



Cleansing diet:

Can you benefit from an internal spring cleanse?

Chemicals are constantly bombarding us from the environment. Our fast pace lifestyles do not always allow for healthy eating habits. Spring cleansing gives the body a chance to lighten up and enjoy all of the wonderful fruits and veggies of the season. During a cleans we allow our digestive tract a well deserved rest from the heavy diet that we needed to keep warm during the cold winter months.

Fasting or cleansing; which is best?

It can be a bit daunting trying to decide between a juice fast of just drinking water and fresh raw fruits and vegetable juices or a spring cleanse where you limit your diet to fresh fruits, vegetables, non-allergen foods, pure water and fresh raw juices.

Fasting requires a modification in lifestyle, giving you time off to do various healing therapies like walks in nature, yoga or get a soothing massage. During a fast, when you are healing your adrenals it is most important to rest. So a spring cleanse may be a more desirable alternative if you are unable to get away from work. Eating a healthier, lighter diet by eliminating foods you may be allergic or sensitive to will make you feel vibrantly alive and healthy.

In either case it is helpful to cleanse the colon with enemas or colonic therapy, take a sauna after being sufficiently hydrated, include walks in nature, a lymphatic massage and take some milk thistle herb to help detoxify the liver. These suggestions will enhance the cleansing process of all of your eliminator organs.

Nancy Gardner, PhD, has been offering guided 21 day cleansing at the Optimum Health Clinic in San Rafael for nearly 30 years. The Guided Cleanse offers a discounted package so you can enjoy all the therapies you need to make your cleanse a wonderful experience. The classes and workbook have a wealth of education for those who have not experienced cleansing or fasting before and helps you avoid a 'cleansing crisis' from not understanding how to care for yourself properly during the cleansing process. Those who have experienced the Guided Cleanse have found the support classes and cooking classes to be a great boost in motivation and inspiration.

For more information about Nancy Gardner PhD, or the Optimum Health Clinic's 21 Day Cleanse, visit our website at www.OptimumHealthClinic.info/event.php. Or phone us at (866) 766-2468.