

CLEANSING

After so much media attention many think that cleansing means fasting. This is not true. Cleansing simply means cleaning or a breaking an old habit – getting rid of things that aren't needed any more. It can be as simple as omitting a specific food or food group from your diet, or changing an old tired self-destructive behaviour (such as smoking). The whole purpose of cleansing is to clean out the toxins from the system so the body can rejuvenate and restore itself. If someone has a food intolerance and omits that specific food the body will naturally go into a cleansing mode. Since it is the time of year to facilitate changes in our system, it may be time to consider doing a cleanse.

Depending on someone's personality and how their body reacts is how the ideal personal cleanse is created. For some with an all or nothing attitude fasting may be the way, for others it may be a gradual process which takes some time. Regardless, I believe it has to be easy and success-oriented for the individual.

How do I know if I need a cleanse?

It is very simple. Ask your self these questions

Is my energy level low?

Am I craving higher amounts of sweets / carbohydrates

Do I feel bloated after eating certain foods?

Do I have dark circles under my eyes, although I get enough sleep?

Do I get more headaches than usual and the weather has not changed?

Does it just sound like a good idea?

If you feel like you would like to try a mini cleanse, try eliminating one food from your diet. My favourites (as most of you know) are coffee, sugar and dairy. You will notice if you have an addiction to the substance that you will go through a withdrawal period. You may get headaches or, after a period of omitting the food, when you eat it again you will get a reaction (i.e. bloating, runny nose etc.)

To help motivate you with your mini cleanse, I have enclosed some facts regarding milk. 50% of children and a large amount of adults are allergic to milk (symptoms: constipation, bloating, diarrhea, sinus problems, colic, increased arthritic pain, infections etc.) Antibiotics are a part of the feed to the cows. This leads to drug resistant bacteria, which are passed on to humans 60% of pesticides are used on animal feeds. This becomes concentrated in the animal tissue which leads to concentrated pesticides in the milk they produce. Antibiotics weaken immunity, nervous system, liver, kidney. Dairy products are difficult to digest. We are the only animal that doesn't wean it self from milk and milk products. There is a direct relationship between milk consumption and ear aches. In 1992 the average American consumed 1.54lb. of dairy products per day. Milk tends to bind with the lining of the stomach, which inhibits absorption.

Sources Dr. Santorini (1999) Dr. Herscoff (1997)



If you cleanse the body of dairy , there is no need for concern in obtaining enough calcium. There are many foods which are rich in calcium and easier to absorb. The richest source by far is salmon bones. Other sources include: tahini (sesame seed butter usually found in humus), almonds, sunflower seeds, walnuts, broccoli, alfalfa, just to name a few. And of course there are always supplements.

For those who continue to use dairy products I urge you to use a digestive enzyme to support the body.

(Please note that foods such as coffee and carbonated drinks actually strip the body of calcium)

This article is meant for information purposes only. It is not meant to diagnose or to treat.

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