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Why Cleanse you ask???

According to USA Today, John Wayne had 40 pounds of impacted fecal matter in his colon when he died. Talk about a wake up call! It's true that the average person can carry as much as 10-25 pounds of fecal matter in their colon. This is someone of normal weight with no known allergies. Compare this with someone overweight and things can get much more complicated. Colon cancer is the second leading cancer in the United States and the numbers are growing. Not to mention the other colon, or intestinal related illnesses such as colitis and diverticulitis. These things are all just the tip of the iceberg. People in the health industry are also beginning to see correlations between the gut and overall health. Aside from a great diet and a healthy life-style, what do we do about this?

Here in the West, detoxification is seldom heard of. Most people believe the body, exceptional as it is, can rid itself of foreign substances naturally. Unfortunately this is only partially true. Provided adults get all the fiber, water and other macronutrients they need, the body does do a very efficient job flushing itself of undesired toxins. But just as a car needs an oil change, so too the body must be periodically flushed of impurities. There are many factors we cannot control such as environmental pollution, medications and pesticides which all have a profound effect on our health. We are constantly in contact with harmful substances without even being aware of it. It could take years before side effects of substances such as air pollution, rancid oils, food additives, or heavy metals make themselves known. Unfortunately in today's society, there are more toxins than ever before so we must protect our bodies the best way we can.

We all assume poor health is caused by viruses or bacteria when many times overall cell malfunction is to blame. With the right nutrients and a "clean body" there is a significantly smaller chance for harmful bacteria and viruses to flourish. Illnesses such as cancer, cardiovascular disease, arthritis, and neurological and autoimmune diseases are all associated with high levels of toxins in the body. Detoxification therapy has been shown to be extremely effective in preventing these illnesses.

An organ in our body which is seldom discussed is the liver and the extreme pressure put upon it every day. If our liver and gallbladder are to be effective they certainly can use help from time to time. Another result of detoxification is the purification of the blood and lymph. Our body is dependent on these fluids. They affect every system in the body and do their best work when they are "clean". Other benefits of a colon cleanse include distinguishing food allergies, jumpstarting a weight-loss program, and clearing up infections.

If you are interested in a cleansing program there are a few things to keep in mind: Firstly, have a nutritionist recommend the right program for you. There are many "detox kits" on the market and some are definitely better than others. Some can even be dangerous. A good program will generally consist of mild to moderate food constrictions, herbs, and probiotics to protect the digestive tract. We suggest setting aside the appropriate amount of time for the program, making sure it's not a stressful or busy week for you. We value rest and a peaceful night sleep to keep every system of the body alive and invigorated during the waking hours. Be sure to consult your nutritionist before, and mid-way through the cleanse to provide you with encouragement and motivation. Most cleanses suggest a few days of light foods, or juice fasts. The reason for this is because the digestive-stimulating herbs do their best work when the digestive tract is empty. Though it may seem difficult at first, remember the energy and vitality that are to follow as resistance to illness, increased energy and a reduction of allergic symptoms are just a few of the things to expect following a detox program.

The most interesting thing I have found when guiding clients through a cleanse is that most no longer crave the diet and life-style they once had. Even if we can learn to consume less refined processed foods, sugars, and caffeine it would be a leap in the right direction.

We nutritionists understand that everyone has a different genetic make up, gender, age, and life experience that created our physical being. Therefore, we draw attention to the specific needs of the individual while keeping within the guidelines of your program. Please consult your doctor before beginning any cleansing / detoxification program.

For questions regarding a cleansing program in the Los Angeles area, please contact me via email.
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