

# How well do you feel?

I'm sure it's no great surprise to you that our modern lifestyle can sometimes take a toll on the health of our body. Many of us live very busy lives, relying on quick take away meals or heavily processed packaged foods, caffeine to give us an energy boost, or alcohol to wind down after a hectic day. Our stress levels can run higher than they should, and exercise and self-care can often take a back seat. We are exposed to chemicals in our environments, and our bodies can also create their own toxins due to imbalances in the types and function of the bacteria in our gastrointestinal tract. Our body has natural detoxification systems, but exposure to these chemicals and toxins and lack of nutrition can lead to them becoming overburdened and not able to function effectively. Over time, the combination of these factors can leave us feeling tired, run down and unwell. Luckily, there are things that we can do to help, and a nutritional cleanse is one of them.

Cleansing is a process where we focus on giving our body optimal nutrition through eating a wide variety of fruits, vegetables, nuts, seeds, legumes and fish, whilst minimising substances that may be detrimental or inflammatory to our bodies, such as processed foods, coffee, alcohol, refined sugar, red meat, wheat and dairy products. Having a break from these foods, whilst improving your nutrient intake, can help to support our bodies' natural detoxification pathways and help them to function at their most optimal. The results of this can be an improvement in energy levels and digestion, better sleep, clearer skin, and an overall feeling of being more well.

During the cleanse we encourage you to try a range of organic and seasonal produce, wholegrains such as rice or quinoa, coconut products, herbal teas, and fermented foods such as sauerkraut or kimchi. We also recommend taking supplements that contain nutrients and herbal remedies that further help to support the detoxification organs such as the liver, kidneys and gastrointestinal tract, in order to help them work more efficiently.

Whilst most people feel fantastic after a cleanse, the first few days can sometimes cause some uncomfortable side effects, such as lethargy, nausea or headaches, especially if you were consuming a lot of caffeine or sugary foods in your diet previously. This is usually short lived, and for most people only lasts a few hours to a few days. There are some instances where it isn't recommended to cleanse, such as in pregnancy or when breastfeeding, or during some chronic illnesses, recovery from surgery, or whilst taking some medications, and in these cases it's best to talk to your healthcare practitioner and discuss what would be best for you.

Our next cleanse will begin on **Sunday April 15<sup>th</sup>**, and we'd love you to join in! You will receive support and guidance from us along the way as well as recipe ideas and access to a motivating Facebook group with others who are undertaking the cleanse. If you'd like to join, please speak to us and we'll give you the full details.

