



Gear Up For Spring By Cleaning Out Your Body

By Katie Moxley, RD, LDN

With spring around the corner you might be planning to clean out the attic or garage, or deep clean the house, but have you ever thought about giving your body a spring cleaning? By now New Year's seems like a distant memory, and a purification program might be just what you need to jump-start your body and pick back up all of those healthy resolutions you made a few months ago.

A purification program is another way of saying detoxification, which is to rid the body of excess toxins that we are exposed to in our daily environment. Some examples of these are pollutants, chemicals, and pesticides. When the body is overstressed from a high toxic load, it becomes fatigued and sluggish. And when the body is tired, you feel tired. In fact, the way you feel is a good indication to the health of your internal environment. If you have been feeling exhausted, foggy, have food cravings, poor sleep, or unexplained weight gain, then detoxification may be what you need.

For the most part, we cannot control our exposure to environmental toxins. What we can control is whether we assist the body in eliminating these toxins through good nutrition or further burden the body by our diet choices. Since no one has a perfect diet, it is extremely beneficial to incorporate a purification program into your life. This unburdens the body allowing it to become more efficient at eliminating the junk that it has to deal with everyday.

There are several benefits that can be expected by completing a purification program. These may include but are not limited to the following: increased energy and stamina, weight loss, mental clarity, and improved digestion, sleep, and appearance of skin, nails, and hair. It also can serve as a method of determining your true food sensitivities. Another benefit of the program is that it helps to retrain your taste buds to enjoy the natural taste of whole foods. With all of the processed sugary foods that are becoming the norm in the American diet, we lose the desire to taste real food. The purification program enables you to see the difference in how the junk foods make you feel versus the real whole healthy foods. This is another reason why the purification program is a great way to maintain a healthy weight.

The full program is a 21-day commitment. It involves eliminating certain foods and beverages, and focusing on organic vegetables, fruits, select quality proteins, and fats. It also incorporates a few nutritional supplements to assist in the process of eliminating the excess toxins. At the end of the 21 days, you begin to reintroduce foods slowly and note how they make you feel. This process helps you to determine any food sensitivities. If three weeks seems like too much to handle at first, there is also a 10-day option that you can start with. Either way, your body will thank you for it.

It is important to note that while detoxification may sound like a great idea, it may be too much for your body to handle right off the bat. It is advised to first have an assessment done by a qualified healthcare practitioner. The staff at Natural Care

Chiropractic is trained and able to determine your particular needs and readiness for a purification program. Contact us today to get started on the path to optimal health!