

Spring Cleaning

for Your Body



Detox
Day

Spring Cleaning

- Spring is a time when many people clean out their homes
- It's also a traditional time for cleaning out the body through the use of spring tonics and fasting



Emerging from Winter



- During the winter, people living in colder climates are typically less physically active
- And before the advent of modern transportation, people's dietary choices were limited as well
- Having no access to fresh fruits and vegetables their diets were mostly animal proteins, fats and oils, and heavy starches like grains and potatoes
- Unfortunately many people in modern society eat this way all year long

The First Foods of Spring



- When the first green plants of spring emerged, they would be welcomed and appreciated as the first sources of fresh plant food
- Many of these plants weren't just thought of as food either; they were considered spring tonics and many health benefits were attributed to them
- They were believed to thin the blood and invigorate the circulation to prepare the body for summer after the heavy diets and inactivity of winter

Spring Tonics



- **Examples include: Dandelions, red clover, nettle, cleavers, sassafras, docks such as yellow dock or sheep sorrel, lamb's quarters or goosefoot, raspberry and strawberry leaves, young garlic and onion greens, and mustard-family plants like watercress, shepherd's purse, and peppergrass**
- **Many of these plants cleanse the body by improving the flow of blood and lymph and flushing the kidneys and liver**
- **They can alkalize the system, reduce pain and irritation, clear up skin conditions, enhance immune function, and invigorate the body and mind**

Springtime Fasting



**TIME
TO
DETOX**

- Fasting is one of the oldest methods of cleansing the body
- In times past, fasting in the spring may not have been completely voluntary, as long winters may have left food stores depleted
- Spring is a time when fasting is indicated in many spiritual traditions
- These forty-day fasts are not total fasts but typically involve abstaining from the heavier foods eaten during the winter months, such as meat, dairy, eggs, and oil
- Adopting this type of fast can also be helpful in your “spring cleaning”

Some Valuable Spring Tonics





Wild Spring Foods

- Dandelions
- Stinging Nettle
- Cleavers
- Shepherd's Purse
- Chickweed
- Watercress
- Wild Mustards
- Storksbill
- Clover

Spring Tonics from the Grocery Store

- Beets with greens (scallions)
- Kale
- Asparagus
- Mustard greens
- Radishes
- Collard greens
- Rhubarb
- Swiss chard
- Green onions



Juicing with Spring Tonics

- **Make a batch of fresh juice every day using whatever fruits and veggies appeal to you**
- **These include apples, carrots, celery, and beets**
- **Add various spring tonic herbs to your juice**
- **These can include dandelion greens, beet greens, kale, and/or Swiss chard**
- **You can also add powdered herbs like nettles, wheat grass, barley grass, spirulina or a Whole Food Green Drink powder**



Spring Tonic Smoothies

- Use fresh or frozen berries and fruits like blueberries, raspberries, strawberries, pineapple, and papaya
- Add small amounts of fresh greens to the smoothie, such as cleavers, chickweed, dandelion greens, shepherd's purse, or beet greens
- Powdered greens or a Whole Food Green Drink powder can also be added



Fasting for Spring Cleaning



Fasting and Health

- **Studies have consistently shown the only way to prolong the life of laboratory animals is to reduce their caloric intake**
- **This is why periodic fasting will not only make you a healthier person, it can also extend your life**
- **Given the high calorie, nutrient poor diets of most Americans, a modified fast (abstaining from certain foods) rather than a total fast (abstinence from all food) is best**



Low Calorie, High Nutrition Fast

- Fast from all processed foods (canned foods, prepared foods, etc.) and all heavy-calorie foods like red meat, poultry, cheese, vegetable oils, and refined sugars and starches
- Consume a diet of primarily low-calorie, nutritionally-dense foods
 - Low starch vegetables and low sugar fruits (low glycemic foods)
 - Fish, eggs, and fermented dairy foods for protein
 - Grass-fed butter, coconut oil, and high-quality olive oil for fats
- This fast gives the digestive organs a rest, reverses chronic inflammation, reduces aches and pains, and provides the body with the nutrients it needs to repair damaged tissues



Juice Fasting

- **Juice fasting is one form of modified fasting that many people have found beneficial**
- **It involves abstaining from all solid food for a period of several days to weeks and drinking only fresh, raw fruit and/or vegetable juices**
- **If you have a juicer, you can make your own fresh juice**
- **You could also use frozen or fresh fruits and fresh greens and blend them into a Spring Tonic Smoothie as previous described**



The Master Cleanse

- In *The Master Cleanse* book, Stanley Burroughs shares a juice fast involving making fresh lemonade with maple syrup
- To make the lemonade mix the juice of four fresh lemons and an equal amount of maple syrup into a half gallon of water
- You can adjust the amounts to suite your taste but it's best to use grade B or even grade C maple syrup because it is less sugary and has a higher mineral content
- Drink this fresh lemonade, along with extra water, throughout the day during the entire period of the fast



Fasting Tips

- **While fasting juice fasting or partial fasting you should drink 6-8 cups of pure water each day**
- **If you're constipated, take some cascara sagrada or a Stimulant Laxative Formula for the first few days, just to get the cleansing process started**
- **Also, if you feel light-headed or dizzy try adding a protein powder to the juice or smoothie and/or adding a bit of high-quality fat such as an avocado or taking a couple of spoons of coconut oil every day**



Length of Fast

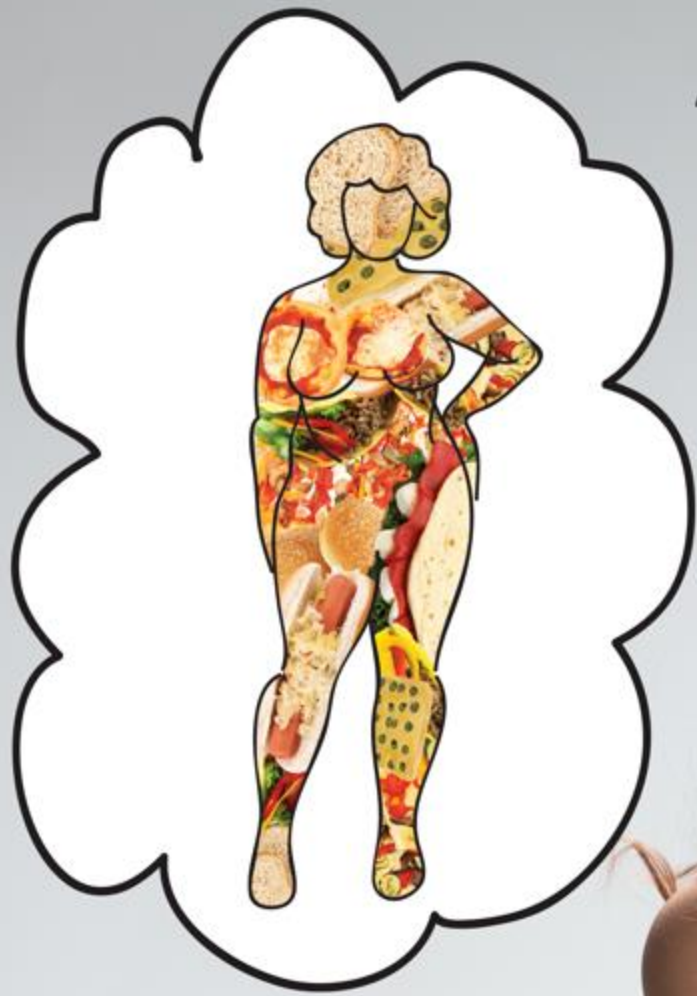
- The hardest part of the fast is the first three days
- It gets easier as your metabolism resets
- Once you're past the initial three days, you can safely continue this type of fast for few more days or even up to three weeks
- Only continue if you are feeling good



Breaking a Fast

- Listen to your body and discontinue the fast whenever you feel like it
- Don't eat a heavy meal immediately when breaking the fast
- Break a total or juice fast with a light meal of vegetables and a small amount of protein
- Break a modified or partial fast by gradually introducing heavier foods





Pre-Packaged Cleansing Programs

Spring Cleaning Using a Cleansing Program

- You can combine a spring tonic fast, juice fast, or modified fast with a cleansing program
- When doing so you may wish to reduce the number of packets from two a day to one a day, especially if your bowels become too loose
- At the very least, fast from refined and processed foods when doing the cleanse



Chinese Balanced Cleansing Program

- **Chinese Wood Decreasing Formula**
- **Special Cellular Cleansing Formula**
- **Stan Malstrom's Lower Bowel Formula**
- **Psyllium hulls**
- **Burdock**
- **Black Walnut**
- **Good cleanse for clearing the liver, lymphatics, and digestive system**
- **Works on all elimination systems both internal and external**
- **A gentle-acting cleanse that improves overall health**
- **Adding extra fiber may be helpful for some people**

Ivy Bridge's Cleansing Program

- **Fiber Packet (psyllium, aloe vera, chlorophyll, and bentonite)**
- **Environmental Detoxifying Formula**
- **Bowel Formula**
 - **Stan Malstrom's Lower Bowel Formula**
 - **OR Gentle Bowel Cleanse Formula**
- **Stronger colon cleansing program**
- **Contains fiber for absorbing irritants in the GI tract**
- **May be a little harsh for people with inflammatory bowel problems**
- **Can also be used as a daily (one packet a day) cleansing program**

Weight Loss Cleanse

- **Intestinal Detoxification Formula**
- **General Glandular Formula**
- **Paavo Airola's Liver Cleanse**
- **Skinny Formula**
- **Environmental Detoxification Formula**
- **Stan Malstrom's Lower Bowel Formula**
- **Chromium**
- **General cleanse with specific action to decongest the liver and tone up the intestinal tract**
- **Works on all elimination systems both internal and external**
- **Also contains herbs to balance blood sugar and the metabolism**
- **A useful cleanse for a spring cleaning and weight loss program**

**Wishing You a
Healthy, Happy
Spring!!!**

