

WELLNESS review

Welcome to the New Year!

Christmas and New Year are a fabulous time of year for catching up with family and friends and hopefully finding some time to relax and rejuvenate the spirit. Enjoying festive foods and drinks is part of the season and adds to the atmosphere. But now the time has come to rejuvenate the body.

One of the best ways to regenerate and rejuvenate yourself is through a detox, but what is a detox and who needs to do one? This clinic receives lots of questions about detox at this time of year, so for everything you need to know, read on.

Why Do People Need a Detox?

Everyday 700,000 tonnes of chemicals and toxins are released into our environment. Unfortunately there are many ways these chemicals and toxins can get into your body. You might ingest them with food and drinks, you may absorb them through your skin, and they even enter your body through the air you breathe. Lifestyle choices can also have a big impact on your body's toxicity, with alcohol, smoking, fast food, artificial sweeteners and sweets particularly taking their toll. Yet even when living in the cleanest environment, your body produces its own toxins through normal processes, every day.

It is up to your digestive system and liver to neutralise and eliminate these toxins in order to keep you healthy and feeling your best. If your ability to process these toxins is compromised, then toxins can build up in your body. This can leave you feeling tired, with headaches, aches and pains, prone to infections, body odour, digestive symptoms or experiencing many other effects. Reducing the toxins in your body can resolve many of these issues, leaving you healthier and happier.

What Does Detox Mean?

When you do a detox, you simply support your digestive system and liver in their ability to process toxins, allowing them to do the best possible job to keep you healthy. Unfortunately many of the detox packages that are available for purchase only do half the job – they support the liver, but do nothing for your digestive system. To get the greatest benefits, you need to follow a detox program that has been specifically designed to address your needs.

The Right Program for You?

There is no one detox plan that suits everyone. Your detox program should be designed to suit your needs. Why sign up for a lengthy program if you are an ideal candidate for an Express Detox? Alternatively you may need specific support for your stomach or intestinal digestion to help settle bloating and ensure you are actually absorbing the nutrients you are given. If you are on certain medications we will tailor your detox such that these are not adversely affected. We may also use a small urine sample to allow an accurate assessment of your digestive toxicity and to monitor your progress throughout the program. This way you'll actually be able to see the detox difference as well as feeling better.

Will You Benefit From a Detox?

- Do you lead an incredibly busy life?
- Would you like to feel more healthy and alive?
- Would you like to look and feel younger?
- Would you like to have clearer skin?
- Would you like to have less body odour, bloating or flatulence?
- Do you want improved concentration and focus?
- Did you overindulge over Christmas and New Year?

If you answered "Yes" to more than two of these questions then a detox program will benefit you. You won't believe how great you can feel.

How Do I Start?

Keep your New Year's Rejuvenation Resolution this year and act on your decision to feel great in 2007. Call our clinic to arrange a time to discuss how a detox will benefit you and to get started on your individualised program.

Delicious Detox Dining

Doing a detox does not mean eating dull, flavourless food. Try the following recipe yourself to see how delicious detox dining can be. More of these recipes are available in the booklet "Your Guide to Detox", available from our clinic.

GRILLED SALMON STEAKS WITH DILL BUTTER SAUCE ON A BED OF FRESH ROCKET - Serves 2

Ingredients

- 2 salmon steaks (195 g ea)
 - 2 tablespoons extra virgin olive oil
 - 2 cups of rocket leaves (or mesclun mix)
- ##### Dill butter sauce
- 60 g unsalted butter
 - Juice from 1/2 a freshly squeezed lemon
 - 2 tablespoons dried or chopped fresh dill

Method

- Brush both sides of the salmon with olive oil and grill under high heat for three to four minutes per side.
- Salmon is cooked when the meat is just starting to fall apart.
- To make sauce: Heat the butter in a small saucepan, when melted stir in the lemon juice and add dill.
- Spread rocket over a dinner plate, place salmon on top and cover with warm sauce.

