

Are you ready for summer?

Now's the time to detox and shake off those winter blues

Why is a detox necessary?

Think about it – all day every day you are exposed to toxins. These toxins can include heavy metals such as mercury and lead, solvents such as formaldehyde, pesticides, prescription drugs, alcohol, oxidized fats and cholesterol and even creams such as sunscreen contain toxins, all of which must be broken down and excreted by your liver.

If your immune, liver and digestive functions are not at their optimum your body can struggle to deal with excess external or internally produced toxins. When this happens, toxins can build up in your body and lead to a variety of symptoms.

Do you need to detox?

If you suffer two or more of the symptoms below then you should consider a simple detox program!

- Bloating after eating
- Constipation, diarrhea, flatulence or irregular bowel movements
- Dark circles under your eyes
- Skin problems
- Weight gain
- Sleep problems or sleeping for extended periods
- Reduced mental clarity
- Bad breath
- Allergies or food intolerances
- Lowered resistance to infection, eg catch a cold regularly
- Low energy and vitality
- Frequent headaches or lower back pain

How to detox?

Clean out the pantry and the fridge! Get rid of foods and drinks that burden your liver such as red meat, coffee, black tea, processed and refined foods, dairy foods, sugar, alcohol and soft drinks.

Eat right: Eat fresh organic vegetables and fruits, lean chicken or fish, wholemeal bread, pasta, brown rice and lentils. Eat mainly low glycaemic index carbohydrates. Drink two litres of fresh filtered water daily.

Look after your liver: Herbs such as St Mary's Thistle (also known as milk thistle) not only have a reparative function for your liver but also protect against future damage, an important consideration given that it is hard to avoid future toxin exposure.

For those who experience symptoms such as constipation, herbs such as psyllium husks and slippery elm will encourage the bowel to remove waste.

How long to detox?

Ideally detoxifying for at least six weeks would ensure that your liver receives a thorough clean out, however if you can maintain the recommended diet for at least one week, and preferably two, and continue to supplement with liver herbs for at least one month you should reap the benefits that detoxifying brings.

What's in it for you?

For many people, detoxifying will lead to weight loss. This is not just fluid loss either – your liver is a fat burning organ, if it works better, it is much more capable of burning fat, especially if you are no longer eating as much in your diet.

The other big plus is the added energy you will feel. You are eating low-glycaemic foods which gives the body a sense of satiety or fullness. This alleviates fluctuations in blood sugar which can cause sugar cravings. If you do experience sugar cravings, the herb *Gymnema sylvestre* is ideal for maintaining blood sugar levels to reduce your cravings.

If you would like a detox fact sheet, or need help with your detox programme call Women's Health, Naturally on 9798 9322.

17 Hardie Ave SUMMER HILL NSW 2130

www.womenshealthnaturally.com.au

Holistic, safe and effective natural medicine for women and their families