



3 Simple Ways to Detox This Spring

Message from Milly

Greetings to all,

In many traditional systems of healing, spring is considered the optimal time to cleanse the liver and other organs of detoxification.

If we observe the natural world around us this makes perfect sense, as bitter greens, like dandelion, and cleansing vegetables, like asparagus, are the first to shrug off winter's chill and burst into the sunlight.

As an RN and traditional Naturopath I encourage everyone to embrace the cleansing nature of the season and embark on some type of intentional detoxification.

Fortunately, this doesn't have to mean going on a 7-day water fast, spending hundreds of dollars on a detox cleanse kit, or trading in your morning coffee for a coffee enema! Although these measures can be healing for certain people at certain times, they can also put un-needed stress on the body by forcing it to release toxins before it's necessarily ready or able to expel them properly. This is problematic because we then wind up overburdening the very organs we're trying to help.

So yes, cleansing can be harmful and counter-productive if undertaken too aggressively.

Yes, healing "crisis" do happen during healing/cleansing and can be beneficial or unavoidable in some circumstances. But in my experience, we can almost always avoid these unpleasant experiences by *working with* the body's natural detoxification processes vs. using aggressive therapies.

The following are 3 simple ways any adult can cleanse and detoxify their body safely and effectively.



Blessings to all,

-Milly



Drink A Full Glass of Lemon Water Upon Rising and Increase Water Consumption During the Day

This may seem like a small thing, but drinking one full glass of lemon water first thing in the morning, then increasing your water consumption to at least eight 8-oz glasses per day, is one of the best things you can do for your body.

Studies suggest that lemon juice can protect the liver and improve kidney and cardiovascular health by reducing uric acid levels in the blood [1,2].

In addition, the peels of lemon contain an essential oil called d-limonene, which has shown additional benefits to protect against metabolic syndrome[3]. Since this compound is only found in the peel, be sure to use the lemon juice then throw in the peel too (yes, best if it's organic but if not, just scrub it really well).

You don't need to go crazy and make your lemon water super sour, just 1/4 to 1/2 a lemon in 8-16 oz of filtered water is sufficient. It's also fine to substitute with lime if you prefer. If you don't like sour beverages, add a few drops of stevia or a teaspoon of raw honey.

Commonsense (and plenty of experts) tell us that drinking enough water is foundational to health...and it's entirely true.

One Japanese study indicates that drinking water upon waking is "a safe and promising intervention with the potential for lowering blood pressure, increasing body temperature, diluting blood waste materials, and protecting kidney function." [4]

In other words: drinking enough water helps flush and dilute unwanted toxins while helping all your bodies' organs and systems function properly.

Finally, if you participate in any dehydrating activities such as drinking coffee, alcohol, exercising, or saunaing (more on this to come), add in an additional glass, or more, per day. Adding Energetix' homeopathic ReHydration is also a great way to increase hydration naturally.

References:

1:

<https://www.hindawi.com/journals/bmri/2017/7463571/>

2:

<https://www.sciencedirect.com/science/article/abs/pii/S0304423817301851>

3: <https://link.springer.com/article/10.1007/s00394-011-0182-7>

4: <https://www.mdpi.com/2072-6643/12/4/1191>

Use These Cleansing Herbs to Open Your Channels of Elimination

Two of my absolute favorite herbal formulas for gentle and effective cleansing are a combination of Energetix' Colon Clear and Pure Body Clear.

When you use these in tandem, they work synergistically to gently cleanse the liver, colon, lymphatic system, and other organs of elimination. I am continuously amazed at what a difference just one round of this simple herbal cleanse makes in follow-up BioEnergetic assessments. The results are truly remarkable...and it's so easy to do! Here's how they work.

Colon Clear

The colon is the primary waste disposal organ of your body, and whatever toxins, wastes, hormones, etc. your liver breaks-down eventually end up in the colon.

Colon Clear, when used properly, is a non-habit forming colon cleanser that uses Cascara Sagrada, Chinese Rhubarb, and Aloe to gently stimulate colon peristalsis to get the bowels moving. It's paired with other complementary herbs like Ginger, Black Walnut, and Slippery Elm to help strengthen and fortify the bowel mucosa.

Pure Body Clear

An authentic and holistic approach to colon cleansing must include the liver and gallbladder. Addressing these organs as a whole is crucial because (as you just learned) all toxins neutralized by the liver end up in the bowel in the form of bile.

Bile is not only a carrier of toxins, it also naturally



stimulates peristalsis and aids digestion. So working on the liver and gall bladder is critical, and this is where Pure Body Clear shines.

It uses a combination of bitter herbs like Artichoke leaf, Dandelion Leaf, Milk Thistle, and Yellow Dock to help support, protect, and nourish the liver. The gall bladder gets its support from Barberry Root, making this formula a "complete package" for biliary tree/liver-gall bladder pathway cleansing.

Colon Clear and Pure Body Clear are available at the clinic. [Email Holly](#) or give us a call at: 770-446-1140 to place an order or with any questions.



As always, the information in this newsletter is provided for educational purposes only and is not meant to replace the advice or care of your medical provider.

All the links to products are provided for educational purposes and are not affiliate links.

Break a Healing Sweat with a Detox Bath or Sauna

Sweating is one of the best and most natural ways to release a variety of toxins. This is why most cultures have some type of sauna or hydrotherapy practice. Bath houses, saunas, and community spas are still very much a part of life in Nordic countries and Eastern Europe.

What's really interesting, is the science now supports the use of heat- and hydrotherapies for detoxification and health benefits.

For example, studies have shown that sweating and sauna bathing can help you detoxify a variety of chemicals including phthalates, BPA, and possibly heavy metals[1].

In addition, they've been shown to help with overall heart/cardiac health, longevity, [2]cognitive health, stress reduction, inflammation,[3] blood sugar balance, and headaches[4].

If you don't care for or don't have access to a sauna, detox baths a wonderful way to work up a healing sweat. They can be as simple as adding a cup of Epsom Salts, some clay, or big chunks of sea weed to your bath. [Here's a helpful article with some detox bath recipes](#) (just always be sure to do a little patch test on your skin before completely submerging yourself). And be sure to [use a bath filter](#) to remove chlorine, lead, etc. before your bath.

Finally, although sauna bathing and hot baths are great for most of us, they're not safe for everyone. If you're pregnant do not use a sauna, hot tub, or take a very hot bath. Also if you have consumed alcohol recently, have

heart disease, are prone to fainting or overheating, or have any other chronic condition check with your doctor first.

And don't overdo it! Usually 15-20 minutes in a sauna or detox bath is sufficient. Especially if you're new to it.

Remember, gentle detox wins the race!

References:

1:

<https://www.hindawi.com/journals/jeph/2012/185731/#conclusion>

2:

<https://jamanetwork.com/journals/jamainternalmedicine/fullarticle/2130724>

3: <https://pubmed.ncbi.nlm.nih.gov/29897261/>

4: <https://www.mayoclinic.org/healthy-lifestyle/consumer-health/expert-answers/infrared-sauna/faq-20057954>