

# Spring Detox

Feeling sluggish and under par? Want to shed excess weight and prevent breakouts? It is time for a detox. Revive your energy, get clear skin and spring into shape with these simple, effective tips.

## Eat revitalising foods

The easiest way to start detoxing is by increasing your intake of fresh foods bursting with vitality. Artichokes, broccoli, spinach, beetroot and *mung* beans are excellent cleansing foods. Include more green leafy vegetables by choosing salads. Make your plate colourful to benefit from different nutrients. Choose lean protein such as beans, pulses, quinoa and fish. Snack on berries and seeds. If you want to feel alive, have more living foods.

## Avoid vitality robbers

Gradually remove caffeine, alcohol, sugar and sugary foods, wheat, dairy, animal products and processed foods. These foods are acidic, clogging and draining on the system. Replace coffee with herbal teas, alcohol with non-alcoholic drinks, sugary foods with fruits, wheat with other grains, dairy with goat's products, and animal options with their vegetarian counterparts. The result of this: you will feel lighter, brighter and more energised.

## Drink plenty of water

It is very important that you drink lots of water while detoxing. Water aids elimination, helps boost metabolism and keeps energy levels up. Drink at least two litres of water a day. Choose still water at room temperature and sip it throughout the day.

## Take up skin brushing

Skin brushing is a great way to eliminate cellulite, soften the skin and stimulate circulation. The best time to do it is before a shower. Use a natural bristle brush. Start from your feet, making upward strokes towards your heart. Try it, it is wonderfully energising!

## Step up your exercise routine

Exercise is essential when it comes to removing toxins from the body. Choose for 30



minutes daily an activity you enjoy. Try CherryActive juice to reduce aches and pains (available at [www.cherryactive.co.uk](http://www.cherryactive.co.uk)). Exercise keeps you looking and feeling younger, so no excuses.

## Love your gut

A healthy digestive system is the cornerstone of good health and vital for overall immunity. The easiest way to detox and strengthen the gut is by

eating less, having smaller, lighter meals and undergoing a vegetable juice fast. Support it with a good probiotic like BioCare's Bio-Acidophilus Forte (available at [www.biocare.co.uk](http://www.biocare.co.uk)). Your gut will thank you for it and you will feel lighter and better on the whole.



## Support your liver

The liver is the main organ of detoxification. All naturally bitter foods such as rocket and dandelion leaves are great liver foods. Nettle and dandelion teas make good liver boosting drinks. Milk thistle is a wonderful herbal support. A healthy liver enables a smooth flow of energy through the body, balances hormones and keeps your body trim. So keep your liver happy!

## Get things moving

Once your liver has let go of the accumulated toxins, it is vital that your main routes of elimination are open, especially the colon. The colon needs to be evacuating as often as possible to escort the waste and toxins out of the body. Use ispaghula powder to keep your bowel movements regular.



## Choose the best supplements

Wheat Grass Elite by Pure-XP – a 100 per cent organic wheat grass juice powder with

GliSODin – tops my list of supplement recommendations. It contains the highest levels of naturally sourced chlorophyll, active enzymes, minerals and vitamins. This is a first-class detoxifier, energiser and skin rejuvenator. Available at [www.pure-xp.com](http://www.pure-xp.com)



For an all-in-one product, try Patrick Holford 9 Day Detox Pack. It combines antioxidants, digestives and liver support in a handy blister pack. It is great for supplementing a detoxifying diet and rejuvenating the body. Available at [www.biocare.co.uk](http://www.biocare.co.uk)

## Enjoy Zen moments

Slow down to enjoy life more and savour life's simple pleasures. Focus on your innate happiness. Take time off to relax. Meditate. Sleep more. It will do wonders for your mind, body and spirit!

**Note:** Always consult a doctor or a nutritionist before changing your diet, embarking on a detox or taking any supplements. □

■ With a flourishing private practice on prestigious Harley Street in London, Akcelina Cvijetic is Nutritionist and Life Coach to the royal family, celebrities and business people

