



SPRING CLEAN *your* BODY

Spring is a time of awakening and renewal. Traditionally, for most cultures, spring was seen as a signal to detoxify and replenish the body after a winter diet of preserved foods, grains, nuts, seeds, dairy and meat. With the advent of refrigeration and a wide variety of imported foods, we now have year round access to fresh fruit and vegetables. However, winter's departure is still an ideal time to use herbs that tone, revitalise and detoxify our bodies after months of comfort food.

Leafy greens are exceptionally good for our health and their benefits are still being discovered. They are a quick, convenient way of boosting your daily servings of vegetables and unlike juices, they are a complete food, full of fibre. The blending process makes the greens easy to digest, making it a much simpler way for our bodies to access the valuable nutrients they contain. They also have alkalising properties that counter the many foods we eat that make our bodies too acidic.

Green smoothies contain loads of anti-oxidants and phytonutrients to promote good health and beauty. There are also claims they help with weight loss. Some researchers believe they aid by decreasing a person's appetite through the action of a compound called thylakoid. This might also be the reason many fans of these delicious drinks claim they help to reduce sugar and junk food cravings.

The flow on effect from increasing our greens and decreasing the junk food and sugar is that we are more likely to have a lovely balance of the correct bacteria in our digestive tract. Cutting edge research shows that there is a definite connection between the type of bacteria in our digestive tract and whether or not we find it easy to lose weight.

Try this smoothie recipe that I was given by Karen Niven ND, our local naturopath and a fellow Venus member, at one of her fabulous cooking classes.



"One of the easiest ways to spring clean your body is by committing to have a green smoothie, full of leafy greens, every day."



LIVER FRIENDLY *green* SMOOTHIE

½ quantity of coconut water

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½ a lemon

A handful of leafy greens (kale, parsley, spinach, silver beet, chard, or any other green vegetable that can be wrapped around your finger). It is advisable to rotate your greens rather than have the same one continuously

1 green apple

1 tablespoon each of Bestow Be Cleansed and Bestow Beauty Oil

Sweeten with stevia if required

Cut the lemon and apple into smaller pieces to be kinder to your blender. You may wish to peel the lemon (but leave the pith) and apple if they are conventionally grown or you would prefer your drink to have a smoother consistency. However, lots of goodness is found in the peel if they are organically grown so you may work up to leaving them on in time. Place all the ingredients in a blender and blend thoroughly until smooth. Sweeten to taste with Stevia. Stevia doesn't spike your insulin levels like other sweeteners and it is available at your local organic store or health food shop.

BRUSHING THOSE TOXINS AWAY!



Dry skin brushing is a wonderful detoxification aid as your skin is your body's largest eliminative organ and is responsible for one quarter of the body's detoxification each day (that's why it's also known as our third kidney). If you dry brush regularly your skin will be noticeably smoother with an improvement in colour, texture and clarity and you can improve conditions such as cellulite and water retention. The basic tool for dry skin brushing is a firm, natural bristled, with a head about the size of the palm of the hand.

HOW TO BEST USE YOUR DRY SKIN BRUSH:

The most effective home treatment for dry skin brushing is to brush your skin everyday before your shower or bath for approximately 5 – 10 minutes. You can use any of the following strokes, making sure you always work the strokes towards the heart:

- Brisk straight strokes, usually 15-20cm long with each stroke overlapping slightly to cover the entire area being worked on. Work in the direction towards the heart.
- Brisk circular strokes, the size of the circle dependent on the area of the body being worked on. Tiny circles for the feet, larger for the legs, larger still for the back.

Start from your feet and move upwards, using a light pressure in areas where your skin is thin (inner thighs or neck) and harder pressure on places like the soles of the feet. The skin should achieve a healthy pink glow, which indicates an increased blood flow. Redness can be a sign of irritation. Before finishing showering, try alternating hot and cold to further stimulate blood flow and rev up your circulation. Apply a good quality moisturiser or cold pressed oil like jojoba to your damp skin after getting out of the bath or shower to further promote softness, improve skin texture and cell renewal.

Clean your dry brush each week with warm soapy water and leave in the sun to dry.

*By Janine Tait,
director Bestow Beauty*

