

# The naturopathic advisor



**Naturally Good Health has teamed up with experts from the College of Naturopathic Medicine to answer some of your burning health questions. This issue, you asked:**

## Q Is there a gentle detox plan?

Detox diets are popular but can often be extreme and end up doing more harm than good. Improper fasting or diets which cut important food groups may burden an already deficient body.

Small lifestyle changes and improved food choices can provide a gentle detox program to decrease toxin load, aid the body's natural detox process, and enhance overall health.

Start by increasing your consumption of filtered water, which is vital to move waste out of the body. Begin each day with warm water and a squeeze of lemon juice. This improves digestion by preparing the liver to produce enzymes. Juicing and non-dairy smoothies can be used as a cleansing tool when adding ingredients that support liver function, such as carrot, celery, ginger, kale greens and beetroot. Reduce sugar

content by using mostly vegetables and only one fruit per serving. Papaya and pineapple contain enzymes that aid the breakdown of protein so for fruit, they make ideal choices.

Drink herbal teas which support digestion and liver processes such as dandelion, chamomile and peppermint. Green tea, high in antioxidants, is another detox favourite.

A healthy and balanced diet will provide all the necessary nutrients for the body to function properly, especially, the detoxification process. Concentrate on a wholesome diet that includes whole grains, vegetables, fruits, beans, lentils, nuts and seeds, and healthy fats. Bitter greens such as watercress, Swiss chard, dandelion greens, collards, and kale activate digestive enzymes and bile flow, promoting digestion, as well as natural liver detoxification processes. Garlic is a top detoxifying food as it helps the liver rid the digestive system of toxic residues so make it your favorite ingredient when cooking.

Vitamins C and E are important to include due to their powerful antioxidant properties, which fight accumulated free radicals. So include foods like oranges, kiwi, broccoli and almonds to ensure intake of these.

Opt for organic fruits and vegetables whenever possible. Cut down on sugar and highly processed foods that contain damaging trans fats. Decrease caffeine and alcohol consumption, and avoid smoking.

While detoxing, incorporate light exercise to improve circulation and reduces stress. And get quality sleep as well.

Most of all, be kind to your body and see a detox as a time to be gentle on yourself in every way.

### Your expert

Your question has been answered by CNM graduate, Nutritionist and Lecturer Karla Bohan. Train at CNM for an exciting new career in Naturopathic Nutrition, Herbal Medicine, Acupuncture, or Homeopathy. Join us at our next free open evening. Visit [www.naturopathy.ie](http://www.naturopathy.ie) or call 01 6725036.