Summer detox

Fresh foods for a healthy cleanse

Joanne Carr, RHN

Summer is a wonderful time to start a detox diet. With the arrival of warm weather along with the availability of plentiful organic fresh fruit and vegetables, it is much easier to detoxify. With a new bounce in your step, the results of enjoying summer’s bounty will be well worth the effort.

Detoxification is a natural process that removes impurities from your body and leaves you feeling healthy and energized. After completing the detox process, many people report feeling lighter in body, mind, and spirit. They also report clearer skin, weight loss, and a lessening or complete disappearance of bothersome symptoms such as sinusitis, digestive disorders, mood swings, fatigue, and high blood pressure.

For a simple summer detox, focus on a few key elements:
- super-healthy liquids to flush out the body while pouring in nutrients
- fibre to keep your gastrointestinal tract functioning optimally
- foods that energize while cleansing the liver, your body’s built-in detoxification centre

Try adding the following 10 top foods to your grocery cart for a simple, effective detox during the summer months.

1. LEMONS
Fresh lemonade is a wonderful, healthy treat during the summer months. Lemons are extremely high in vitamin C, which helps flush heavy metals such as lead, mercury, cadmium, and aluminum out of the body. They also possess laxative and diuretic properties, which rid the body of waste.

2. PARSLEY
Parsley has a wonderful detoxifying effect on the bloodstream. It is beneficial for the health of the colon, lungs, liver, kidneys, and spleen. It provides the body with many vitamins and nutrients, such as vitamins A and C, as well as chlorophyll.

3. GREEN LEAFY VEGETABLES
Eaten raw, thrown into a broth, or added to juices, leafy greens are an important part of a detox diet. The chlorophyll they contain helps rid the body of environmental toxins, such as heavy metals and pesticides, while at the same time protecting the liver.

Eating green leafy vegetables enables the body to cleanse itself more effectively. These foods contain phytochemicals that increase blood flow to the liver and kidneys to enhance the detoxification process.

4. GREEN TEA
In recent years antioxidant-rich green tea has gained a well-deserved reputation as a health-promoting beverage. Research studies have shown that compounds in green tea help boost the production of detox enzymes that neutralize cancer-causing substances. There is also some suggestion that green tea protects the liver and digestive tract from disease.
Why choose Slimmer System

- Helps you manage your weight in two ways: it decreases appetite and the urge to snack and it increases the body's metabolism to increase the amount of calories burnt.
- Offers a daily antioxidant super charge of 525 mg of pure EGCg from 700 mg of 75% EGCg for weight loss and breast protection. The green tea medicinal isolate (EGCg) is proven effective in preventing breast, lung, mouth, stomach and prostate disease by preventing cells from becoming sick, inhibiting growth of damaged cells and attacking or inducing death in diseased cells.
- Increases overall energy and inhibits the formation and buildup of fat.

5. GARLIC
Well-known for its aroma and flavour, garlic should definitely be included as part of any natural detoxification program. Allicin, a compound found in garlic, is extremely effective in killing a variety of bacteria, viruses, yeasts, and parasites. Garlic's hard-working antioxidants, including its sulphur compounds, vitamin C, and flavonoids, combat free radicals and keep them from damaging the body.

6. ARTICHOKEs
Artichokes have had a long and successful history of use in herbal medicine. They are said to reduce fatty deposits in the liver and to assist in the proper function of the gallbladder, essential to proper digestion. They are also believed to have a diuretic effect.

7. WATERCRESS
The peppery little green leaves of the watercress plant unleash detox enzymes in the body and may act directly on particular toxins. They are rich in minerals and chlorophyll, which promote healthy blood and circulation. Watercress also works as a diuretic by helping to flush out unwanted toxins.

8. BEETS
Beets are extremely effective for liver detoxification. They help digestion and stimulate both the kidneys and lymphatic system. Red beets are a rich source of potassium, phosphorus, magnesium, calcium, fibre, phytochemicals, and antioxidants.
9. BROCCOLI SPROUTS
Researchers have isolated a key component of broccoli called sulforaphane, which is believed to stimulate enzymes in the body that play a role in detoxification. Broccoli sprouts contain high levels of sulforaphane. They have been found to contain 10 to 100 times more sulforaphane than mature broccoli. These small but nutritionally powerful veggies can be found at your local health food store.

10. FRESH FRUIT
Full of vitamin C, fibre, nutritious fluids, and an endless supply of antioxidants, fruits are an important part of any detox program.

Watermelon is one of the best detox fruits due to its high water content. It leaves your stomach full for a longer period of time and helps flush out environmental and dietary impurities from your body.

Apples are wonderful for detoxifying the bloodstream and supporting the lymphatic system. Pectin, a type of plant fibre found in apples, is especially helpful in maintaining healthy digestion. It helps prevent the absorption of toxic heavy metals, such as aluminum, mercury, and cadmium, in the intestinal tract and ensures they are quickly removed from the body.

Joanne Carr, RHN, has 12 years of experience as a registered holistic nutritionist. She has lectured at natural health product seminars across Canada and also contributes to various health publications.

Why choose Hospital Bacteria Defense

- A unique probiotic that provides resistance to *Clostridium difficile* that causes diarrhea and other serious intestinal conditions
- Survives gastric acidity and delivers 5 billion beneficial cells to your intestines
- Not adversely affected or inhibited by antibiotics; can be taken with other probiotics; and does not alter or affect normal intestinal flora
- Also attacks and kills *Candida albicans* cells