



Cleansing Continued

By Deanna Trask RHN, NNCP

Cleansing can be achieved through several means; herbs, diet, exercise, massage, dry brushing and infrared saunas to name a few.

A cleanse or detox can help to strengthen the organs that the body uses to flush toxins on a daily basis. These include the skin, lymphatic system, intestines, liver, lungs, and kidneys. Toxins can invade the body from a variety of sources including foods, drinks, the environment, stressful lifestyle (alcohol, tobacco, pesticides, heavy metals, food additives, oral contraceptives and drugs).

Detoxing works because it gives your body a break from the toxic excesses that modern life creates. When we remove the body's necessity to burn energy digesting heavy, sugar and fat-laden meals and snacks that are difficult to digest and metabolise, your energy is then utilized to cleanse and regenerate your body, tissues and vital organs.

Cleansing should be done with the supervision of a professional who knows where to start and can suggest what is right for your body. If not done properly, toxins can actually become more concentrated in certain areas of your body and do you more harm. A professional can guide you as to what bodily systems you should focus on and how to change your diet to assist the cleansing. Also, they are there to answer any questions you may have regarding any symptoms that could arise while cleansing.

To get started you can remove all of the toxic chemicals from your house, cleaning products, body care products, and replace them with non-toxic alternatives. Drink more water, add more fibre, consume more fresh organic fruits and vegetables (preferably raw) and exercise to bring on a sweat. You can also add more greens to your diet to alkalize your body.

If you have recently lost a lot of weight, it is important to flush the toxins that were normally residing in your fat cells.

Deanna Trask RHN, NNCP is a Registered Holistic Nutritionist with a consulting practice serving Grey & Bruce Counties. She works with clients to devise a plan suitable to their

individual needs and holds wellness talks, personal shopping and cooking on request, as well as cooking classes and grocery store tours.