

**DETOX FOR WEIGHT LOSS & HEALTH: Start the New Year Right** by Ellen Kamhi, Ph.D. R.N.



Detoxification is one of the first steps for anyone who is serious about losing weight permanently. To embark on this path indicates that you have fully recognized that you are in control of your lifestyle habits and that only you can change them. You are beyond searching for the quick fix and are truly ready to make a proactive commitment to feel well and look great. The body's detoxification systems need to be functioning optimally in order to break down fat and increase energy. Here, we'll outline a detoxification program that will help to clear the liver, kidneys, skin and bowels, the main organs of detoxification. Many people find that following this program for 1 week, two to three times per year, eliminates symptoms of bloating, indigestion, allergies, sinus problems and a host of other illnesses. An added bonus to detoxifying is natural weight control, along with increased energy, an elevated mental/emotional state, and a renewed sense of self-awareness and self-control. Detox is actually the basic first step in any weight loss program.

**Preparing for Detoxification**

Prepare for detoxification by gathering all the herbs and foods that you will need beforehand, so you can relax and enjoy the process. Cook a full pot of Detoxifying Vegetable Soup (see recipe below). Be sure all cooking utensils are NOT aluminum. Stainless steel or glass cooking ware is a good choice. Detoxification is a process widely recognized throughout history as a method to rest and heal the body. There are many methods of detoxification. Most employ some degree of fasting to allow the digestive system to eliminate toxins that have accumulated over time. Fasting does not involve "starvation." Try a mini-fast, along with herbs to cleanse the bowels, reduce constipation, support the liver and increase flow of lymph fluid.

**The Natural Nurse(r) Detoxifying Vegetable Soup:**

It's best to use ALL Organic INGREDIENTS:

- 1 onion
- 1 head of cabbage
- 2 cloves garlic
- 2 carrots
- 2 celery stalks

- 1 bunch parsley
  - 5 Kale leaves
  - 2 Sheets of Nori Sea vegetable
  - 4 pieces of Okra
  - 1 cup Brown Rice
  - Bragg's Amino Acids to taste
  - 2 quarts of Water
- Combine all ingredients, simmer for 1 1/2 hrs.

**Mini-Fasting Directions:**

For 3 days, eat as much of the Detoxifying Soup as you like. Drink as much water and herb tea as you want. Any two fruits can be included as snacks, but are optional. You can continue past the 3 days for up to 7 days if you prefer. Also use Green Foods mixed in water, and green vegetable juice, up to 4 glasses/day. These are available at your local health food store.

When you end your mini fast, do not eat any fried, processed or sugar laden foods for at least another 2 days. This will give your bowels and liver a rest. Avoiding these foods altogether is the best choice for permanent weight loss. If you find that you feel threatened emotionally by the idea of permanently giving up these kinds of foods, allow yourself one cheat day a week, and then go back on your healthy eating regime.

**Colon Detox:** If you experience constipation during detoxification, try Cascara sagrada along with 1/4 teaspoon Psyllium seeds in 8 oz of water 2 times per day. You may find it helpful to do an enema on any day that you fail to have a bowel movement during detoxification. Discuss this with your doctor if you have any kind of gastrointestinal illness. Warning: Laxatives can be addictive!

**Liver Detox:** The liver is an important organ of detoxification. Its job is to act like a "pool filter," and filter out impurities from the blood. When it becomes overburdened through the accumulation of too many toxins, it can no longer break down excess hormones efficiently. That is why it's important to support and cleanse the liver. Certain herbs like Dandelion, Burdock, Ho Shu Wu, Licorice Root and Milk Thistle can aid the liver in this process.

**Lymph System Detox:** The lymph fluid flows through the entire body and bathes all internal tissues in nutrient rich fluids. It also picks up waste products to flush them out of the body. Lymph nodes are located in various areas of the body, such as the armpits, groin and throat, to help filter these impurities out of the lymph fluid. Swollen glands felt under the neck, or tender breasts before a woman's period are examples of lymph nodes that are overburdened with fluid and waste products.

An aggressive form of breast cancer with lymph node involvement known as "inflammatory breast cancer" is not usually picked up on ultrasound or in mammograms and is often misdiagnosed as mastitis (infection of the mammary glands that causes inflammation) or a dermatological rash as the condition often causes itching and redness of the breast. Detoxification makes the lymph fluid less viscous (thick), and allows it to flow more easily throughout all body tissues, as well as placing less pressure on the lymph nodes. Please note, however, that during the detoxification process, the lymph nodes may temporarily become tender because the body is purging itself of waste during this process. Lymph can be cleansed by the vegetable soup recipe, lightly brushing the skin with an all-natural bristle brush (dry skin brushing) and jumping on a mini trampoline.

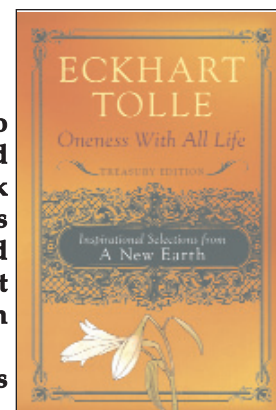
*Ellen Kamhi PhD RN, The Natural Nurse(r), can be heard on radio daily. She is the author of several books, including WEIGHT LOSS: The Alternative Medicine Definitive Guide. Dr. Kamhi has been involved in natural health care for over 4 decades. She answers consumer questions at www.naturesanswer.com, and has a private practice on Long Island. For more info, visit www.naturalnurse.com or call 800-829-0918.*

**TOLLE'S 'ONENESS WITH LIFE', COMPANION BOOK TO 'NEW EARTH'**

Eckhart Tolle has inspired millions of readers to transcend their ego-based state of consciousness to build a better life and a better world in the beautiful paperback edition of "Oneness with all Life: Inspirational Selections from A New Earth" (Plume; 2009, \$16.00). Tolle has picked the essential phrases and sentences that he feels are most important to readers. Excerpted below is a passage from the book:

"Now you can enjoy and honor the things of this world without giving them an importance and significance they don't have. You can participate in the dance of creation and be active without attachment to outcome and without placing unreasonable demands upon the world: Fulfill me, make me happy, make me feel safe, tell me who I am. The world cannot give you those things, and when you no longer have such expectations, all self-created suffering comes to an end."

"A New Earth" became the fastest-selling book in the history of the Oprah Book Club. It is widely considered a new spiritual classic, and is a book that has had a tremendous impact on those who read it. "Oneness" is the perfect companion to "A New Earth," offering readers an entirely new experience with Tolle's vision for a better world.



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