

The Working Person's Cleanse by Mary Sheila, NC

The excesses of life may catch up with you, and inspire you to “detox” or “cleanse” your body. Increased fatigue, added body aches and pains, poor sleep, and/or raging allergies, are messages from within that it’s time for you to transition into a new season, release stored toxins, and feel more vitality. It’s known that poor health may result from indulging in greasy processed foods, stimulants, allergic/sensitive foods, alcohol, and simple sugars. I also believe each of us have our own “food culprits”, foods that we may enjoy while knowing they are not serving us, that generate less satisfaction and more discomfort over time.

A poor diet, or food eaten while stressed, comprise your body’s ability to build strong blood and clear lymph. For example, if you repeatedly crave and eat something you are sensitivity to or unable to fully digest, your lymphatic and immune systems begin to work on overload resulting in extra fluids and sluggish lymph. The resulting compromise of lymphatic and blood flow leads to a lack of nutrients flowing downstream, thereby creating metabolic deficiencies throughout the body.

The desire to cleanse is often followed by confusion as to what type of cleanse to do? As a nutrition consultant, I am frequently questioned by clients and friends about the different cleanses that are on the market. I offer you the following information to simplify your process and help you create a powerfully simple cleanse experience you can do while living a busy life. I call it “**The Working Person's Cleanse**”.

Cleansing is a time, usually one to three weeks, when certain foods are eliminated and a simple diet provides the body the nutrients it needs to work efficiently. This is accomplished through the use of **whole foods**. Simply prepared whole foods are a very powerful place to begin a healing process. Yes, some foods are more cleansing than others, and a cleanse can be very specific or more extreme when addressing each person's constitution or health challenge, yet as a baseline and something to come back to, whole foods both raw and appropriately cooked have the potential to create a cleansing effect when “culprit foods” are eliminated.

Apply the following principles when cleansing and eliminating suspect foods.

1. Eat three meals a day so that your body’s metabolic rate does not slow down. Make sure that each meal contains a protein, carbohydrate and raw fat source. Adequate protein can help control sugar cravings, while amino acids, the building blocks of protein are essential to the liver, the body's main detoxifying organ. Great protein sources include quinoa, millet, chicken, turkey, fish, seaweed, and tahini.
2. Fiber helps your body eliminate toxins through the digestive tract. Include fiber sources such as complex whole grains, which are protein and carbohydrate rich, and lots of green veggies. Greens help to alkalize our system, which is what we want when cleansing. Some examples of complex carbohydrates include quinoa, rice, legumes, and green leafy include kale, broccoli, salad greens, and cabbage.
3. Keep your fats raw! Water, sauté, and add your oils on just prior to eating. Raw fats are antioxidant rich, while cooked fats become oxidized. Fats are the building blocks of our hormonal system. Include raw soaked nuts and seeds, avocado, soft boiled eggs, olive oil and coconut oil.

4. Spice up your meals with tasty herbs and spices that support and ignite your digestive fire. Spices stimulate the enzymes of digestion, including the stomach, small intestine, pancreas and gall bladder. Spice it your meals naturally. Cooling, cleansing, yet stimulating spices that support most all body types include coriander, cumin, and fennel. But don't stop there, use ones you like and try some new ones.
5. Drink filtered water throughout the day, between meals. When you drink a lot of water during a meal, it can dilute your digestive juices, while we want those juices to be concentrated, to support optimal digestion. Try not to drink more than 4 oz of liquid at a meal, drinking the majority of your water intake in between meals.
6. Take time for yourself during a cleanse, and especially take time to enjoy and eat your meals. Plan ahead, cook enough for a few days, and chew your food thoroughly, so that your body can break down and assimilate what you are taking in.

Anytime is a great time to cleanse, and whole foods can build a successful program. Keep it simple to create success, and inspire new eating habits for you and your whole family. Feel free to call me. (707) 874-9269 or email me, marysheila88@neteze.com, at your convenience for further nutritional support. See the Recipe section to view a few sample dishes I offered for you to enjoy; Green Goddess Pesto, Gamasio and Raw Kale Salad.