

# Spring Cleaning Time

Good Riddance Winter! Spring is now officially here and it is a great time for Spring Cleaning! I'm not talking about your blinds or curtains or cleaning out the tupperware cupboard (although I did just do mine!) I am referring to our bodies. Spring cleaning, or detoxing our bodies is an essential part of shedding our winter coats and preparing for the summer months. Whether you try this for a few days, or a week is up to you. 3 - 5 days is probably about my recommendation, but even 1 or 2 days would have benefits.

## So Why is Detoxing Necessary?

Detox, short for detoxification, is the body's natural, ongoing process of neutralizing or eliminating toxins from the body. Toxins (anything that can potentially harm body tissue) are transformed chemically to less harmful compounds and excreted via stools or urine.

The body is constantly in a flux of detoxing, however due to the modern diet, our heightened daily stresses, the toxic chemicals we ingest daily, and the increase in chronic degenerative diseases the body often needs a helping hand and to be cleansed so that it can work more effectively to eradicate these toxins from the body. Sources of toxins include those produced in the body during normal functions, such as the ammonia produced during the breakdown of protein, and chemicals such as pesticides, household cleaners, food additives, drugs, pollution, cigarette smoke, and heavy metals like lead that enter the body when we ingest or inhale them.

A spring detox is all about maintaining a very healthy lifestyle for a short period of time in order to give your body a break from everyday toxins. Put most simply, detoxing involves giving your body a break from anything toxic, so that the body can work these toxins out of your system.

A cleanse or detox helps to strengthen the organs that the body uses to flush toxins from the body on a daily basis. These include the skin, the lymphatic system, the intestines, liver, lungs, and kidneys.

The outcome of a successful and well-planned detox is that you will be likely to experience

- more energy
- clearer skin
- weight loss (if needed)
- brighter eyes
- a stronger immune system
- greater mental clarity
- increased self-confidence
- and when necessary a great boost against illness.

