

What is the Best Season for Detox?



HOW TO USE THIS WISDOM?

Whether you're planning a fast, a facial, visit to the sauna or simply want to increase your intake of cleansing teas to give your body a boost, plan according to the lunar laws of nature and you'll experience increased cleansing, fewer detox symptoms and longer lasting effects. On the actual day of the new moon would be a good time to reduce food intake and increase hydration.



OUR BODIES ARE AMAZING!



They deal with constant waves of harmful toxins from within and without, and still keep on ticking. Unfortunately our cleansing systems are often overworked and waste builds up in our bodies. When waste accumulates, chronic conditions can develop. This is one of the ways our body degenerates.

WHY IS SUMMER A GOOD TIME TO DETOX?



- When it's warm out, it is easier for the body to be in a detox process.
- Eating raw and light food is what we already crave in the summer.
- There is an abundance of fresh organic fruit and vegetables available so you can eat a wide variety of fresh produce.
- Watermelon is in season and it is one of the best foods to detox with.
- When it is hot outside, we are eliminating by sweating and this means we are naturally releasing toxins.
- We all like to look great in shorts or a bathing suit so there is motivation.
- You may have a lighter workload, so summer can be the perfect time for you to detox all of your body, mind and soul.

WHY IS AUTUMN A GOOD TIME TO DETOX?



- Last chance to detox and lose those extra few pounds before winter.
- Immune Strengthening!
- A build of toxins stresses the immune system; it is good to detox before winter.

There has been a trend to detox and cleanse all year round. A detox/cleanse done improperly can create an imbalance as it can push toxins deeper into the body.

WHY WINTER IS NOT THE BEST SEASON TO DETOX:



- In the winter our body is tired and cold. Time for rest and deep nourishment, and to recharge our energy stores to keep us strong for the season we are in.

- We perspire less in the winter. When we cleanse we are loosening the toxins but they stay in the body.

- It is natural to eat root vegetables and our body craves denser foods to deeply nourish our body to help keep us warm.

WHY IS SPRING A GOOD TIME TO DETOX?

Spring brings new growth and regeneration; it is a good time to refresh our systems.

Waste builds up during the winter so we need to clean out.

According to the Chinese, spring is the time to cleanse and nourish the liver!

The transition from winter to spring is a great time to move towards losing weight and cleanse accumulated toxins from the body.



If it is summer you will get a stronger detox. If it is fall or winter you will get the cleanse appropriate for that plus the specific strengthening and balancing needed for that time. This is controlled by specific foods and menus.