

# New Year, New You

## A cleanse for the body, mind and spirit

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Amid the holiday cookies, libations and houseguests lies the aftermath. It looks like exhaustion, brain fog, bloating, tighter jeans and a shockingly “short fuse” (or so your spouse says).

Fortunately, there’s a cure: the cleanse—a full body, mind, spirit cleanse to release old, toxic, physical, mental and spiritual waste in order to make room for a new and improved you in 2016.

Cleansing is like cleaning out your closet. Periodically you have to discard items because anything new simply becomes part of the chaos. Your mind-body being works the same way. If you don’t cleanse, but put in more and more inflammatory foods, drinks, pharmaceuticals, environmental toxins, stressors, thoughts and emotions, symptoms of dysfunction start showing up.

Many chronic health issues may be signs that you need to cleanse: general fatigue; weight gain or excess water weight; brain fog or cognitive fatigue; mood swings, irritability, having a “short fuse;” skin disorders; headaches; joint and muscle pain; food sensitivities; food cravings, especially sugar, carbs, fried foods or salt; bloating, indigestion, bowel issues; waking up not feeling rested; weak immune system.

### 10-Day Cleanse

The good of a cleanse outweighs the bad but, during it, you may feel worse before you feel better, with common detox symptoms that include headaches, fatigue, achiness, gas, bloating and sluggish bowels. Stick with it—the results are worth it—but be sure to work with your natural health care provider throughout the cleansing process as it is more than a quick fix kit from your local vitamin store.

### Pre- and Post-Cleanse Diet

The pre-cleanse diet prepares for the detoxification while the post-cleanse diet gently reintegrates. For three days



before and three days after your cleanse, eliminate processed foods, sugar, alcohol and grains containing gluten.

### Eat and Drink

The cleanse diet is simple: eliminate the bad stuff and replace it with good stuff.

**Remove** processed foods, sugar, all grains (including gluten-free ones), dairy, soy, alcohol and caffeine. In addition, eliminate any foods that cause sensitivity or allergies.

**Eat** food (organic as much as possible) with low glycemic fruits, vegetables, animal protein (hormone, antibiotic free meat and wild fish), nuts, seeds and healthy oils.

**Sweeten** with raw honey, maple syrup and stevia (use sparingly).

**Drink** filtered water, organic fresh juice, pure coconut water and herbal tea.

### Keep Detox Pathways Open

Your internal organs—the liver, kidneys, colon, lungs and skin—all detoxify waste regularly through the body. By decreasing their load of junk during a cleanse, these organs get a break. Assist the cleansing with:

**Neti pot** cleanses the nasal and sinus passages.

**Dry skin brushing** removes dead skin cells and improves skin detoxification.

**Light to moderate exercise** of 30 minutes or more per day reduces inflammation and stimulates lymphatic movement.

**Deep belly breathing or meditation** for 10 minutes or more per day resets your metabolism, reduces cortisol (the stress hormone) regulates emotions and purifies the lungs.

**Infrared sauna** one to two times per week detoxes heavy metals, boosts metabolism and promotes skin health.

**Green juice** drinks daily of 16 ounces or more, with fresh, organic ingredients provides nutrients.

### Additional Points

**Sleep** a minimum of seven to eight hours per night. Sufficient, deep rest reduces cravings, promotes weight loss and is a requirement for good health.

**Supplements** can help detoxify individual organs and regulate bowels.

**Bowel movements** are a must.

### Connect to Spirit

As much as you are what you eat, you are what you think and feel. Cleansing is a time to connect inward. Bring light to any stuffed-down emotions, negative thought patterns or spiritual heaviness by doing the following practices:

**Journal** your worries, fears and thoughts onto paper to sort feelings, gain mental clarity and connect with yourself.

**Step into the great outdoors** and hike, bike, surf, paddleboard or just be. Nature feeds the soul.

**Get healed** via massage, acupuncture, cranio-sacral therapy ... use this time to work out any knots, whether physical, emotional or energetic. ■