

DETOXIFY!



to Improve Energy and Vitality

by Barbara Mendez, RPH

Detoxification has long been recommended as a tool for promoting vibrancy, energy, longevity and mental clarity. It is a great way to lighten the burden on your digestive system so that more energy is allowed to move to your vital organs for restoration and regeneration. I am a fan of detoxification and often recommend it to my clients to help jump start a healthy lifestyle plan. The clients that do it, love it and report the most extraordinary results, from improved sleep patterns, greater focus, more energy and a little extra weight loss, which they all love.

Making some changes in your diet might help lighten the load on your digestion and help you boost energy levels while shedding a few pounds. The following are some suggestions for gentle cleansing.

Increase Fruits and Vegetables: This seems obvious, I know, but you'd be amazed at how few vegetables and fruits make their way into the average diet. Most people eat way below the recommended guideline of two to three servings of fruit and five to seven servings of vegetables daily. Yet this is the very best thing you can do year-round to keep

your body feeling light, energized and free of illness. Fruits and vegetables contain vitamins, minerals, antioxidants and enzymes that assist healthy bodily functions and prevention of illnesses such as heart disease and cancer. Begin increasing consumption by committing to having fruit as a snack during the day. Add vegetables to omelets in the morning to give you more nutrition first thing. Eat salads for lunch and make sure to get a serving in for dinner. That is a good way to begin.

Eat One Raw Meal a Day: The raw food movement is an intense, rigorous lifestyle that allows the consumption of only raw fruits, vegetables, nuts and seeds. It is not easy to embrace this as an on-going, year around plan, but it is useful to incorporate some of the principles of raw food-ism into your life to optimize your health and detoxify your body. Consider having a mixed vegetable drink once a day that includes kale, cucumber, ginger, carrot, beet and a little apple for flavor. Commit to having a shot of wheat grass every time you pass the health food store. Have a salad for lunch. Or even have a raw smoothie.

Drink Lots of Water: Again, an obvious suggestion when considering detoxification, but as with vegetables and fruit, most people don't drink enough water. It is probably the best thing for keeping the body clean and lightening the toxic load. Shoot for half your weight in ounces, so for example, if you weight 140 pounds, you would want to drink 70 ounces of water, which is slightly more than 8 glasses a day.

Exercise: Getting regular, steady exercise is a wonderful way to boost immune function and detoxify your body, not to mention the fact that it helps keep the pounds at bay, and we love that! Sweating is one of the ways in which your body eliminates toxins. You want to shoot for three to five, 20 minute cardio workouts a week to raise your heart rate and get you sweating.

Don't forget the weight training though ~

according to my trainer Jen, weight training is better than cardio to keep your metabolism running well, even hours after you left the gym.

If you are interested in a more vigorous detoxification protocol, I encourage you to fill out the toxicity questionnaire in my Healthy Lifestyle Newsletter. Just go to

http://www.lifestylenutrients.net/newsletters/April_May2008.pdf

to find out if you would benefit from a more prescriptive detoxification protocol. In the meantime, the suggestions above will definitely help get you started.

Barbara Mendez is a registered pharmacist and nutritional consultant in private practice in New York City. She is also the in-house nutritionist for the Harvard Club. For more information on Barbara, please go to her website at www.lifestylenutrients.net

Barbara is available for corporate lectures.