

WELLNESS review

New Year – New Start!

If you want to have a clean start for the New Year, try a “Mini Detox”. Our ‘Mini Detox’ will help get your digestive system and liver back into gear for the New Year, leaving you feeling fresh and lively!

Detox is not a dirty word!

Do you cringe at the thought of having to do a detox? Detoxification is a great way to begin the New Year and it doesn't have to be hard. Detoxification encourages the body to remove toxins and may improve energy, fitness and weight loss as well as helping to prevent chronic disease and ageing.

The gut is the seat of health

One of the most important considerations for health is your digestive system: in natural medicine, the gut is considered to be the centre of health. If your digestive system gets out of balance it can increase the amount of toxins you absorb, leaving you feeling tired and run down. The type and amount of bacteria in your digestive system plays an important role in keeping both you and your gut healthy. If there is an overgrowth of bad bacteria or yeast in your gut, this can make you more toxic and may also reduce your ability to get rid of toxins.

Weeding out the bad bugs

Our simple, two week “Mini Detox” plan is designed to help restore balance to your digestive system. Antimicrobial herbs such as black walnut, wormwood, barberry, and antimicrobial oils such as oregano, cinnamon and thyme can be taken in a convenient tablet form to kill off any detrimental bacteria and yeasts that may be upsetting your gut. These herbs can be combined with a high potency colostrum powder, to help prevent the adherence of harmful microbes to the gut wall. This potent combination will help to weed out all the bad bugs that may have made themselves at home, helping to restore your digestive function after all the parties have ended.

Putting the good bugs back in

Part of the “Mini Detox” involves not only killing off any bad bacteria and yeasts, but replenishing your digestive system with beneficial bacteria known as probiotics. There are different types of probiotics; and whilst they are all beneficial for digestion, their functions can vary slightly. For example, *Lactobacillus acidophilus* NCFM and *Bifidobacterium lactis* are good for restoring general balance and maintaining overall digestive function, while *Lactobacillus plantarum* 299v is more specific for medically diagnosed irritable bowel syndrome and *Lactobacillus rhamnosis* is great if you

are prone to allergies and eczema. With so many different beneficial strains of probiotics available we can choose the most appropriate strain for you, tailoring your “Mini Detox” to suit your needs.

Digestive repair

Stress, toxins, alcohol, junk food and processed food can cause damage to the delicate cells of the digestive tract. This may lead to ‘leaky gut’, a condition in which undigested food and toxins pass from the digestive tract and into the blood stream. If this occurs, it can cause digestive upset, inflammation and increase our risk of food allergies and other diseases. If you have poor digestion and possibly a leaky gut, then it may be a good idea to use healing nutrients and herbs such as glutamine, Aloe vera, licorice, and zinc as part of your “Mini Detox”. These nutrients and herbs may be able to reduce your leaky gut, improving digestion and health.

What about something to liven up the liver?

Once we have healed the gastrointestinal system, it is time to liven up your liver! Your liver is your body's main cleansing unit and to give yourself a good clean-out on the inside, you need a healthy liver that is functioning at optimal capacity. Herbs such as St Mary's thistle, watercress, globe artichoke, turmeric and shizandra can all work together to support liver function and stimulate detoxification. These herbs can be taken in a convenient tablet or powdered form – just ask us which supplements best suit you.

What are the best foods for detoxification?

Excessive sugar, alcohol and junk food may upset your digestive balance and can burden your liver, so reducing these will help detox your digestive system and get your liver back into balance. As part of the simple, two week “Mini Detox” plan we can offer you simple dietary tips for detoxification. For example, freshly made fruit and veggie juices can be added to a healthy diet to improve detoxification. Here are some suggestions of some great juices: lemon, beetroot, ginger and apple; or try watermelon, carrot, lemon and beetroot. There are many different combinations, just use your imagination! Of course it is also important to make sure you drink lots of pure water while you are doing a “Mini Detox” as this will help flush the toxins out of your body.

Nature has provided us with many wonderful foods to help remove toxins from our body, and as part of our “Mini Detox” plan, we can give you lots of great meal ideas to encourage your body to ‘clean out’.

A clean start ...

So don't let the word ‘detox’ scare you off! This year give your body a chance to be healthy and see how good you can feel and look! Remember, your Naturopath is here to help you find a detoxification program that is right for you, so that you get the results you want. Ring for an appointment today.

