



## Spring is here!

Or is it??!

Snow 3 days last week and freezing temperatures overnight does not feel much like spring, but I know it is just a matter of time before the daffodils open and the dandelions pop up in the yard. It's time for spring cleaning, time to dust out all the cobwebs after a long, dark winter. And the same goes for your body!

This month begins a Spring Cleaning series that will take you through small steps to create a healthier, lighter, ready-for-summer body!

## Healthy body 101

According to Dr. Mark Hyman, specialist in functional medicine (the medicine of the 21<sup>st</sup> century!), regaining and maintaining health depends on some simple ideas:

- ❖ Removing the things that create ill-health such as sugars, toxins, stressors and artificial ingredients
- ❖ Adding in the things that support health, such as nutritious and functional foods, supplements and vitamins
- ❖ Supporting and enhancing digestion through the use of enzymes, probiotics and fermented foods
- ❖ Facilitating elimination through sweating, regular bowel movements, and exercise

By making some simple changes week by week, you will be well on your way to a cleaner, lighter more energized body and mind.

## Let's get started!

So where do we start? Simple! We take out a couple things, and add a couple things, and voila`! So let's get started: are you ready?

Week 1: supporting your system through the change, and setting yourself up to lose!! (weight, toxins and impurities, of course!)



- ❖ **Water** is very important, especially when you are trying to detoxify. Start your day with a glass of clean water and 1 gram of powdered **vitamin C**. Please do not drink chlorinated water ever again! It is a carcinogen, as is fluoridated water. Avoid it! Choose a good water filter or buy bottled water from a reputable source. Vitamin C can be found in capsule form from [Vitacost.com](http://Vitacost.com) and is very inexpensive. Another good source is Alacer's [EmergenC](#) which comes in effervescent packets. Drink a large glass of water before each meal as well. Bring a thermos of herbal tea or a stainless steel bottle of water with you wherever you go and sip all day! Want to know how much you should drink? Take your weight in pounds and divide by 2. That is how many ounces you should drink

each day. Another easy way? Look at your pee!! It should be pale yellow to clear. Dilute. Not deep yellow or brown! Note, that B vitamins can make urine neon yellow, and some medications can also color your pee as well. But your urine should otherwise be very pale, straw colored, clear and not cloudy. By the way, take some extra vitamin C at lunch time and before bed: 1 gram each time. It will support your detox efforts.

- ❖ Reduce your caffeine. I didn't say to eliminate it! But if you can make your coffee with ½ decaf, you will be saving yourself from the curses of too much caffeine, and still enjoy your cup o' Joe. Over time, you will be able to further decrease your caffeine and your cleaner body will still have all the energy it needs.



If you need a jumpstart during the day, make friends with **green teas**. With a small amount of caffeine, it will be just enough to pick you up. Try Tazo, Yogi, and Choice teas. They have nice green tea blends and are found at most grocery stores and health food stores. Green tea also has loads of polyphenols and anti-cancer components, aids in weight loss and supports a healthy brain.

- ❖ Scrub your tub and make friends with **hot baths**. Dr. Hyman uses hot detoxifying baths as part of his health regimen for his patients, and I swear by them. Saunas are wonderful for detoxification, but most of us don't have access to them, so hot baths are the next best thing. Hot baths rev up your heart rate, increase circulation, and increase sweating, all of which aid in elimination of toxins. To take a detox bath: add 1 cup each of **Epsom Salts** and **Baking soda** (both very inexpensive) to a hot bath. Bring reading material so you can stay in there for 20 minutes! Keep adding hot water so that it is as hot as you can stand it, and you should start to sweat in no time. You can even add a few drops of **lavender oil** to the tub if you like. This bath is a very potent relaxation and sleep aid as well as a detoxifier. When you are finished, towel off and moisturize with a natural moisturizer such as one from Burt's Bees or Avalon Organics, and have a big glass of water. Try to take a detox bath 3-4 times a week. If you really want to bump up the detox, try [dry brushing](#) your skin prior to bathing. Take a body brush made from natural bristles, a dry loofah, or cactus mitt and rub all over your body in small circles until you are nicely pink. This process mechanically removes dead, wintery skin cells and boosts circulation—remember, the skin is your biggest detox organ!! When you are through, jump into the tub and relax! If you have the yearning to try something different and really want to sweat it out, try Hot Yoga classes. I love

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them. If you are near the Lambertville area, I encourage you to check out [Riverflow Yoga](#). Tell them Diane sent you. You will sweat, bend, flex and stretch your way to a wonderfully energized and supple existence. I highly recommend it: it does wonders for establishing focus and inner peace.



- ❖ Green is the color of spring: and green veggies rule. Eat **1 large salad** or 1-2 cup full's of **cooked green veggies** every day. Choose from mesclun mixes, mustard greens, romaine, spinach, escarole and sprouts. Broccoli, Swiss chard, Brussels sprouts, raab, kale, bok choy, collards and asparagus. Greens are nutrient-dense, low in calories, and loaded with fiber to boost elimination and detoxification. They are a dieter's BFF. They are my best friend, too. Become a Veggie Girl.

Okay, that's enough for the first week. No big deal, right? A little more water, a little green, a nice bath: what's so hard about that? Nothing! Now go to it! Do it!

I will be back in a couple weeks with the next steps, so don't put this off: begin today! I will be right there doing it with you, so feel free to email me with your ideas and issues. And, if this intrigues you, sign up to work with me one on one for some real spring cleaning!

As always, feel free to pass this newsletter around to friends and family. Get them to clean up with you!! Make this your personal Health Care Plan!!!! (Who needs Obama anyway???)

Yes, we CAN!!!

Namaste, and good luck!

Diane

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