

## WHAT'S A CLEANSE?

Not a diet. Not deprivation. Not fasting. So what is it?

The purpose of a cleanse is to clear the body of foods and chemicals that you may be allergic or sensitive to. It's also an opportunity to rid the body of toxic burdens. At the same time it's meant to improve your body's ability to handle and dispose of these substances.

What are some of the places in which toxins come into our lives?

- ✓ pesticides in produce
- ✓ plastic drinking bottles (now you have glass!)
- ✓ phthalates and parabens in skin and hair care products
- ✓ solvents from paints
- ✓ hormones from meat that leak into our water supplies

What this means is that you'll be removing certain foods and food categories from your diet for the week while you're cleansing. Simultaneously, you'll be adding certain foods and nutrients that will enable you to improve your patterns of toxic elimination.

These modifications allow your body's detoxification machinery, which may be overburdened or compromised, to recover and begin to function efficiently again. They'll help the body eliminate toxins that may have accumulated due to environmental exposure, unhealthy food choices, caffeine, sugar, and alcohol. The things we don't have control over and the things that may have snuck back into your diet in the everyday flow of things that make you feel like you no longer have control over their inclusion. (Do we really need to be eating the samples at the grocery store or the leftovers off our kids' plates?)

Cleansing is a vacation for your internal organs—rest, relax, reset, refresh!

• • •