

# Spring Cleansing—Renew Your Vitality!

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**T**his is a great time to clear away toxins in our bodies. Even if we can't see them, we can FEEL them. A spring cleanse offers us a chance to renew ourselves on every level—physically, emotionally, spiritually, and energetically.

These days, toxins are everywhere in our daily lives: herbicides, pesticides, household products, processed foods, tap water, and airborne pollutants. Bad diet and lack of exercise can increase their effects on us and disrupts the gentle balance in our bodies and can cause all sorts of issues including, stomach problems, allergic reactions, lowered immunity, headaches, joint pain, mental fog, anxiety, and irritability,

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0951, or schedule online at [BigSkyCleanse.com](http://BigSkyCleanse.com). Send email to: [KimmelAmanda@gmail.com](mailto:KimmelAmanda@gmail.com). The Big Sky Cleansing Center is located at 2419 W. Main, Ste. 1, in Bozeman. (Take the side road at Perkins Restaurant and go to the rear of the office complex.) The center offers colon hydrotherapy, ionic foot spas, and health coaching. Discount packages available.

along with other chronic issues. We don't have to accept these problems as a part of our lives. One of the first steps can be a gentle cleanse.

I suggest a spring cleanse because it allows our bodies to become in tune with the seasons in our environment. For hundreds of years, Chinese medicine and other healing practices have recognized the relationship between seasonal changes and our bodies. For example, spring relates to the liver and gallbladder, the organs that are essential to detoxifying the body. But sometimes they need a little help.

It's always a good idea to start with your diet. A healthy diet is the key to help prevent disease, and simply make us feel better. The following dietary suggestions can be part of a cleanse, but more importantly, they can also be a permanent lifestyle change to enhance long-term vitality.

**1.** Stay well hydrated. This means purified water, herbal teas, and vegetable broths. Also, probiotic foods support healthy flora in the digestive tract. Sauerkraut, kimchi, and coconut kiefer offer good sources of healthy probiotics. Supplementing with a high-quality probiotic supplements can also be very helpful during a cleanse.



**2.** Reduce animal protein. Try to avoid red meat and dairy. Eliminate factory-farmed animal products, since they are filled with chemicals, hormones, and antibiotics. Instead, focus on organic plant proteins and green vegetables, which can be eaten raw, steamed, or sautéed. Avoid foods that promote inflammation, including sugar, trans fats, alcohol, processed foods, and caffeine.

**3.** Consume more alkaline foods. Alkalizing foods, such as cucumber, kale, sea vegetables, parsley, sprouts, spinach, avocado, and broccoli, are all excellent to counter acidity and help the body shed toxins.

**B**e sure to consult with your doctor if you have any kind of medical condition or if you are on prescription medication before cleansing. It's so important to find the time to cleanse and take care of our bodies. Wishing you all health and happiness this Spring.

*Happy Cleansing!* ■