



Spring Cleansing to Trigger Weight Loss

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Weight loss is an area of concern that most of us ponder at one point or another in our lives. For most of us, it is an ongoing struggle with a mound of information that sends our heads spinning to decipher it all. When I start on the path towards weight loss the first area of concern that I like to focus on is cleansing. We live in a country of excess fats, sugars, chemicals, and hormones. These excess foods and chemicals overload the body, and give it very little if any nutritional value. Your body has four channels of elimination the Lungs, Kidneys, Colon, and Skin. The typical American diet eaten over a period of years is going to create a lot of waste products and contain a lot of chemicals that the body simply isn't designed to handle. Eventually one or more of the channels of elimination will become overloaded and can no longer do its job. Example: an overloaded colon = constipation. When the body is unable to properly eliminate toxins it has no choice but to store them. The body needs to get them out of the bloodstream where they can poison your cells. These toxins are sent to fat cells to be stored until the body can deal with them. In order for the body to break down stored fat, the body must be able to deal with the load of toxins stored in the fat cells. When people are on a weight loss program and then hit a plateau where they can't seem to lose any more, this is often because the body is unable to deal with the toxins stored in the fat tissues. This is the time to focus on cleansing the body and restoring proper function to the eliminative channels.

Your body is always talking to you, trying to get your attention, and point you in the right direction. We need to pay attention to the language of the body. When the need for cleansing arises the body produces many symptoms to alert you. Here is a list of common symptoms exhibited by the body when the liver is overloaded and in need of cleansing. Symptoms of liver stress: "Flu-like" symptoms, nausea, diarrhea, stiff & aching muscles, cold hands and feet, headaches, gallbladder attacks, tenderness or swelling under the right rib cage, dizziness, puffy eyelids, skin eruptions, difficulty falling asleep (late night energy) followed by difficulty waking in the morning.

Creating the Cleanse... As you prepare to cleanse your body you need to evaluate your diet and lifestyle and look for areas that you can clean up or improve. Drink plenty of clean filtered water, eat simple natural foods, avoid heavily processed foods, white sugar and white flour products, cut back drastically on caffeine beverages and eliminate soda pop. I find that most people who are not accustomed to eating naturally have problems suddenly changing their diet to something healthier. Many of us have such a busy schedule; it's hard to think about making new and special foods. In these cases, I recommend you use a natural meal replacement shake for one or two meals each day. Make sure to get them at your health food store to ensure good quality. I like the one called Nutri-Burn from Nature's Sunshine as it is targeted towards weight loss as well. I like to add a ½ cup of fruit to make a delicious healthy shake.

Another important ingredient that I add to my weight loss shake is a product called Ultimate GreenZone. We all know we need more green foods, fiber, and whole grains in the diet. This is even more important during cleansing. The green foods provide lots of antioxidants and help alkalize the body which allows toxins and fat to be released from the body easier. Ultimate GreenZone contains protein-rich grains such as quinoa, amaranth seeds, brown rice and millet, as well as the nutritious blue-green algae called spirulina. It contains flax hull lignans as well as the ancient Aztec seed chia (*Salvia hispanica*) which provides unsaturated omega-3 and omega-6 fatty acids. GreenZone also contains nutrient-rich greens such as kale, broccoli, alfalfa, chlorophyll, artichoke, asparagus, parsley, spinach and chlorella—plus carrots, beets, acerola fruit, lemon bioflavonoids to provide lots of antioxidants and foods which alkalize the body. Each serving also provides 1 gram of a prebiotic fiber blend (scFOS) that helps

feed the body's friendly bacteria, plus enzymes to support digestion. A healthy digestive tract is very important for cleansing and weight loss. I add 1 tablespoon of the Ultimate Greenzone to my Nutri-Burn shake to optimize the effects of cleansing.

For the herbal part of the cleanse, we need to add a formula that contains bitter herbs. Bitter herbs take their name from the way they taste; they contain phenols, alkaloids, and saponins; which are the part of the plant responsible for its ability to clean things. Bitter herbs stimulate digestion and activate the liver and gallbladder to release toxins.

There are a couple formulas which stimulate cleansing which I particularly like. One is called SF formula (Skinny formula) which was formulated to help assist in weight loss. SF contains herbs which help the body expel accumulated fluids and toxins by way of the kidneys, colon and liver. It contains black walnut hulls which are a good source of iodine to feed the thyroid. Fennel, papaya and safflowers are added to the formula to enhance digestion and decrease gas or bloating. The formula also contains herbs to relax muscle spasms so the colon can eliminate waste more efficiently and comfortably. This is a great formula to gently cleanse the body. I normally take three to four capsules twice daily, with a meal or my weight loss shake. For a more powerful cleanse for you seasoned cleansers, try the Dieter's Cleanse along with your weight loss shakes. This is a 14 day cleanse which focuses on all the eliminative channels of the body. It contains herbs to help balance the glandular system as well as chromium to help curb the sweet tooth.

This spring start your weight loss program out right by cleansing the body, improving the diet and starting a regular exercise program

Preparation for Springtime allergies...

A time to plant, a time to grow, a time of preparation and renewal...

Springtime is a time of preparation, farmers plant their fields, birds build their nests, and people everywhere start to clean, organize and repair their homes. Did you know your own body goes thru some spring cleaning as well? Your body is in a constant state of repairing and building cells, it is constantly cleaning out toxins from its environment, and waste products from its metabolism. Springtime is a time when the body naturally makes an extra effort to clean out old garbage from the cells. Above I talked about the importance of cleansing and weight loss. I'd also like to bring your attention to cleansing for the preparation of allergy season.

With the arrival of spring many of us find we are confronted with the problem of finding relief from our spring allergies. Allergy medications are often helpful, but tend to bring on many unwanted side effects such as headaches, dry mouth, and sleepiness. Fortunately, there are many herbs that not only help bring relief from allergy symptoms, but also help change your body chemistry so it is not so sensitive to allergens. Natural allergy support is a very different from just using a medication to stop an allergic reaction. The focus instead is on cleansing the blood and the lymphatic system to change the environment of the cells. *By changing the environment within the body we can change how we are affected by the things we breathe in.*

If you have suffered from allergies for many years it is likely that your lymphatic system has gotten congested from excess mucus production. Your lymphatic system is responsible for cleaning out toxins and cellular debris, as well as cleansing the immune system cells. It is very helpful when planning a strategy for reducing spring allergies to focus on cleansing early in the season. Cleaning the respiratory and lymphatic system often brings immediate relief of many allergy symptoms. Your cleanse time should be 2-4 weeks. You may repeat this cleanse several times a year as needed, spring and fall are the best times to cleanse. My favorite formula for this purpose is called Enviro-Detox. This formula was designed to help our bodies clean out chemicals, toxins and allergens that we breathe in from our environment. It is the formula I recommend hairdressers or anyone who works around excess chemicals take on a regular basis. The herbs in Enviro-Detox help to reduce many of the symptoms associated with allergies and sinus congestion. In particular burdock, helps to reduce the way your body reacts to temperature changes, this helps reduce sinus drainage, sneezing and headaches. Fenugreek and marshmallow help to thin mucus so it can be eliminated more easily, as well as helping to remove allergens from the respiratory system. Pepsin helps break down foreign particles which provoke an allergic reaction by the immune system. Red clover is an expectorant and has been used to cleanse and soothe irritated bronchioles; it has traditionally been used for whooping cough, wheezing, and bronchitis. It is used to strengthen the immune systems of those

susceptible to colds and illness. Allergy sufferers usually suffer from low grade viral or bacterial infections that never resolved themselves. Many of these herbs have mild antibiotic properties, as well as anti-viral and anti-fungal properties. Other herbs in the formula help to cleanse the liver, lymph, blood, and colon. I personally use 2-3 capsules two to three times daily.

Another major contributing factor to allergies stem from hidden food allergies and intestinal imbalances. For many people the inability to digest proteins in certain foods creates mucus production in the body. This increases sinus congestion. If you suffer from gas, indigestion, bloating or constipation on a regular basis then consider working to improve your digestion. If your blood and lymphatic system is congested due to improperly digested foods and the resulting mucus that forms, you will have more problems with allergies. Consider taking Food Enzyme or Proactazyme Plus with each meal to improve the digestion of your food. Also, talk to the girls at Nature's Remedy about the Blood Type Diet to help find foods that you may be sensitive to based on your blood type.

A strong immune system is critical to combating allergies. If you have suffered from allergies for many years, or have a weak immune system you could benefit by supplementing your diet with Co-Q10 daily. You may be familiar with Co-Q10 as an enzyme that supports heart health, but it is equally important for your immune system. Immune system cells divide more rapidly than most cells, and they are in constant need of repair and maintenance. All of this work requires energy reserves, and Co-Q10. Researchers have found that people with low levels of Co-Q10 have exaggerated histamine reactions and thus react more to common allergens. Researchers have demonstrated that people with asthma related to allergies have decreased blood levels of CoQ10 as well. Our 10 year old son tends to react to spring allergies and at the start of the season he became very congested. I gave him CoQ10 75 mg. twice daily for several days, his congestion cleared up and he is not reacting to the pollen like he normally would have. I think this is a great supplement to take in advance of the allergy season to get your blood levels built up. You can continue on a lower dose daily through the season as well. For those of you on statin drugs for lowering cholesterol, this nutrient is particularly important because the statin drugs deplete CoQ10 levels. You may need to take a higher dose initially until your blood levels improve and results are noticeable. When looking for a CoQ10 product look for the liquid gel caps as they are 3 times more bio-available to the cells than the powdered forms. Nature's sunshine makes one in 75 mg. I would take this twice daily for a week or two and then once daily after that.

Now that you've gained a clear understanding of the importance of cleansing you can go forward with your program with new enthusiasm and motivation. And with the knowledge that not only are you helping your body with weight loss but you are helping your entire system to become healthier.

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