



Family Naturopathic Care

Natural Health Care for the Family



Spring Cleaning

As the sun returns to the Okanagan, spirits lift and we become motivated to clean out our homes and gardens. This is also a traditional time of year to give our bodies a good internal cleansing. There are many ways of doing this ranging from a strict water fast to eating more cleansing foods. Following are some suggestions and methods for internal cleansing. I invite you to find a combination that works best for you.



Basic Elimination Rules to Follow All Year Long

1. **Water**- drink lots: 1.5-2 liters pure water daily
2. **Fiber**-make sure you consume sufficient fiber for 1-2 healthy bowel movements a day. Whole foods and flax seeds are good sources.
3. **Breathing**-the lungs are also an important route of elimination so breath clean air deeply several times a day.
4. **Clean diet**- best to avoid the ingestion of chemicals and toxins to begin with. Eat a whole foods diet and buy organic whenever possible.
5. **Exercise**- get moving to aid circulation to all the cells of your body, both to deliver nutrients and to remove wastes. At least 30 minutes a day of walking or other exercise you enjoy.
6. **Emotional detoxification**-the accumulation of unprocessed emotions can also be toxic to your health. Use relaxation techniques, meditation, talking out feelings and the Emotional Freedom Technique to cleanse old "stuff".



Spring Cleanses

Water Fasting: The most difficult and not recommended for those who are already in a weakened state. May include lemon juice and certain supplements.

Master Cleanser: The "lemonade diet" and very popular here in Kelowna. 6-8 glasses a day of water with lemon juice, maple syrup and cayenne plus cleansing teas and laxatives for 10 days. Best to read the book by Stanley Burroughs before starting.

Herbal cleanses: Available at health food stores these often include a clean diet, fiber supplements and herbs to stimulate the liver, kidney and bowels.

Homeopathic drainage: Combinations of homeopathic herbs and minerals, which are designed to target specific systems and organs. These can be used therapeutically for many conditions or as a general cleanse.

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