

Spring Detoxification

Spring is here! The sun is shining. Flowers are blooming and the air is warming. Just as we clean our homes in the spring, we need to help cleanse our liver. The liver is responsible for detoxifying all the chemicals that we are exposed to through our diet, water, personal care products, and the environment.

The amazing liver performs 500 functions. One of its main jobs is to detoxify all toxins that the body is exposed to. The liver stores toxins in body fat if it cannot neutralize and eliminate them. This creates unwanted body fat that is difficult to get rid of. The liver is an efficient fat burning organ, but when it is overloaded with toxins; it cannot burn fat, resulting in unwanted weight gain.

The overload of chemical toxins damages the digestive system. The toxins leak from the damaged gut into the body, where the liver has to remove them. The liver becomes overloaded attempting to detoxify all the toxins. Then the toxins are returned to the gut, further altering the pH and causing more gut damage.

Leaky gut is the result of toxic overload. Some common leaky gut symptoms are indigestion, spring allergies or sinus congestion, poor absorption, fatigue, food allergies, and autoimmune reactions. Leaky gut needs to be repaired with the correct nutrition before successful liver detoxification can occur.

The key to reducing toxic load is to help the liver cleanse itself. The liver is located under the rib cage on the front right side of the body. Every spring the liver attempts to detoxify. Indications that the liver needs help are symptoms like right upper back pain, right shoulder pain, right sided headaches, and indiges-

tion or discomfort over the liver.

There are several ways to help cleanse the liver. The nutrients and fiber from fruits, vegetables, and particularly organic sprouts of cruciferous vegetables aid in the liver detox process. Beets, onions, garlic, asparagus, broccoli, and radishes are just a few of the foods that assist in liver detoxification.

If eating these foods causes digestive distress, there are gentler ways to help the liver detoxify using herbs and homeopathic remedies. Homeopathic detoxification is a gentle, effective way to ease the burden on your liver and to help improve digestion and elimination. Detox herbs that can help improve liver function include yellow dock, dandelion, and milk thistle.

Spring is the best time to cleanse the body. All native cultures around the world have spring rituals involving body cleansing to eliminate toxins that have been stored during the winter. There are many detoxification and cleansing programs available to help your body become cleaner on the inside. The easiest cleanse to begin with is to increase your consumption of water.

Drinking more water is the first action that can be taken to cleanse the body of toxins. Detoxification is a natural process occurring on a continual basis in the body, and more water is the easiest way to help detoxify. Studies show that detoxification improves all the organs of elimination and results in increased health benefits. The best health insurance you can have is to do everything possible to cleanse your body to prevent sickness and disease.

There are several physician supervised detoxification programs combining diet and lifestyle modifications that can result in weight loss

and improved liver function as measured in the blood. These programs last from one week to three weeks, and have successfully been used by thousands of people.

Lifestyle change is always critical. To keep the liver functioning at its best, eat organic food, drink filtered water (1/2 your body weight in ounces), reduce your exposure to environmental toxins, and participate in a yearly liver detox program. Take advantage of the natural cycle of nature and use springtime to give your liver some help.

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Dr. Carol Ann Fischer, D.C., N.D. is a unique Chiropractic Holistic Wellness Consultant. She has been in private practice for over 25 years, with specialized training in detoxification, stress reduction, gentle chiropractic, whole food nutrition, digestive issues, weight loss, natural hormone evaluation and therapy and wellness care. Find out more at: www.TLCHolisticWellness.com or contact her at (734) 664-0339.



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