

# Time for a Gentle Springtime Detox!

WITH BETHEL WAGNER  
PERSONALIZED  
HEALTH COACHING



As we head into spring, it's worth reflecting on what shifts we need to make to be in rhythm with the natural world. Traditional Chinese Medicine (TCM) considers winter a time to find stillness, reflect inwardly, and deeply nourish ourselves. On the other hand, spring is a time for growth, renewal, and detoxification. Spring is associated with the wood element, the color green, the liver, and the gallbladder.

Spring is an excellent time to focus on gentle detoxification. The body detoxifies through the liver, digestive system, kidneys, lymph, skin, and lungs. It is helpful to focus on supporting the liver during the spring months. There are many ways to do so, but here are a few of my favorites:

- Focus on eating lots of leafy greens and cruciferous veggies. Try lettuces, arugula, kale, broccoli sprouts, etc.

Greens with a more bitter-flavor

profile help to stimulate digestive juices.

- Include as many colorful veggies, fruits, and berries as possible. These foods provide the phytonutrients and tools your liver needs to clean house and detoxify.

- Remember to eat clean protein. Protein provides the liver with the building blocks needed to package waste and toxins and safely remove them from the body. Beans, lentils, salmon, organic poultry, and wild game are all excellent options to include.

- Warm lemon water in the morning can help to stimulate and flush out the liver. Evidence suggests that lemon may even help the liver heal itself.

- Dandelion root, milk thistle, and schisandra berry help support and detoxify the liver. Try them as a tea or in tincture form.

- Ditch the caffeine and alcohol. Caffeine and alcohol are both liver loaders. If you are serious about repairing your liver, remove them for 2–3 weeks.

- Don't overeat. The liver is like a pantry. It stores any extra sugars, fats, or nutrients we don't need immediately. If there is a constant excess, the liver starts storing those nutrients as fat, which can lead to the development of fatty liver. Once the liver is full, fat is deposited in other locations around the body. A clogged liver is often the culprit when people have difficulty losing weight.

- Avoid exposure to synthetic chemicals and toxins as much as possible. The liver is responsible for filtering out toxins, but in our modern world, sometimes there are just too many to keep up with. Give your liver some love by switching to non-toxic personal care and cleaning products. Make an effort to thoroughly wash your produce, or buy organic to avoid exposure to glyphosate and other insecticides.

- Weed out any unnecessary supplements. Supplements can be helpful, but taking too many or the wrong ones places an additional burden on the liver. We like to use our biofeedback system to identify which supplements are working and which ones aren't to assist in this process. Do not stop taking any prescription medications without the supervision of your doctor.



- Include gentle movement. Activities like walking, stretching, or yoga encourage regular elimination. They also help build and maintain lean muscle, which helps to burn fat.

- Intentionally reduce your stress levels. Stress causes the liver to convert glycogen into glucose and pump it back into the bloodstream, leading to high or erratic blood sugar levels. Breathwork, meditation or prayer, yoga, and time in nature all help relieve stress. Biofeedback, reiki, and massage are helpful too.

- Doing a cleanse of at least ten days without sugar, dairy, caffeine, alcohol, gluten, corn, or soy is also a great way to reset the liver and the body.

If you feel your body is ready for a spring cleaning, contact us today! We are offering our 28-Day Reset starting March 20th. It will be available in person as well as online. Mention that you read the NLN article to receive a 10% discount. ■



**S A G E**  
WELLNESS CENTER

Biofeedback  
Holistic Health Coaching  
Herbal + Homeopathic Apothecary  
Crystal Healing + Energy Work  
Breathwork  
Community Classes

406.560.0662  
sagewellnessmt.com  
@sagewellnesscenter.mt



If you are in crisis and want help, call the Montana **Suicide Prevention Lifeline**, 24/7: **NOW DIAL 988**

*Much more than just a switch to an easier-to-remember number, it represents a holistic revision of the State's suicide prevention and mental-health crisis-management system.*

Please feel free to download any of the programs and resources on our website:

**Dphhs.mt.gov/  
SuicidePrevention/  
suicideresources**

**SuicidePreventionLifeline.org**

**Dept. of MT DPHHS**  
MONTANA'S DEPT. OF PUBLIC  
HEALTH & HUMAN SERVICES

**BETTER SLEEP & MENTAL & EMOTIONAL WELL-BEING!**  
with **MORINGA PLANT**  
Following the SEROTONIN PATHWAY: from Tryptophan ...to Serotonin...to Melatonin!



HEATH LEDGER died from an accidental overdose of pain-killers, antidepressants & sleeping pills. All of these problems can be addressed nutritionally. Following the serotonin pathway, through superfoods like the MORINGA, could be a safer alternative.

Serotonin's function in the brain can be elevated in the way nature intended, by providing more of its precursor in our diet. Tryptophan occurs naturally in foods and in its highest levels in the leaves of the *Moringa oleifera*. With all of this tree's many blessings, this is one of its most important contributions for all of us who deal with stress. Increasing your Serotonin through diet is a far superior way of balancing mood and sleep without the side effects and hazards of drugs.

—Jon Zwayer, CMT

Tryptophan is an essential amino acid (i.e., you must get it from food) required for the production of serotonin (the neurotransmitter involved in relaxation and sleep). Tryptophan helps to control depression and insomnia, alleviates stress, eases pain, and combats inflammation. It is the rarest of all amino acids and yet, we all need extra Tryptophan sometimes! Moringa is an excellent plant source. [Its concentration in the leaves is almost twice that of soy.]

— Monica Marcu, Ph.D., author, "Moringa: The Miracle Tree"

**TO ORDER**  
**Moringa Super Mix ~ \$3/day**  
**Call: Denis Ouellette**  
**(406) 333-4103**