



## Spring Clean and Detox your Body for Vibrant Health - Part 1 of 2

Spring is here and it is not only a perfect time for home spring cleaning, but it is a perfect time to spring clean and detox your body as well. In your home, you organize and clean out the clutter and while doing this, you dust and clean every corner of your home, inside cabinets and closets that have been accumulating debris all winter. Well just as you are doing this in your home, your body needs the same attention. Every cell of your body needs a chance to detox debris that may be sitting there from exposure to heavy, high-fat foods that you consumed all winter and possibly some toxins that accumulated as well. This is such a critical and extensive topic that it couldn't all be presented in one blog. So be sure to check out my blog next week for a continuation of the detox discussion!

Having a regular schedule of cleansing and detoxifying your body will help you not only to prevent illnesses but also will help you to ease symptoms of, and possibly even reverse, many common and serious health challenges.

As spring is a time of renewal, once you have done a bit of internal spring cleaning, you will feel invigorated and inspired to lead into summer with renewed energy and vitality.

Here are some basic steps to get started:

- 1) **Start by cleaning up what you feed your body. By eating a “cleaner” diet, your body will naturally begin to slowly purge and cleanse.**
  - a. **Consider drinking fresh clean filtered or spring water.** Being hydrated is so important to aid your body in the detox process. Always start your day with a simple glass and include several glasses mostly between meals throughout the day. Include a squeeze of fresh organic lemon or lime juice to help hydrate your cells and to help detox and rejuvenate your liver.
  - b. **Fresh vegetable and fruit juices are a very important and an amazing way to detox your body while providing incredible nourishment.** Since your body is not working hard to digest heavy foods and fiber, the nutrients from fresh juices are able to be absorbed immediately and directly into every cell of your body. This also allows your cells to dispose of anything unwanted while getting a boost of antioxidants and phytonutrients. Consider trying a nice delicious combination of greens, celery, and cucumber, and add carrots and beets for flavor and sweetness. Try dandelion, the green of choice to rejuvenate the liver in the springtime. Mother Nature knows best and each Spring she reminds us how important dandelion greens are by placing them everywhere for us to see! Visit the section on juicing ideas in my recipe book titled “Fabulous Recipes for Vibrant Health” at <http://www.janetmckee.com/books.php> for great tasting juice combinations and ideas. Wheat grass juice is always a fantastic choice for detoxifying and alkalizing your body. Contact Cecily Routman of Juice Heaven at (412) 758-3269 to learn more about growing and juicing wheatgrass or to pick up a fresh tray to go. Juice Heaven's web site is:  
[http://web.me.com/tomcecilyam/Juice\\_Heaven\\_LLC/Welcome.html](http://web.me.com/tomcecilyam/Juice_Heaven_LLC/Welcome.html)
  - c. **Consider only plant-based foods while cleansing and detoxing.** This includes a diet rich with a wide variety of fresh fruits and smoothies, fresh salads and wraps, light soups, and steamed veggies with brown rice or quinoa. Always save room for some of my



famous, truly healthy desserts. Be sure to refer to my book, “Fabulous Recipes for Vibrant Health” for great recipe and meal ideas at <http://www.janetmckee.com/books.php>.

- d. **Consider organics where possible to avoid consuming pesticides, herbicides, and fungicides.** The goal here is to eliminate toxins from your body, not add to them!

Keep in mind that as you purge toxins from your body, you may feel worse before you feel better. This is completely normal and nothing to become alarmed about. However, if you have any questions at all, don't hesitate to contact me at 724-417-6695. Stay tuned for the second part in this series and wishing you the best of health!