



COLOR MY FOOD

Nutritional Therapy with Diana Galindo

3 Powerful Detox Practices

Did you know your body has a natural detoxification process? This is how it repairs and heals itself.

But when your detoxification systems become overloaded, they get sluggish, and toxins remain active longer than your systems can handle. This can lead to symptoms such as:

- Digestive discomfort - bloating, reflux, feeling gassy, constipation
- Skin issues - eczema, acne
- Brain fog and mood swings

Chronic impediments to your body detoxifying processes can lead to chronic diseases such as gastrointestinal and/or cardiovascular disorders, diabetes, and higher risk of cancer.

These practices will naturally help cleanse your body. In addition, they can also:

- boost your metabolism
- improve digestion and GI issues (bloating, gassiness, constipation)
- enhance your energy level and focus

Flush out the Toxins

Drink filtered water first

After you wake up in the morning, drink filtered water before drinking or eating anything else.

This will help release toxins your body has worked throughout the night to remove.

Make a morning detox tea

This tea helps cleanse your body. And will boost your immune system as well.

12 – 16 oz warm water

1 – 2 tablespoons apple cider vinegar

1 – 2 tablespoons lemon juice

1 teaspoon raw honey

1/2 teaspoon cinnamon

Pinch of cayenne (optional)

Variations: Add 1/4 teaspoon ground ginger, or 1/4 turmeric with a pinch of black pepper.

Apple cider vinegar (ACV) has been consumed for more than 5,000 years. ACV has antibacterial properties as well as health-promoting probiotics and enzymes. In addition to helping your body detox, there are additional benefits to using ACV regularly:

- improves digestion
- stabilizes blood sugar
- lowers cholesterol
- improves skin health

Lemon juice has an alkaline effect on your body and has similar effects as ACV.

Prep detox water for the day

Make a pitcher of filtered water with slices of fruit, herbs, cucumber. Build it into a daily practice. Some ideas to get started:

- Cucumber, lemon, mint
- Strawberry (frozen), lemon and mint
- Citrus slices (orange, lemon, grapefruit)
- Berries, fresh or frozen

Sparkling Water Spritzer

Use sparkling water in wine glass

- Add fruit, herbs of choice
- Add a splash of cranberry, pomegranate or grape juice
- Mix half and half with a cold ice tea

Dry Brush Regularly

Think of your lymphatic system as the housecleaner of your immune system. The lymphatic system is a network of nodes, vessels, glands, and organs. It carries the waste out of your tissues and into the blood stream to be filtered through your spleen.

Dry brushing is an ancient ritual that stimulates blood circulation and lymphatic system, helping your body flush out waste and toxins. Keeping your lymphatic system functioning properly contributes to **a more resilient and reactive immune response and defense.**

Your skin is your largest eliminative organ. If it is clogged, its ability to eliminate toxins is handicapped.

Use a natural bristle brush.

- Begin with the soles of your feet

- Use circular motions to brush upwards towards your heart: feet, legs, hands and arms, your back, and abdomen
- Brush over each area several times

Dry brushing also exfoliates the skin. A nice benefit is minimizing cellulite. This happens by increasing blood circulation to the skins. It softens fat cells under your skin helping to release toxins from within

Take an Epsom Salt Bath

The two main ingredients of Epsom salt are **magnesium** and sulfate. Epsom salts are made of magnesium sulfate. Soaking in an Epsom salt bath is a mild form of magnesium therapy. Magnesium is an essential mineral that plays a role in over **300 enzymatic reactions** in your body that range from regulating blood pressure and supporting metabolism to keeping blood sugar levels stable and removing toxins. Sulfate can strengthen the walls of your digestive tract and make releasing toxins easier. The combination of both ingredients (magnesium and sulfate) stimulates detoxification pathways.

Heat is a great resource while cleansing. A warm promotes sweating, which may help your body draw out toxins and release them from the pores.

It's an ideal way to end the week. Healthy magnesium levels can also boost brain neurotransmitters that induce sleep and reduce **stress.**