



Spring is in the air...and so are the allergens. If pollen and mould are making you sneeze, consider a Spring Detox!

Spring is a time for change and growth. And it is traditionally the time that we cleanse our bodies from the heavy and bulking foods of winter. With the warm air, we tend to eat less, and crave spring veggies like lettuce, spinach, arugula, radicchio, and dandelion greens. These are some of the liver loving foods that help your body with reducing allergies.

Allergies are a complicated health condition that is becoming more and more prevalent in our world. Allergies involve the immune system, the ear, nose, and throat or skin, and the liver. Often, a person will never have an allergic reaction, and then it seems to come out of nowhere. One explanation, is that our world is becoming more toxic from the air we breathe, the water we drink, the food we eat, and our exposure to more and more chemicals. So what can we do? If you do not want to depend on an anti-histamine that will help control the symptoms, and you want to eliminate the allergies, here's what you can do!

Visit a health practitioner for an individualized liver detoxification program. Here at Innervate Health, we assess your health and goals to select exactly what you need support in. It could be kidney and bladder, intestine and bowels, liver, or lymphatic help you need. Often, it is a combination along with certain foods you should eliminate to give your body a break. And yes, you should eliminate caffeine and alcohol in order to give your liver a chance to work on the other stuff you have accumulated.

I have many patients that have experienced an elimination of spring and fall allergies. Can this be you too? My suggestion is to start your detox before it gets too warm. If you'd like to start right away, try having a glass of warm water with 1/2 lemon first thing in the morning. This is a gentle way to stimulate the liver to produce more bile, an emulsifier of fats. If you also increase your fiber intake to the recommended 35 grams per day, you will feel a difference in no time.

For more help with allergies, there are many great homeopathic remedies that work instantly. And don't forget the neti pot, which is guaranteed to bring your relief. For a demonstration, visit my video on You Tube here: <http://www.youtube.com/watch?v=TVYLuc3syDs>

PS: We had great success with our First Step Program, so we've been asked to run it again. The second round will start May 3-June 21st at Innervate Health Care Centre in Thornhill. For more information check out our website:

http://www.innervatehealth.com/clinic_community_events

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