

Fall Seasonal Cleanse

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At Apurva Ayurveda Healing we firmly believe in Ancient Healing Techniques for Modern Living. In this topic we will hit the reset button on your diet so you can improve your digestion, boost your immunity and feel nourished and physically fit for the upcoming fall season?

Learn how to prevent the accumulation of toxins, illness and disease.
Learn how to promote well being, increased energy and optimum health.

Don't forget that BEAUTIFUL SKIN IS A REFLECTION OF WHAT'S GOING ON INSIDE US.

Autumn is actually the more appropriate season to think about purging the old. Just like the tall maples, we must shed our leaves and cleanse before the winter. A fall detox cleanse will help to stave off seasonal colds, keep your immune system healthy, and prepare your organs for the colder months ahead. Best of all, the fall cleanse doesn't require a straight-up fast.

According to a Specialist Health Coach, the fall detox should be all about the lungs and the large intestine. In both alternative and conventional medicine theory, these organs are linked to skin and breathing problems like asthma, eczema, rashes and dry skin-all of the most common things to ail us in the colder months.

To support the lungs and large intestine, Health Coach recommends limiting sugars, flours, dairy and alcohol for a healthy, mucus-free stomach. And for opening the nasal passages, drinking fenugreek tea. I love that warming spices like cinnamon, nutmeg and cloves-the ones we use anyways in our fall baking recipes-actually support both intestinal and respiratory health, so it's just perfect that they are good for both our health and the flavor of our foods during this season.

Feeling sluggish or out of sync? Struggling with skin problems, aches and pains, or digestive problems? Can't seem to lose weight? It might be time for a body detox. Detoxification is about resting, cleaning and nourishing the body from the inside out. By removing and eliminating toxins, then feeding your body with healthy nutrients, detoxifying can help protect you from disease and renew your ability to maintain optimum health.

Basically, detoxification means cleaning the blood. This is done by removing impurities from the blood in the liver, where toxins are processed for elimination. The body also eliminates toxins through the kidneys, intestines, lungs, lymph and skin. However, when this system is compromised, impurities aren't properly filtered and every cell in the body is adversely affected.

A detox program can help the body's natural cleansing process by:

1. Resting the organs through fasting;
2. Stimulating the liver to drive toxins from the body;
3. Promoting elimination through the intestines, kidneys and skin;
4. Improving circulation of the blood; and

5. Refueling the body with healthy nutrients.

Seasonal changes can be tough and confusing on our bodies and our eating patterns. Foods you loved during the summer may not be hitting the spot right now. Get ready to stop indulging in the foods that are slowing you down, foraging for those extra treats and calories, and feeling like you're a chipmunk storing food, fuel and body fat for winter. Prepare yourself for the long winter months by boosting your immunity, decreasing your internal inflammation, and supporting one of your most important organs of elimination and detoxification.

Learn what to eat & how to prepare it to feel inspired to nourish yourself with delicious & nutritious fall foods and recipes that will take you long beyond your week of cleansing!

FALL DETOX JUICES

For a fall detox cleansing juice, stick with fall fruits and vegetables. Many believe it's best to have fresh fruit juices in the morning and vegetable juices in the afternoon. Fall foods to use in your cleansing juices are grapes, apples, beets, leafy greens, and a hint of lemon (but don't overdo the citrus). Here's one of my favorite fall detox juice recipes:

DETOX BEET & APPLE JUICE

Ingredients

1 medium beet

1 large apple

3 radishes

1 cup fresh kale leaves

Method: Place all ingredients in the juicer or blender and process.

FALL DETOX MEALS

You don't have to simply fast in order to detox. By enjoying lightly-prepared seasonal foods that support your organs' optimal functions, you're also working in a very important cleanse. For your fall detox meals, enjoy lightly cooked whole grains, seasonal squashes, and cooked root vegetables. Even if you're normally a meat-eater, now's the time to rid the body of excess proteins and fats, so forgo animal products and stick to plant foods. And don't forget to add those warming spices to your meals, which will enhance your lungs and large intestines. Try our staff's favorite fall cleansing recipes:

1. Thai Roasted Squash Soup

2. Organic Bombay Popcorn

3. Butternut Squash Soup with Sage

4. Pumpkin Soup

Seasonal cleansing is one key to restoring your health. It's your ticket to transformation.

RETREAT TO RESTORE YOUR ENERGY NOW!