

SPRING CLEANING

April 2009

Classic symptoms that indicate it could be time for a detox include:

Bloating, Bad Breath, Catarrh, Constipation, Thick Coated Tongue, Muzzy Heads, Lethargy, Skin Problems, Random Joint Pains, Recurring Infections, and Weight Gain.

Always consult your GP if you have any ongoing health problems.



With the arrival of spring it's the perfect time to detox

Here's The Diva's guide to making sure you feel good, inside and out

The wonders of water

Start every day with a morning lemon drink of warm lemon water to stimulate your liver to detoxify your body. Skin will look better, you will feel great, and you might even lose some weight.

It is one of the easiest things you can do to increase your overall well-being. Just squeeze half a lemon into a glass, and fill with warm water.

Fans of the lemon detox diet include Beyonce, who drinks it for five days prior to important events when her body is on view and claims it helps her keep her bootylicious figure.

She uses a product called Madal Bal Natural Tree Syrup, mixed with lemon, cayenne pepper and ginger, which is a safe and natural detox with no preservatives.

Our body is two thirds water, so for a great cleanse, drink 1 1/2 litres of water every day and try cutting out coffee, tea and fizzy drinks to really help reduce fluid retention and puffiness.

Herbal teas such as nettle, dandelion and green tea are excellent detox aids.

They can also count towards your daily water intake. Not drinking enough is one of the most common causes of constipation. Having regular bowel movements is essential to allow removal of waste products and toxins and prevent

them from hanging around causing wind, bloating, and leaving you feeling sluggish.

Fill up with fibre

Eat plenty of fibre-rich foods such as raw fruit, vegetables and whole grain cereals like brown rice, quinoa and millet, which contain great levels of nutrients and plant proteins.

And by eating organic you reduce your exposure to pesticides and unnatural ingredients.

Leafy and green vegetables like kale, spinach and broccoli are jam-packed with vitamins and nutrients to help restore vitality and have even been shown to be effective at protecting you from certain cancers. Kale is particularly good for the liver. Get more greens into your diet by putting them in salads, and juicing them.

Sprouting seeds and beans are an easy way to get great levels of nutrients as each seed and bean contains all the nutrients necessary to support life.

Bean sprouts are so simple to grow, check out our fact sheet on super foods for a guide to growing your own.

Even with the most perfect diet, the bowel can still be a little sluggish, so having one or two teaspoons of crushed linseeds sprinkled over your morning porridge, or mixed into juice or live yoghurt, can keep things moving along nicely.

Friendly bacteria found in organic live yoghurt and in a greater

concentration in acidophilus capsules are vital for healthy bowels.

Aloe vera juice is highly regarded as an internal healer, and is useful for balancing and soothing the digestive tract, particularly in the case of irritable bowel syndrome (IBS).

One of the most famous detox herbs is milk thistle, which helps cleanse the liver and improve the way it metabolises both toxins and fats, which is great, especially when we have been over-indulging in rich foods and alcohol.

During the winter months our skin can become tired and dry. Taking essential fatty acids like Eicosanoil with its perfect balance of omega 3, 6, and 9 essential fats, is the ultimate skin treat, moisturising from the inside out.

Hang on in there

Detoxing can cause some unexpected symptoms at first, like headaches, moodiness, or flu-like symptoms.

This is a "healing crisis", and is your body's initial reaction to dietary changes, which should disappear in a few days. Like anything in life, when there is no pain, there is no gain – you often have to take a step back before you can truly progress.

To be holistic, detox your environment and lifestyle as well. Take more walks outside, spring clean your house with non-toxic cleaners, start a new hobby – all of these things will detox your mind and your body.