

# “Hot” Tips for a ‘Simple Spring Cleanse’ Program



Barbara Ann Grova  
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**One of the ‘Hot Topics’ in nutrition today are the ‘Cleanse’ and ‘Detox’ Diets.** They are becoming

increasingly more popular in the world today. One of the reasons is that it does more than just help shed a few pounds. There are many other great benefits including; clearer skin, boost in energy, increased organ productivity, and an overall natural feeling of well-being. One of the great features about a **food ‘cleanse’** and **‘detox’** diet is that there aren't any harmful side-effects. What makes it so popular today is that you will only be consuming natural foods and not starving your body of important nutrients like other fad diets do.

**Just as dirt gradually builds up in our homes over time, so do toxins in our bodies.** In particular, the liver and gall bladder need special attention and a chance to self-clean during this season. It can become congested after a long winter of heavy, warm and rich foods. It is the liver's fulltime job to clear excess hormones, fats, pesticides, and toxins from the rest of the body. Even if you have not spent the entire winter overindulging, it is helpful to give these important organs a break by cutting back on heavy foods and allowing it to attend to its own needs during the spring/summer season. It's like an oil change for your body.

**In Traditional Chinese Medicine**, the energetic function of the liver directly influences how other organs of your body will function; especially the kidneys, lungs and heart.

## What is a toxin?

- A toxin is basically any substance that creates irritating, harmful effects and inflammation in the body. Toxins deteriorate our health and stresses our biochemistry and many of our organ functions.

## Do you need to ‘Cleanse’?

- Nearly everyone needs to ‘detox’ and ‘cleanse’ their body from time to time.
- A ‘Cleanse’ program is a great way to kick start a healthier way of living.
- Not only does it benefit your mind, body and soul, but it provides a transition period from your old ways to your new ways.

## What are some ‘Cleanse’ options?

- Elimination of common food allergens (milk, wheat, eggs, tree nuts, peanuts, fish, shellfish, soy (and corn).
- Incorporating ‘Whole Foods’ Cleanse
- Master Cleanse
- Juice Cleanse
- Fasting
- Dessert Cleanse (don't have any!)
- A supervised ‘Cleanse’ program designed by a Nutrition Counselor

## Results that you may experience from a ‘Cleanse’:

- Weight loss
- Boost in energy like never before
- Elimination of sugar cravings
- Normal bowel function
- Better and deeper sleep
- Increased libido
- Clearer skin
- Feel lighter, younger and detoxified
- Increase in healthier food cravings
- Clear up health concerns like digestive distress and headaches
- Decreased symptoms of PMS, painful periods, menopause

**More than anything a ‘Cleanse’ offers you a taste of what life can be like when you nourish yourself with awareness and love not just once a year but all the time.**

**I am not an advocate of drastic cleansing and detox programs.** If you are considering this route, I recommend doing it gradually and under the supervision of a Nutrition Counselor as it can be harsh and result in unpleasant side effects. The ‘cleanse’ programs I offer are food cleanses where you eliminate harsh, inflammatory foods and incorporate nutrient dense whole foods. No crazy drinks or pills to take.

**So here is a sample of a ‘SuperFood’ cleanse to try:**

This cleanse is designed to use “SuperFoods” which are **powerhouse foods** that are low in calories and provide essential minerals and nutrients, give you energy and can increase your life span. These foods contain antioxidants and are known to improve overall health and reduce diseases such as diabetes, cardiovascular disease, hypertension and even cancer.

**The foods that are classified as “SuperFoods” include the following:**

Apples, Kiwis, Blueberries, Oranges, Oats, Spinach, Honey, Garlic, Wild Salmon, Avocado, Beans, Broccoli, Cinnamon, Extra Virgin Olive Oil, Onions, Pomegranates, Pumpkin, Tea, Tomatoes and Walnuts.

This cleanse incorporates the above SuperFoods into delicious recipes designed to increase your health and well-being.

### **Sample: Breakfast Options: Baked Apple Delight**

A healthy recipe to help get more apples into your life.

- 1 medium apple, washed and cored
- 1-teaspoon honey or agave nectar
- 1-teaspoon cinnamon
- 1/4 cup chopped walnuts

Wash and core the apple. Put the apple in an oven-safe dish and drizzle the honey, chopped walnuts, and dust the cinnamon over the apple. Bake in a preheated 350 F oven for about 30 minutes. Serve warm or cold.

### **Sample: Dinner Options: Quinoa with spinach, garlic, tomato, and beans**

- 1 cup quinoa
- 1 tbsp Extra Virgin Olive Oil
- 1 clove of garlic, minced
- 1/2 diced tomato
- 1/2 cup black beans
- 1 cup spinach

In medium pot cook Quinoa. In a sauté pan heat extra virgin olive oil. Add garlic and lightly sauté. Add spinach and tomato to this until they become cooked. Add all ingredients together and serve.

**You can create your own cleanse** by avoiding: dairy, sugar, caffeine, alcohol, fast food, white foods and breads over a period of a week or longer and see for yourself how you feel. Avoiding these foods is safe for kids as well. There are many dairy alternatives for kids and adults such as rice milk, almond milk or hemp milk.

**Whichever cleanse you choose, consider these guidelines to help you:**

**Plan ahead.**

**Drink** lots of water and herbal tea.

Include a **raw salad at least once a day** consisting of spring veggies like baby greens, bitter greens such as mustard or dandelion greens, broccoli rabe, escarole, endive, also carrots, daikon radish, scallions, celery, radishes and kale.

**No major activities** during the cleanse, but walking, stretching, light yoga all OK.

**Feed yourself slowly and chew well.**

Make **body brushing** a daily practice. It stimulates the lymphatic system and encourages the release of toxins through the skin's pores.

Spend **time exploring nature.**

**Think happy thoughts!**

Enlist a **buddy** for motivation.

Coordinate **emotional support** daily during the 'cleanse', to help with processing any emotions that may emerge.

Getting support from an experienced Nutrition Counselor can be key to your success.

**Happy cleansing!!!**

*Barbara Ann Grova, CHHC, AADP is a Certified Holistic Health and Nutrition Counselor and is the Founder and Director of Nutritional Healing, a thriving Wellness Practice in Ronkonkoma, New York. She is a writer, speaker, educator and soon to be author. Barbara Ann is certified by the American Association of Drugless Practitioners. She has over 17 years of experience in health and nutrition.*

*Barbara Ann specializes in Family Nutrition, Women's Health and Weight Loss; peri-menopause, menopause, diabetes, autoimmune diseases, cancer and IBS. She offers many different options for individual and group Nutritional, Wellness and Cleansing programs. In addition, she is passionate about working with the nutritional and lifestyle needs of families that have children with behavioral issues, obesity, Aspergers's, allergies or ADD/HD. She teaches parents how to disguise healthy foods so their kids will eat them. She has experience with managing the nutritional and lifestyle needs of children going through early (precocious) puberty since her own daughter experienced this condition at the age 6.*

**Call Barbara Ann @ (631) 428-2427 for a 30 minute 'Get Acquainted' phone session today. Ask her about the various weight loss, nutritional cleanse and detox programs that she offers.**