

Women's Nutrition Matters Monthly mid-April 2011



Spring Detox Part 2

So how is everyone doing? So far, we have rehydrated our bodies with lots of water and green tea, and reduced our caffeine consumption. We've added vitamin C and lots of green veggies to aid our body in cellular repair and boosted elimination of toxins with the addition of dry brushing and hot detoxifying baths. So what's next?

Waste Away

One of the most important facets of a good cleansing program is proper elimination. We've talked about sweating and flushing the kidneys with plenty of water. But what about the bowels? In order to remove the toxins from your body you must have regular bowel movements. But just what is regular? At least 1, and preferable 2-3 BMs a day will keep your waste products from being reabsorbed back into your system. You should empty fully, so you feel light, and well, empty! As you lose

weight, toxins (which are stored in body fat) are mobilized and need to be excreted promptly, rather than be reabsorbed or allowed to recirculate through the bloodstream. There are several ways to encourage sluggish bowels:

- Be sure you are drinking lots of water and eating plenty of fiber in the form of fruits, vegetables and whole grains. This is the basis of a great diet!
- Eat **flax seeds**. Buy ground flax seed and store in the refrigerator. Start out by adding 1 teaspoon daily in yogurt, cereal or a smoothie. Increase slowly to 2-4 tablespoons a day. Not only will your bowel movements increase in frequency, but you will be adding beneficial fatty acids to your diet and soothing your entire GI tract with flax's comforting mucilage.



- Take 500 mg of **Magnesium**. If you are using this to assist your bowels, use the oxide form which is not absorbed well by the body, and instead stays in the intestines to move the bowels! Take at night: it will help you sleep!



- **Eliminate sugar** and any foods that you are reactive to. According to Dr. Walter Crinnion, ND, sugar and reactive foods can cause constipation. So cut out the sugar (another must for following a healthy diet!) and get rid of the offending foods. Is it dairy? Wheat? Gluten? Try eliminating several or all of these for a few weeks and see if it makes a difference.
- Make sure you have enough hydrochloric acid in your stomach. You need HCL to start the digestion: it is often referred to as digestive fire. People are often under the impression that stomach acid is bad, and the cause of indigestion and all sorts of trouble. Actually, stomach acid declines with age, and by the time you are in your 40's you have limited acid production! You don't need antacids!! You need more acid! If you don't have stomach acid, your food sits there and feels like a brick, taking a long time to digest. Gas ensues. Does this sound like you? Then try **bitters!** Back in the day, bitters were used to stimulate digestion. Apertifs, bitter greens, espresso, and herbal bitters all stimulate digestion by creating digestive fire- more HCL

production. My herbalist teacher, David Winston's company has a wonderful [bitters formula](#) that will do just the trick. It includes bitter herbs such as dandelion and gentian. I take it before all heavy or large meals. Contact me for special prices on this and other H&A formulas.



- If all else fails and things just aren't moving smoothly, try [Smooth Move](#) tea by Traditional Medicinals. It is a senna-based tea along with several carminatives which will move your bowels without cramping or griping. Drink one cup before bedtime and things should proceed nicely in the morning.

Keep it Going...

For the next couple weeks, let's get the bowels moving and keep the cleanse going! Build on what you accomplished last time by allowing those toxins to exit the body through sweat, urine, and bowel movements.

Get it Gone...

Start thinking about eliminating unhealthy snacking in preparation for our next goal...**sip tea or hot water with lemon** throughout the

day when you want to reach for a cookie! In as little as 3 days, your sugar craving will diminish, in a couple weeks you won't hear sugar calling your name!

But for now, just try to recognize when you are snacking and begin to cut back here and there. I suggest you get a small notebook and **write down every thing you eat** so you can be aware of your eating. Awareness is critical to gaining control of your eating habits!



I hope you make the commitment to a cleaner, healthier you! It is within your power to have the healthiest body ever!

Let me help you!

Remember it's just one day at a time. The morning brings a fresh start!

Blessings,

Diane

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