Others recommend products that purposely cause diarrhea, thinking that if we cleanse the colon we cleanse the body. That is kind of like getting in your car and revving it up to 100 miles per hour then letting it coast until it gets to your destination. That would be unsafe, hard to steer, and probably wouldn't get you to where you want to go. Other people refer to detox as an oil change, getting the gunk out all at once. But even in our car we have oil filters, air filters and even fuel filters. Our body has the same things, liver, kidneys, and lungs. If these filters get overloaded they definitely needed to be cleaned, because we can't replace them as easily as the ones on the car.

Another approach to keeping our bodies clean is through our day to day lives. There are a wide variety of things that help to keep the insides of your body clean. What most of them have in common is that they come from the produce section and not the pharmacy or even the vitamin section. Each one works with the body to optimize its cleanness.

Here is a partial list:

- Artichokes
- Apples
- Almonds
- Asparagus
- Avocados
- Basil
- Beets
- Blueberries
- Brazil Nuts
- Broccoli and broccoli sprouts
- Cabbage
- Cilantro
- Cinnamon

- Cranberries
- Dandelions
- Fennel
- Flaxseeds
- Garlic
- Ginger
- Grapefruit
- Green Tea
- Kale
- Lemons
- Onions
- Parsley
- Pineapple
- Sesame Seeds
- Watercress
- Apple cider Vinegar
- Olive Oil
- Turmeric

These are everyday foods for most of us. It should be easy to include a few from the list each day.

Other things we don't think of as 'food' that is helpful for detox include Bentonite Clay (Edible Earth) Activated Charcoal. These would not usually be included in our everyday diet, but could be used on a monthly or even weekly basis if our bodies were really dirty.

One thing people forget about when they think of detoxifying is sweating. Exercise that makes you breathe deeply and produces moisture on your body cleanses you through both the lungs and the skin. Saunas cleanse you through your skin. Foot baths and Epsom salt baths do as well.

You can do a quarterly or even semiannual cleanse. Or, you can incorporate cleansing into your daily life. Many who are truly health conscious do both. They live their daily lives in a way that keeps them as clean as possible, and then they do the occasional deep cleaning. Kind of like what we try to do in our homes.

Whichever you choose to do the key is to work with your body, by giving it the support it needs.

Source: <http://blog.enrichgifts.com/2014/11/fall-detoxification.html>

Source: <http://newswire.net/newsroom/ns/00086075-how-to-body-detoxify-for-the-fall.html>