

## ***Spring Cleanse! Musings by Dr. Connie***



After our uncommonly blustery winter, spring has finally sprung in California. **The change of season is an especially good time to detox our homes, our bodies and ourselves.** After months of being cooped up indoors, we open windows and welcome the fresh air. We sort and store or toss winter clothing that no longer serves us. We re-organize closets and deep clean carpets, curtains and cabinets. Outside, we sweep away leaves and dead branches and all manner of debris. We weed the garden and prepare for new planting.

**Our bodies also benefit from spring cleansing.** We no longer need the heavier foods that sustained and warmed us through the winter. We benefit from an abundance of vitalizing fresh produce. Venturing out in the spring air, we cleanse our lungs; restore our vitamin D levels through exposure to the sun; absorb negative ions from the beaches, the forests, and other outdoor areas. Our more intimate relationship with the earth recharges our electromagnetic bodies.

**As for other aspects of ourselves, spring is a time to rejuvenate our inner lives, to purge ourselves of mental and emotional detritus, to make way for new beginnings.** Write down and burn in ceremonial fire all that no longer serves your higher self. Let go of old patterns. Try Emotional Freedom Technique to reprogram subconscious reactivity.

Moving to the physical level, **think of optimizing the function of the major channels through which we eliminate toxins from the body...liver, kidneys, lungs, colon and skin.** While we offer both very gentle and more intensive guided protocols, there are also numerous practices and protocols you can follow for yourself.

Many people have the habit of undergoing a purposeful cleanse as the winter turns to spring and as the summer turns to fall. One popular practice is 21 days of nightly castor oil packs over the liver. Originating in ancient times, and popularized in the 20<sup>th</sup> century by Edgar Cayce, castor oil packs over the liver fire up the liver's enzymatic processing

and enhance lymphatic circulation and blood flow. Beets, artichokes and watercress are particularly nourishing foods for the liver.

Roasted ground dandelion root tea can further promote liver detox, while dandelion leaves promote kidney function. While milk thistle rejuvenates liver cells, pellitory on the wall does the same for the kidney.

Detoxing through the skin is easy and extremely beneficial as the skin is the largest organ of detox in the body. Dry skin brushing before showering sheds dead skin and increases circulation and lymphatic flow, Toxins are released through the skin by the deep sweating promoted by infrared saunas. Ionic foot baths open inner channels of elimination.

As for colon cleansing, bile acids and enzymes optimize digestion, fiber and water bulk out the stool, charcoal or clay bind toxins for elimination.

Any of the home detoxification protocols can be maximized with energy medicines, drainage remedies and targeted botanicals.