

May 2011

Are you feeling fresh and clean, inside and out? While you're spring cleaning at home, take the opportunity to care for your body too. We've got some great ideas to help you "spring clean" yourself while you're busy freshening up your surroundings. Massage is a great way to give your body a boost, so if it's been a while, come and see us! You can also check out our blog for [yummy detox recipes](#), and details on [natural cleaning products to use around your home](#).

Keep your eyes on our blog this month because Dr. Yee will be posting an article on detoxing with the help of naturopathic medicine. Appointments are available with her in May, on the 14th and 28th, between 10am & 4pm.

Also in May, we have select spots available for appointments before 12 noon at a discount of \$10 each. Call now to book, at 780-410-1100. Don't forget Mother's Day on May 8th! Treat Mom to a relaxing massage - gift certificates are now available.

Spring Cleaning of the Self

As spring gets into full swing, many of us begin that ever-so-popular process of "spring cleaning." Taking time to detoxify the body is just as important as cleaning out your home. The point is to rid the body of harmful toxins that cause pain and illness and maximize its ability to absorb nutrients and heal.

There are seven channels of elimination that we use when detoxifying the body: the colon, liver, kidney, lungs, blood, skin and lymphatic system. Normally, the body will detoxify itself over time, but pollution levels keep increasing and more preservatives are put into our foods. When we add this to the daily stress that prevents us from always making the best decisions, we find that we need to help facilitate the elimination process. Here are some great ideas that you can do at home or with some help, for a spring cleaning of the self.

Diet Modification

One of the primary ways that toxins enter our bodies is through our food. This includes the pesticides used to grow our fruits and vegetables, the hormones and antibiotics added to our meat and milk, as well as the chemicals, dyes and preservatives found in all processed foods. The best way to eliminate toxins from the body is to make sure you don't knowingly consume them. Altering your diet to exclude these commonly toxic foods will go a long way in increasing overall wellness. Organic options should be chosen whenever possible and a full detoxification diet will also eliminate refined sugar & flour, caffeine, alcohol, preservatives, artificial colors, refined carbohydrates & oils, and processed meats.

Detox Teas

Unlike the caffeinated black and green teas that you are used to drinking, detoxifying teas are herbal. By using either a pre-made blend available through retail stores, or mixing your own in conjunction with an herbalist, these teas focus on elimination principally through the colon. Herbal tea initiates a laxative effect on the body, cleansing the colon and allowing for better absorption of vitamins and minerals. We've got some nettle tea here in the clinic that's a pleasant, mild way to introduce yourself to detox teas.

Infrared Saunas

Infrared saunas use a wavelength of light that is able to penetrate deep into the body while keeping the overall temperature lower than a traditional sauna, allowing for a prolonged exposure. These deep rays of light help to get at toxins found at the cellular level and allow you to sweat them out using your body's largest and more underutilized organ: the skin. Infrared saunas also work the circulatory system and help to reduce chronic pain through a warming of the muscles. Spend 30 minutes in our infrared sauna and feel the difference!

Water

...and lots of it! Flush your system out by staying properly hydrated. You might have noticed the cucumber-mint water we always keep handy in the clinic - we find that having this close by helps us all to remember to drink more water. Try perking up yours with mint, cucumber, berries or lemons & limes, and you'll be well on your way to 8 glasses a day.

Visit our blog for yummy detox recipes, or ask your therapist for personalized detox advice.

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FREE MASSAGE

Have you had a great experience at Muscle Elements? Have we helped you out with a troubling health issue? Want to tell us and the world? We'd love to hear your thoughts!

[Click here](#) to write us a testimonial that we may use on the web or in our print material. In appreciation, we'll put your name in a draw for a free 30 minute massage.

The winner of last month's 30 minute massage is **Chelsea Kundert**.

Thank You to everyone who participated!

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