

How to Detox This Spring

Author: Patricia Wersinger

Date: April 2014

URL: <http://www.beautynewsnyc.com/health-fitness/detox-spring-free-radicals/>

So much about our health depends on our body's ability to fight off oxidative damage done to our cells caused by a number of factors. Much of that damage can be attributed to pollution and toxicity that is part of our environment, which we can rarely do anything about. But we barely notice the insidious damage we have caused ourselves based on the foods we put into our body until it is too late. This spring it's out with the old and in with the natural—start – cleansing your body from the inside out by doubling up on anti-oxidants. You can still eat your super foods, greens and berries, but why not add some detoxifying drinks and supplements to your diet to help you attain your goals? These concentrates are effective at helping you feel more energized and youthful and what better time after a long rigorous winter to get started than now.

To rid my body of toxins and boost vitality, I undertook a three-day cleanse this month using Kaeng Raeng's Natural Detox Cleanse Program. This is the same formula as the popular soy version but contains Pea Protein instead so it's completely vegan and soy-free. There are three flavors: "Joyful" (strawberry, raspberry, pineapple) "Daybreak" (mango, peach, pineapple) and "Into the Blue" (blueberry and banana). I mixed the powder with fresh strawberries and bananas to create a delicious smoothie that kept me sated for several hours. The extra bonus to this cleanse is not only the increase in energy but you lose weight and your skin and hair look great too. Available at <http://www.KaengRaeng.com>

The A.M. Daily Detox by David Kirsch Wellness helps your body withstand the damages of the toxins in the environment that contribute to poor health and aging. It contains the powerful anti-aging polyphenol Resveratrol that promotes longer cell life in your body by stimulating the cellular proteins known as sirtuins. The drink is grape flavored and absolutely delicious. Antioxidants are taken from red wine grapes and ten different berries along with Lycopene, Resveratrol, and Pycnogenol from natural sources. Good for both your wellness and beauty, it's the healthiest way to start the day. Available at <http://www.deavidkirschwellness.com>

If you want to add the anti oxidant benefits of “super berries,” mix a little of this 100% organic pure Aroniaberry concentrate from Super-berries into your water bottle or tea. If you have children this is a particularly good idea as they will love the taste and you can control their sugar intake. You can also mix it in fruit smoothies or frozen shakes. This is by far the best way to get all the anti-oxidant benefits berries have to offer in one quick and easy serving. Available at <http://www.Superberries.com>

Instead of sipping on a diet coke, switch to one of Vemma’s new ready-to-drink Nutritional Beverages packed with antioxidants including organic Aloe Juice, a formula that supports collagen production and 20 mg of Silica, which is known to help maintain healthy skin, nails and hair. Available at <http://www.vemma.com>

A great way to detoxify is with simple herbal teas. Organic Everyday Detox is a new herbal tea that was just released by Traditional Medicinals. Organic Everyday Detox Dandelion contains dandelion, an herb known for its ability to cleanse the liver and kidneys. This dandelion was harvested from the wild meadows of Eastern and Southern Europe in the fall and the spring when the plant has stored energy in the root. Drink at any time of the day to support and cleanse your organs gently the way that herbalists have done for centuries. You can also try the soothing Organic Dandelion Leaf and Root tea, which offers the same benefits for your liver and kidney. Available at <http://www.traditionalmedicinals.com>



If you are the type who enjoys a quick energy shot once in a while, try one of these healthy shooters created by Dr. Debbie Palmer: Replere provides all the anti oxidants you need extracted from the best berries including goji and acai berries, aloe barbadensis leaf extract, coffee arabica, the tropical fruit mangosteen and the powerful resveratrol. There are 14 single serve bottles in a container. Keep one in your bag for rapid revitalization. Available at <http://www.replere.com>

A great way to slow down the aging process is by taking Alpha Lipoic acid–A fatty acid found naturally inside every cell in the body that converts glucose into energy. It is also a powerful antioxidant that neutralizes free radicals. Find a great source of alpha lipoic in the supplement Minus10 that helps boost cellular rejuvenation. It also contains 600 mg of biotin necessary to support cell growth. You will notice your hair and nails looking stronger after 6 weeks and a burst of youthful energy almost immediately. Available at <http://www.natrol.com>

Have you heard of the benefits of black squid ink, a powerful antioxidant containing loads of minerals like Natrium, Potassium, Phosphorus, Calcium, Magnesium, & Selenium? Squid is also a good source of vitamins B1, B2, B12, Thiamin, Riboflavin, Niacin, Folic acid and fat-soluble Vitamins (A, D, E, & K) that promote a healthy immune system. It has even been hailed by Dr Oz as the new “Green.” Calagenesis, by Calamari Ink Products, combines squid ink, non-allergic crushed shellfish, green tea extract & ganoderma mushroom powder. The ganoderma mushroom is considered in traditional Chinese medicine to promote youthfulness and health. Available at <http://www.calamarlink.com>

With all these supplements and healthy drink options, you can kick off the new season with zest (and keep all unnecessary free radicals in check!).

Copyright 2015 Beauty News NYC All Rights Reserved Site Maintained by Charlemagne Web Designs