

Spring Seasonal Cleanse

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Spring is the season to revitalize and freshen-up. It is the time of year that welcomes rejuvenation. With the return of warmth and sunlight, the body begins to ask for more flexibility and stir. This happens because body can sense this change in season at cellular level; so, in Springs we feel a deep urge to cleanse and detoxify ourselves.

How do these toxins get assimilated in our bodies?

Human bodies are just like flowers and therefore, we also absorb toxins in form of preservatives, pesticides, stimulants and heavy metal through food, water and air. Luckily our digestive, endocrine and circulatory systems are already equipped with mechanisms to detoxify our body, but in winters due to inaction or little or no exercise, our body's detoxification function lowers and toxins get accumulated into our bodies.

How is Spring a natural detox?

Spring is said to be Mother Nature's detox season. You feel natural urge to detox your body of winter heaviness. Moreover the bitter roots, sprouts, greens and berries of spring season and spicy, bitter, astringent foods help you to remove impurities and to exit fats and proteins out of your body. Spring is the best time to detoxify because:

- The body itself is in the mode of eliminating toxins
- Frozen 'ama' (or impurities) starts to melt
- Spring important season for disease prevention and immunity boosting

What are the advantages of Ayurvedic Detoxification?

Ayurvedic detox is always advantageous as it helps to rebalance the body and eliminate diseases, Detoxification relieves your body to all the toxins. Ayurveda particularly recommends a detoxification program comprising of detox diet, routine and asana in spring season. It is so, because in the spring season, natural cleansing and revitalizing mechanisms of the body are at the highest. The effective Spring detoxification or cleansing stays with you long after the process is complete.

Join Apurva Ayurveda Healing to experience the change designed individually for you. Our Spring detoxification program is crafted so uniquely for each individual so that the cleansing experience will be replenishing and revitalizing for him or her.