

Spring Cleaning For a Healthy Body

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Well, spring is sprung ... the flowers are blooming, the birds are returning and some folks are even cutting their grass already ... no wonder we love winter in BC! As the feeling of spring seeps into us, we find ourselves doing those things that represent 'beginning a new chapter', for example, cleaning our closets and drawers, taking all the winter things out of our vehicles and giving them a good clean up, or fixing the door that has been hanging by a hinge all winter! In the same way, our bodies can benefit from a spring tune-up through cleansing, balancing and nourishing it to experience a deeper level of energy, emotional well-being and a renewed vitality for living. Detoxification is a very simple concept ... stop filling up on foods that cause toxicity and stagnation in the body; begin to clear out those toxic substance that slow us down and cause our bodies to have aches and pains; and replenish and rebalance our energy with fresh, whole, nutrient rich foods like fresh fruits and vegetables, nuts and seeds and organic whole grains.

If you have never attempted detoxification, don't be alarmed. The best way to begin is to gradually change some of your basic habits by playing the 'substitution game'....

- * replace morning coffee with a hot herbal tea or hot water,
- * chose a fresh fruit or veggie sticks for morning coffee break instead of a doughnut,
- * make lunch a big green salad ... (challenge yourself to see if you can find ten things to put into it!) instead of that hamburger and fries.

Try shopping just the perimeter of the local grocery store, avoiding the inner isles, and see how many wonderful, fresh items you can use in your game.

Several important things to work on substituting in your new diet include sugar, wheat, dairy and red meat. There is much evidence that eating too many sweet sugary treats may eventually cause conditions such as tooth decay, obesity, low blood sugar, immune illnesses and especially nutritional deficiencies, anemia and protein or mineral imbalances. Labels on many products list glucose, fructose, maltose, maltodextrin, and various 'syrops' which all are forms of sugar 'hidden' in the food. Good substitutes may include a fresh, organic fruit juice or a small amount of brown rice syrup. There are many tasty grains such as millet, brown rice amaranth or quinoa to replace wheat ... try morning breakfast cereal of millet with ground flax seeds, raisins, sunflower seeds with almond or rice milk instead of your regular toast and jam ... you will find you have more energy and escape that sleepy feeling mid morning! For a tasty lunch treat or mid afternoon snack combine a grated carrot, a chopped sweet apple, a tablespoon each of hemp hearts and sunflower seeds, a few raisins, some shredded coconut (if you like it), with a few drops of lemon juice or a tablespoon of coconut cream ... let stand for a few minutes to blend the flavour, then enjoy by itself or on a dark green lettuce leaf with some organic whole grain crackers... mmmm, yummy!

Making dietary change can be fun and easy with a little imagination and some education, and will lead to many substantial benefits in overall health and wellness. A nutritional counseling practitioner can help you to identify the right changes for your unique body. Take charge of your life today...the body where you live is the only place you have.