



Spring Cleaning

By Jacqueline Fields, MD and founder of Dr. Fields' Sacred Skin | March 20, 2015

Spring is a fantastic time to think about cleansing and detoxifying our bodies. There are many ways and many organ systems to cleanse but at the very least I recommend that we all, every spring and fall, allow our bodies to go through a cleansing of our diet. This allows our intestinal tract and our liver, which is our filter, to have some time to cleanse and repair. This is like changing your oil and filter of your car, it lets the functionality of the intestines and the liver operate optimally. Your intestines house 60-70% of your immune system so optimizing this system is critical not only to ensure that your nutritional status is optimal but also your immunity.

There are many ways to do a cleanse. The cheapest and the most discussed in all religions is fasting. For one week prior do a 2-3 day juice/broth fast you simplify your diet to vegetables, fruits, broth, rice and tea. During the 2-3 day fast allow your body to rest, meditate, walk and enjoy nature. Your food intake is clear organic juices and broth only. Then as you come off the fast, you return to a simple elimination diet for at least another week, refer to the Xymogen 28 day elimination diet in the resources section at www.thehealinggardens.org. Slowly reintroduce foods and observe which foods do not agree with your system.

Another option is to do a guided medical cleanse for a 1-3 week period. Through the medicinal store we offer medical foods for various ailments like inflammatory diseases such as arthritis, cardiovascular disease, crohns, IBS, increased weight, syndrome X and Diabetes. During this period patients are guided how to use the products and how to follow an elimination diet. We often offer spring cleaning classes at the Healing Gardens Living Arts center. Visit our website www.thehealinggardens.org or sign up for our newsletters to stay informed about our services.

For any further education or information on cleansing please schedule your appointment with a medical provider at The Healing Gardens Health Center or visit Sandra at the Healing Gardens medicinal store.

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