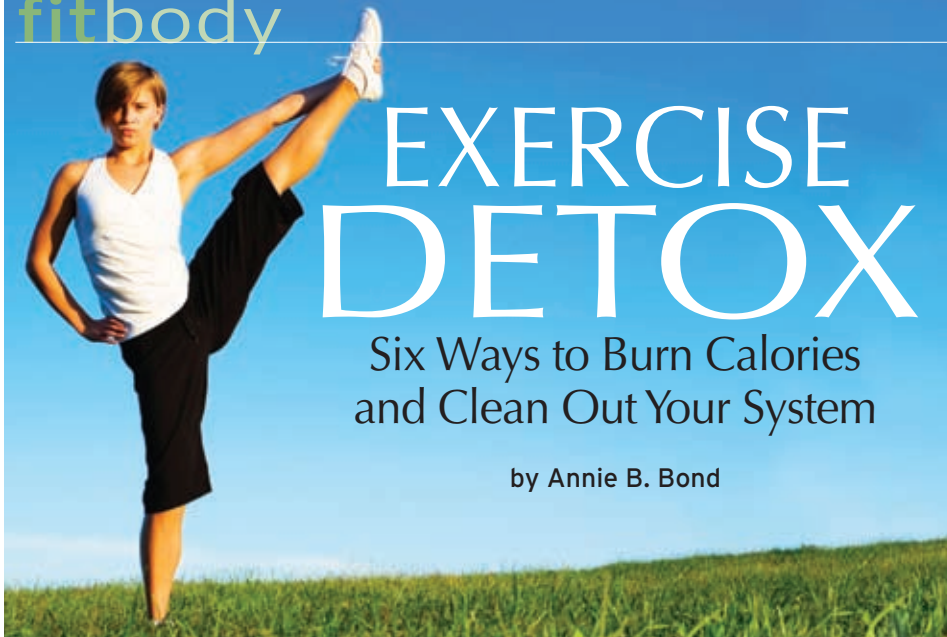


fitbody



# EXERCISE DETOX

Six Ways to Burn Calories  
and Clean Out Your System

by Annie B. Bond

**T**here are as many different types of exercise as there are ways to move. Although all types of exercise will help to detoxify your body, some are clearly more beneficial than others. Try one of these today and feel better immediately.

### Walk This Way

Generally speaking, aerobic exercises like walking, jogging, cycling and swimming are the most detoxifying. Of the wide array of choices, walking is hands-down the most popular. It is something almost everyone can do to get a daily dose of healthy detoxification.

### Jump for Joy

Bouncing on a trampoline, such as a mini-tramp or rebounder, is one of the least appreciated exercises for cleansing and strengthening every cell of the body. Experts point out that it is also one of the best workouts for activating the lymphatic system.

### Let Your Body Flow

For centuries, yoga has been prescribed as moving medicine for the immune system. Yoga has been reported to lower stress hormones that compromise immunity, while stimulating the lymphatic system to purge toxins and bring fresh, nutrient-oxygenated blood to each organ to help ensure optimum functioning.

### Pick Up the Pace

There's a longstanding myth among participants that exercising at a lower intensity for a longer duration maximizes the burning of fat and releases toxins. Not true. To really rev up metabolism, burn more calories and keep the fat-burning switch turned on longer after an exercise session, try picking up the pace for one or more shorter periods.

### Make Some Muscle

Strength training is known to boost natural muscle-making chemicals such as human growth hormone and preserve the muscle we have, while also replacing the muscle tissue we've lost. Lifting weights also helps us shed fat by simply burning calories. As a bonus, a calorie-burning metabolism can stay elevated for up to 48 hours after we've finished lifting.

### Take It Outside

When possible, infuse an exercise routine with fresh air by doing it outdoors. When exercising outside, it's important that we not add to our toxic burden by walking or jogging along busy roads or highways, because breathing in chemical-laced exhaust nullifies the benefits.

*Annie B. Bond is an internationally renowned expert on personal detoxification and past executive editor of Care2.com/greenliving, which sourced all health claims in The Purification Plan, by the editors of Rodale Health Books.*

# Diet Detox

A Good Spring Cleaning Flushes Out Fats and Toxins

by Ann Louise Gittleman

Spring—when the natural world reawakens and bursts with renewed energy—is an ideal season to clean up our act. A cleansing diet to eliminate toxins from our body is as much a rite of spring as sweeping debris from our home. In my nutrition practice, I have often seen how after a sedentary winter of consuming heavier foods, our bodies may be carrying around as much as five to 10 pounds of toxic wastes.

While a properly functioning human body has its own built-in detoxification system, it can be easily overwhelmed by today's proliferation of environmental toxins. The newest environmental assault on the body's detox system is electro-pollution, according to research highlighted in the 2007 *BioInitiative Report*, a metastudy of 2,000 peer-reviewed studies compiled by an international group of researchers, scientists and health policy officials.

Compounding the problem, Paula Baillie-Hamilton, a British medical doctor specializing in human metabolism, reported in *The Journal of Alternative and Complementary Medicine* that environmental toxins also play havoc with our body's built-in weight regulation system. In short, the more toxic our body becomes, the harder it is to lose weight.

## Detox Equals Weight Loss

Clinical research from the University of Quebec as far back as 2002 suggests



that toxins slow metabolism. It is widely held that because many toxins are fat-soluble and stored in body fat, as the fat melts away, the toxins are released into the bloodstream; this inhibits the production of thyroid hormone, with a resulting metabolic meltdown.

According to Traditional Chinese

Medicine, spring is the season to support the prime organs of detoxification—the liver and gallbladder. The liver alone impacts some 400 bodily functions, so it deserves support. The following symptoms recommend giving these organs some special care:

- Chronic tension in neck and shoulders
- Sensitivity beneath the rib cage (particularly the right side)
- Feeling tired and sleepy after eating
- Nausea, especially after eating fatty foods
- Hormonal imbalances with hot flashes due to perimenopause or menopause
- Premenstrual irritability and bloating
- Light-colored stools
- Waking between 1 a.m. and 3 a.m.

## Detox Diet Basics

Start off each morning for two weeks (or up to a maximum of two months), with hot lemon water, perhaps spiced with cinnamon and ginger, for an added metabolic boost. The antioxidant D-limonene in lemon thins bile and is helpful in breaking down fat-trapping

toxins. Use the juice of one small lemon to eight ounces of warm water.

Then, sip a total of 64 ounces of cran-water between meals throughout the day. Mix one ounce of unsweetened cranberry juice per seven ounces of pure water. Cranberry helps to balance pH, suppress hunger and combat cellulite and water retention, while drawing out fatty wastes by targeting lymph (a secondary circulatory system beneath the skin that works to rid the body of toxic wastes, bacteria, heavy metals, dead cells, trapped proteins and fat). Sipped daily, this antioxidant- and phenol-rich elixir works to help reduce bloating and melt fat from hips, waist and thighs.

Nutrient-rich spring greens like arugula, collard or dandelion greens, lettuce, parsley, spinach, Swiss chard and watercress are classic foods used in a spring detox. Other good choices are antioxidant foods that supply the body with glutathione, the liver's premier antioxidant, also known as, "the toxic waste neutralizer," which is vital to organ detoxification. Broccoli sprouts are one of the best sources of glutathione; so is asparagus. Eating lightly steamed kale, Brussels sprouts, and cabbage can also support the liver's ability to detoxify the body.

Finally, eating adequate protein is essential to ensure that the liver can produce the enzymes it needs to break down toxins into water-soluble substances for excretion. Protein plays a crucial role in tissue growth and healing, strengthening the immune system and burning fat. Eat at least 4 to 6 ounces of wild salmon, free-range organic poultry or hemp protein each day during detox. Choosing a daily dose of high-quality glutathione-boosting whey protein powder or a brown rice/yellow pea protein powder is another way to pump up the detox process.

Such spring cleaning can help purge our body of toxins and give our whole system the cleansing boost it needs, simultaneously preparing it for even more healthy weight loss in coming months.

*Ann Louise Gittleman, Ph.D. and certified nutrition specialist, is an award-winning New York Times bestselling author and media expert. Fat Flush for Life is the latest in her book series on body detoxification and weight loss.*

# Detox Recipes

## Spinach Soup

Makes 4 servings

*4 scallions, chopped  
2 garlic cloves, minced  
4 cups spinach, well packed  
2 ¼ cups vegetable broth  
1 bay leaf  
1 tsp onion powder  
1 Tbsp fresh parsley  
1 12-oz package of tempeh  
Juice of ½ lemon  
Juice of ½ lime*

In a large saucepan, cook scallions and garlic in ¼ cup of broth over medium heat until soft (about 8 minutes). Stir in spinach, cover and cook for another 5 minutes. Add remaining 2 cups of broth, bay leaf and onion powder. Simmer in covered saucepan for 5 more minutes. Remove the bay leaf. Purée the soup in a blender, adding remaining ingredients. Reheat if needed and serve immediately.

## Piquant Veggies

Makes 4 to 6 servings

*½ head of broccoli, broken into bite-size florets  
½ head of cauliflower, broken into bite-size florets  
6-oz jar of marinated artichoke hearts (do not drain)  
(or make it fresh using a favorite recipe; many are available online)  
1 lemon  
Natural salt (optional)*

Steam broccoli and cauliflower until tender, but still crisp. Toss with marinated artichoke hearts. Squeeze lemon over veggies and heat in skillet until hot.

*Source: Ann Louise Gittleman*

# Consciousness Cleanse

## Three Weeks to a Better Future

by Debbie Ford



This month is a powerful time to assess where we've been, acknowledge where we are right now and dream our most beautiful life into being. Starting now, we can move from the outdated modes of our limited thinking mind to tune into our eternal divine mind. Acting on these three recommended cleansing phases—one a week for the next three weeks—will work to lift us out of resignation and mediocrity into hope and excitement, and connect us with a future filled with surprises, possibility and deep purpose.

**Week One: The Past.** The first seven days of what I call The 21-Day Consciousness Cleanse are dedicated to creating a powerful magnet of desire and cleaning out the turbulent emotions, outdated beliefs, unresolved incidents and restricting thoughts that have taken root in our minds and hearts.

- Write a list of the grudges and resentments you have been carrying around that you are ready to let go. Release them by tearing up the paper into tiny little pieces.

- Understanding that your outer world is a reflection of your inner world, release 100 pieces of clutter from your past that now occupy your home, office and surroundings.

Liberated from the confusion, fear, guilt and self-doubt of the past, you will naturally open up to new realms of awareness, emotional freedom and spiritual liberation.

**Week Two: The Present.** Having released everything that has depleted your vitality and held you back, stand firmly in the present moment. Take an honest look at where and who you are today, observing what is and is not working in your life.

- Begin an ongoing present-moment awareness practice today. Set an hourly alarm; then, each time it reminds you, become present for five minutes to nature, to your body and breath or to the present moment itself.

- Surprise yourself by challenging preconceptions of yourself; take measured risks and do something differently today.

In this enhanced sense of the present, you can listen more deeply to the calling of your soul.

**Week Three: The Future.** In this final phase, you have the opportunity to look into the future and see who you want to be from this day forward.

- Choose a sacred value that can serve as the foundation for your future, such as abundance, compassion, grace or integrity, and surround yourself with images, prayers, songs and scents that invoke it for you. Identify and act on choices that allow you to express that value.

- Spend time each morning, afternoon and evening checking in with your natural divine GPS. See if you made wrong turns and find out where that still, small voice wants you to go next.

Reconnecting with your highest self, you will experience more love, contentment and compassion as you step into the brilliance of your soul's purpose. Why not seize this extraordinary opportunity to till the soil of your consciousness and plant the seeds of a whole new future?

*Debbie Ford is a New York Times bestselling author of eight books, including The Shadow Effect, co-authored with Deepak Chopra and Marianne Williamson, and The 21-Day Consciousness Cleanse. Visit [DebbieFord.com](http://DebbieFord.com).*