



Ottawa Integrative Health Centre Inc.

1129 Carling Ave., Ottawa, ON K1Y 4G6 (613)798-1000 [www.oihc.ca](http://www.oihc.ca)  
New satellite office inside The Ottawa Birth and Wellness Centre - 2260 Walkley Rd. Ottawa

## Helping You Achieve Health . . . Naturally!

March 2018



### Spring Detox

By: Dr. Vivienne Guy, ND  
Naturopathic Doctor

Does the idea of a detox sound extreme or a little bit daunting? Do you think “Rehab” and not just a trip to the whole foods section of your grocery store? What if you don’t drink alcohol in excess and you mostly eat well? Do you still need to detox? Maybe you do. Toxins may enter your system through the air you breathe, chemicals in food, drugs, they may come from allergic reactions. It doesn’t matter how they get in, it matters just that they get out again. **But why the need to detox? Doesn’t the body know what it is supposed to be doing?** Yes indeed, toxins move through our blood and our lymphatic

system and get filtered through the liver for processing out of the body to prevent damage. But with chronic exposure in daily life, the liver can get congested and sluggish. This result is the liver not performing at its best and we can experience problems.

**Ask yourself some questions.** Do I feel sluggish? Do I suffer from skin rashes or eczema? Do I eat fried food and junk food? Do I crave bread or sweets? Is my stomach bloated? Do I suffer with PMS? Are either my moods or my bowels irritable? Do I have less energy than I used to have? A lot of people reach the conclusion that there is some level of toxin build up for them and this time of year proves to be a good time to do a little Spring cleaning. We’re good at this at home. We open the

windows and let in fresh air, we clean under the beds, clear the dust bunnies. I encourage my clients to do the very same for their bodies and their minds.

**What does a detox look like?** For some it is more extreme with fasting, colonics, there may be necessary liver supporting supplements. For others it can be a simpler matter of eating whole foods, ie foods that don’t come packaged, drinking more water and perhaps using herbs to improve the process of removing toxins from the body.

**Why is a whole food detox a great place to start?** A food detox helps improve the digestive system, reduces the toxic load and helps improve elimination through the liver and kidneys. Diet and

*For more information or to make an appointment please call:  
(613) 798-1000 or email: [info@oihc.ca](mailto:info@oihc.ca) or visit our website at: [www.oihc.ca](http://www.oihc.ca)*

herbal programs are designed to stimulate toxin breakdown as well as proper digestion of foods and nutrients to enable you to move toxins from your cells and ensure that you are eliminating them and not reabsorbing.

**The goal is to feel better energy, have better digestion and better moods.**

Speak with your ND or other health practitioner for specially designed programs for you and to find out if it is safe for you to detox. There are some people such as those who are ill, pregnant, taking certain medications that should not detox.

While on a whole foods cleanse you will be giving your liver a break and you can support this by improving other ways we detox:

We detox through our **skin** and this can result in rashes, little bumps, eczema. To clear this, use a loofa sponge daily to gently brush off any dead skin cells just before showering. Use circular movements, beginning in the extremities and working towards the trunk.

We detox through our **lungs**. Get outside daily for 20 minutes of fresh air. Open your windows and let stale air out and fresh air in. Take a big deep breath in and slowly let it out while saying in your mind. "Breathing in I Cleanse My spirit. Breathing out I smile." \*Try it now! How did that make you feel?

We detox through our **kidneys**. We need to drink enough water for them to get carried out and flushed away. A goal is to drink half your body weight in ounces every day.

We detox through our **lymphatic system**. Massage therapy, dry brush massage, contrast shower will help with lymphatic circulation and improve detox. Visit my blog for the how to's.

We detox through our **bowels**. If we get constipated we can reabsorb waste into our blood stream. We might get headaches, get tired or grumpy. We become susceptible

to diseases like cancer and other chronic degenerative diseases. To change this, increase fibre to at least 25g a day. I recommend patients track their diet for a number of days and then calculate the fibre content in each day. Many are unpleasantly surprised by how little fibre there is in their normal diet. *Why don't you track a few days of food intake and then calculate out how much fibre you are getting?*

We detox through our **mind** and remove negative thoughts and emotions which may be clouding our day. Stress, tension, anger, resentment create an unpleasant state in the body. Our digestion is affected, our hormones are out of balance and when you aren't thinking well, you are less able to take good care of your health. It's easier to slip into bad habits, choose quick unhealthy snacks. Spend at least 10 minutes a day with relaxation therapies, journaling, in meditation. Learn about EFT or NLP and see if those therapies might work for you.

You may not be suffering with a disease; you may take good care of yourself most of the time. But if you aren't feeling the absolute best that you could be feeling it is worth taking a few days and improving how your body is clearing chemicals, waste and inflammation.

The end result will be a rejuvenated, clearer, refreshed, Spring cleaned you!!

For further advice and recommendations to help you make the healthiest and safest detoxing choice for you, feel free to give me a call. Dr. Vivienne, ND \*From Peace is Every Step by Thich Nat Han

### **Spring Cleansing**

*By: Jo-Ann D'Alfonso, C-IAY  
Yoga Educator / Therapist*

The concept of cleansing seems to speak to our very nature as a means of preparing ourselves to operate on a higher level, has deep roots in the Ayurveda practice, sister science of yoga. To live a healthy happy life it is helpful to consider all 5



layers of your Being, what is called the **Koshas** in yogic terms; the physical body, the vital energetic body, the mental body, the awareness or wisdom body, and the bliss body. 5 koshas. We are moving from Kapha (plant the seed season) and want to ensure that the roots of our intentions are well grounded, not just in our bodies but in our aspirations, our beliefs and our souls throughout our daily lives.

Here are two articles that can open up the doors to your curiosity :

[10 ways to cleanse you Body, soul and mind](#)

[9 ways to detox Deepak Chopra](#)

These simple practices can change your quality of life.

## UpComing

**Weight Gain? Fatigue? Night Sweats?  
Hot Flashes? No Sleep? Mood Swings?**

*Join our Certified Anti-aging Practitioner, Rekha Ishwanthlal (Rph.) in her Interactive Menopause Workshop as she clarifies the confusion surrounding "Menopause Therapies" and helps you understand the root cause of your symptoms.*

**When: Saturday, March 24th, 2018  
Time: 12 - 1:30pm**

Fee: \$20  
Pre-registration required.  
Register at 613-798-1000 or  
info@OIHC.ca

*For more information or to make an appointment please call:  
(613) 798-1000 or email: [info@oihc.ca](mailto:info@oihc.ca) or visit our website at: [www.oihc.ca](http://www.oihc.ca)*