

Cleansing With the Seasons

“Spring Cleaning.” This adage is not only right for your house and yard, but for your body as well. The winter lifestyle is quiet, introspective and sedentary (a mild form of hibernation.) punctuated by parties and indulgence. As we drink less water and eat heavier foods, along with so many yummy seasonal sweets, our metabolism slows as we add a layer of fat for “insulation”. For so many, the winter makes us sluggish and fat! One age-old answer to this is a spring cleansing program.

Eat lighter foods with as many fruits, vegetables and juices as you can. Avoid heavier fattier foods that congest your system like meats and dairy products (butter, cheese, milk, etc.). Drink water until you go to the bathroom every hour or so. Limit or avoid foods that stress your body’s internal cleansing systems like caffeine, sugar, food additives and alcohol.

Now sweat it out! Do something to make yourself sweat every day, like exercise, sauna’s, steam baths and hot tubs. Remember to drink plenty of water while your sweating.

This cleansing program is best when stayed with for two to four weeks. Once you’re done, you may choose to incorporate the concepts of this program into your daily lifestyle. This program will also help you lose weight and body fat. For best results work with a health professional that has experience with cleansing and will take the time to listen and offer insights, supporting you during your cleanse.

A cleanse is like creating a whole new you while rediscovering your healthy self. Happy Cleansing!

Yours in health,

Dr. Rick

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