

Growing Together Through Connections



Love Your Guts!—Fun & Easy 24-Hour Cleanse

Why a Cleanse?

The most obvious reason is the health of your body. A nutritional cleanse is like cleaning the gutters of your house. When they are clogged, the acidity creates rust and leaks. It is the same inside of the body, creating digestive problems like gas, bloating, acid reflux and constipation.

Scientists have discovered that three quarters of your immune system resides in your gastrointestinal tract. It influences how you think, feel and sleep. "A healthy gut is important for resisting illness and for feeling sharp, calm, motivated, satisfied—even happy," says nutritionist Anne Loise Gittleman, Ph.D. author of *The Gut Flush Plan* (Penguin, 2008).

Flush out your body!

To get you on your way to vibrant digestive health during the holidays, I designed this one day gut-friendly cleanse:

Morning

6:30 a.m.: Wake up, drink two glasses of pure water; it dissolves fat and toxins out. Walk, do yoga or stretch. *Breathe;* breathing massages your internal organs.

7:00 a.m.: Take three capsules of probiotics or 1 oz. liquid probiotics.

8:00 a.m.: Get your juicer out. Juice apples, celery, lemon, and ginger. Take two to four capsules of fiber supplements with juice; it may help prevent constipation.

Breakfast

1 cup of cooked organic oatmeal with flax seeds, almond milk or kefir and a cup of tea (warm water dissolves fat in the body).

10:00 a.m.: Drink two glasses of water. Have an 8 oz. smoothie (almond milk, 1/2 banana, a fruit of your choice and a scoop of superfood).

Move for 15 minutes. "Exercise gets your blood pumping and increases your metabolism," says Gary Huffnagle.

Lunch

12:30 p.m.: Drink two glasses of water. Have a warm nurturing soup (beans, pumpkin, onions or broccoli). Add avocado. Sit down, savor each bite, and chew up to twenty-three times, until it has the consistency of apple sauce. This prevents undigested chunks from turning rancid in the GI tract and it increases the digestive juices that break down carbohydrates.

3:30 p.m.: Drink two glasses of water. Have an 8 oz. smoothie or an apple with raw organic almond butter. Stretch.

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"Slumping puts pressure on the belly which can send stomach acid into the esophagus and cause reflux. It also can compress the intestines, slowing circulation and tightening the diaphragm, leading to constipation," advises Janice Novak, author of *Posture, Get it Straight!*.

Dinner

6:30 p.m.: Drink a glass of water and a glass of carrot, celery or ginger juice. Have a miso, seaweed soup with a cup of quinoa or brown rice, garnish with parsley pesto. Fermented foods like miso provide good bacteria to the gut. Parsley is high in magnesium and cleanses the kidneys. Olive oil lubricates the intestines. "Eat smaller portions, the size of your two palms. It's easier to digest because your body has a limited supply of enzymes for each meal," says Anne Louise Gittleman, author of *The*

Gut Flush Plan.

Plan to finish eating dinner three hours before bedtime. Sleeping with a full stomach can give you indigestion and lead to weight gain.

7:00 p.m.: Take a fiber supplement. Walk 15 minutes with your dog or a friend to move your lymphatic system.

Bedtime

10:00 p.m.: Get at least seven hours of sleep. It will regenerate your liver and gall bladder. Do a belly rub: lie on your back in your bed and apply pressure clockwise. Repeat three times. Or apply a hot-water bottle over the abdomen for five to ten minutes. "Heat from a belly rub or a hot-water bottle increases the peristalsis, easing gas, cramps and other discomforts," advises Steve Meyerowitz, author of *Food Combining and Digestion* (Sprout House, 2002).

Solutions to cleanse and have vibrant health:

- Drink 1 gallon of water and fresh juices daily
- Eat organic, regional, seasonal fruits and vegetables.
- Colon Hydrotherapy
- Eat cleansing herbs
- Exercise and breathe more
- Sauna and Ion Foot Bath.

By Christine Esters

Christine Esters knows what it takes to create and achieve a successful cleanse. She does it herself several times a year. Over the last ten years, Christine has taken hundreds of people through cleansing programs. She has worked with three M.D.s in Santa Rosa and with Tony Robbins at Life Mastery in Puerto Rico. She is also a certified Colon Hydrotherapist. Christine has devoted herself to helping others succeed in cleansing body, mind and spirit to become more of who they are. Please call for a free consultation: 707-545-2423 • www.adventureinwellbeing.com.