

THE GENTLE WHOLE-BODY DETOX FOR CHANGE OF SEASON FROM WINTER TO SPRING

This is a general detox that is suitable for most people.* It can be carried out for both short and longer periods of time. For example:

- One day per week for 1-2 months
- For three-14 days in Spring
- Three days every month

Consume the following foods:

- Vegetables and fruits
- Whole grains (Brown rice, millet, buckwheat, quinoa, tapioca, teff, amaranth)
- Legumes/pulses

Consume the following foods in smaller quantities:

- Nuts and seeds (one handful)
- Meat - organic if possible (4 oz – about the size of your palm)
- Fish or chicken - wild fish if possible (6 oz – about the size of your palm)
- Eggs (one-two eggs)
- Dairy

Minimize or completely remove:

- All sweeteners (corn/brown rice syrup, brown/white sugar, glucose, maltose, maltodextrose, MSG, etc.) *☞This includes desserts and all processed foods high in sugars. ☞*
- Fried foods
- Excess alcohol
- Caffeine
- Known allergens or sensitivities
- Processed foods
- Refined oils, margarine, shortening ☞

During this fast, eat three complete meals daily. Minimize snacking in between meals and consume water and herbal teas instead.

At meal time, avoid other activities while eating including television and talk radio. Chew foods thoroughly (at least 20 times) and stop eating just before you feel full.



*The Guide to A Successful Detox:
For Change of Season from Winter to Spring*

Drink 6-8 glasses of water per day. With every cup of caffeine, drink 2 glasses of water.
In the morning, have one glass of water with a squeeze of lemon.

Prepare to be finished dinner around 7pm and avoid eating again until 7am. If this timing does not work with your schedule, aim for a 12 hour fast between your evening meal and breakfast the next morning.

After dinner, you may also detox from other habits such as using electronics and focus on creating a restful space.

It is important to get sufficient mental and physical rest during a fast, and to stay warm throughout. When breaking a fast, aim to avoid overeating. Part of achieving your goals with a fast is the transition to your daily diet. Take your time in getting back to your regular diet and think about what parts of this fast can become part of your daily eating habits.

* Please do not carry out this detox if you are pregnant or breast/chestfeeding



6 SIMPLE WAYS YOU CAN OPTIMIZE YOUR DETOX FOR BETTER HEALTH

What is Detoxification?

Enhancing the natural processes of the body to remove waste waiting to leave

Organs of Detoxification:

Liver – Kidneys – Intestines – Skin – Lungs

How I Can Optimize Detoxification:

Castor Oil Packs

Rub castor oil directly on your liver or pour on a flannel sheet and place over liver. Add a heating compress or hot water bottle over top. Use for 20min – overnight. Please be aware that castor oil can stain clothes.

Hydration

Increase ½ cup of water intake daily (up to 2.1L to 3.7L)

Dietary Fiber

Increase fiber to decrease toxin elimination through bowel movements. Foods high in fiber include: fruits, vegetables, whole grains, legumes

Sweating

Use saunas or take walks with a few extra clothing layers to sweat and stimulate muscle activity

Exercise

Exercise accelerates lymphatic flow, induces sweating, and increases metabolism and detoxification efficiency

Breathing

Spend 5 minutes daily taking conscious breaths, breathing from between pelvic bone and navel

1. Lie on your back or sit in a supportive chair. If lying on your back, place a pillow underneath your knees to help them bend.
2. Place one of both of your hands over your abdomen.
3. Breathe in slowly and deeply through your nose. Your abdomen should rise but your upper chest should remain still and relaxed.
4. Breathe out slowly through your mouth. As you breathe out, slowly and gently allow your abdomen to move towards your spine.
5. Repeat 10 times.



Connecting the body-mind-emotion-spirit

Some questions to consider in taking a whole person approach:

- Is there something or someone toxic in my life that I can let go of?
- Liver - what needs action/activity in my life right now?
- Digestion - what do I need to let go of?
- Kidneys - what really creates fear in my life? how may it be possible for me to feel safe?
- Lungs - what/who have I lost in my life that I haven't let go of?
- Skin - how are my boundaries? Am I doing more for others than I can right now?



Recipes to Support Your Detox

Sautéed Dandelion

2-3 Onions

2 bunches of dandelion greens

Olive oil

Oil/Fat of your choice

1 Clove garlic (optional)

½ Bunch of cilantro (optional)

1 Lemon

Salt and pepper

1. Chop and clean dandelion leaves.
2. Place them in a large pot of boiling water and cook for 10 minutes.
3. Strain them and set aside to cool.
4. Slice onions. Coat bottom of a pan in oil of your choice and cook half of onions until dark brown. Set aside.
5. Squeeze water out of dandelion greens with hand.
6. Add remaining onions and sauté until golden. Add garlic. Add greens, cilantro, salt and pepper to taste. Remove from heat.
7. Add lemon juice and olive oil (optional) to taste.



Burdock Tea

½ cup of dried burdock roots

4-5 cups of water

Put roots into a jar and pour boiling water over them, filling the jar to the top. Wait 8-12 hours and then pour off the liquid and squeeze out the roots. Drink 1-2 cups daily.

**Consult a health care provider before use if pregnant, breastfeeding or taking medications*

From Robin Rose Bennet "The Gift of Healing Herbs"

Lentils & Rice

1 large onion, coarsely chopped

1 tbsp oil

1 cup lentils

1 cup brown rice

3 cups boiling water

1 tsp cumin

½ tsp cardamom

1 bay leaf

½ tsp cinnamon

Salt and pepper to taste

Sauté onion in oil

Add spices

Add lentils and rice

Add boiling water

Cover and simmer for about 1 hour.

Serve hot or cold.

May serve with yogurt.