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JANUARY / FEBRUARY 2020

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## HOLISTIC HEALING

### Post-Christmas Cleanse

Elle Fox, Naturopath,  
CNM Graduate

(College of Naturopathic Medicine)



Once the festivities are over, a gentle cleanse gives us something to aim for and can brighten up the still grey, chilly season.

What's the fuss about cleansing? Isn't the body perfectly capable doing its own detox? This could be true if all our elimination pathways worked properly, removing all metabolic wastes from eating, drinking, breathing, exercising – and if we lived a 'cleaner' life. But most of us lead lives far from perfect, so, like regularly doing dusting and laundry, it makes sense to give our bodies a helping hand:

**Eat** – Foods that provide more helping nutrients for the body's natural cleansing (juices, smoothies, soups). Include: artichokes, peppers, beetroot, brassicas (cabbage, cauliflower, broccoli, kale), cucumber, celery, pumpkin, spinach, tomatoes, watercress, sprouts, apricots, cantaloupe, citrus, red grapes and berries. When juicing go for vegetables with very limited fruit (apples, lemons/limes are good). Reduce pesticide residues and antibiotics by buying organic.

**Avoid** – Processed foods, trans fats, sugary foods, salt, alcohol, caffeine, refined carbohydrates (white rice, pasta, bread).

**Drink** – Pure water, around 1.5-2 litres per day (depending on age, weight, season, exercise levels) to help your kidneys.

**Herbal helpers** – Burdock root and dandelion leaf are well known cleansing herbs; or try a daily tea of nettle leaf, cleavers and calendula flowers.

**Tiny packets of power** – Beans, grains and seeds (pre-soaked/fermented), help reduce cravings, stopping you reaching for quick, dirty energy fixes.

**Take away points** – Cut out processed foods; increase whole foods; add powerful cleansing foods; drink pure water. You can employ this strategy all-year round; it's not faddy or extreme, can boost energy, restore motivation, support healthy weight and help you feel better faster.



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In the September-October issue of *Rude Health* magazine we ran a fantastic promotion

By voting for featured products Rude Health readers could enter a draw to win:

- A fabulous stay for two in Farnham Estate in Cavan
- A six week online weight-loss course with *Rude Health* fitness expert Alan Williams
- A hypnotherapy and mind coaching course from Awakenings coach Deirdre O'Rourke



Farnham Estate



Alan Williams



Deirdre O'Rourke

We were astounded by the number and quality of entries we received, where readers chose to highlight their favourite products using photographs, videos and recommendations.

### We are delighted to announce the winners of these fabulous prizes

**Vicki O'Mahony from Carrigaline, Co Cork** and her daughter sent in a fantastic image of Revive Active keeping this wonderful gymnast going! Vicki wins the fabulous stay for two at Farnham Estate in Cavan.



**Sandra Newman** sent in this photograph of herself holding A.Vogel UK Health Echinaforce cold and flu oral drops. She wins the hypnotherapy and mind coaching course from Awakenings.

**Aoibheann O'Neill** sent in a recommendation for Eskimo Brain 369. She wins a six-week weight loss course with *Rude Health* fitness expert Alan Williams. Aoibheann said: "I love Eskimo brain 369. As someone with MS it is really important to have a good source of omega 3 oils for my senses and brain power, and I think it is why I keep so well."