

Detoxify in Spring

Narelle Donald

Do you wake up with low energy? Does that low energy hang around all day? Are you finding it hard to concentrate? Do you feel sluggish? Are you suffering with infection after infection, cold after cold? What about your digestion - burping, wind, reflux, bloating?

All or any of the above annoying symptoms are simply detoxification symptoms. When we have a problem in the body the body tries to detoxify itself to remove the problem and it is these annoying symptoms that can manifest. I strongly believe our body does not work against us. It will always try to restore balance by taking the least path of resistance. Although detox symptoms often look like disease (and are called disease), they really are our body's attempt to restore balance and eliminate a problem. For example:

- Fevers are toxins trying to leave the body via the skin
- Headaches can be too many toxins in the bloodstream
- Sneezing are toxins leaving the nose
- Coughing is toxins trying to make their way out of your lungs
- Tiredness can be toxins in the blood
- Diarrhoea is toxins leaving via the bowels



These irritating sub clinical signs can be seen as a problem or we can look at them with the idea that our bodies are trying to make us well. If we take this view then the obvious answer is to

***detoxify your body and help it naturally
eliminate disease.***

The trick to cleansing your body is to simply prevent the toxins from entering your body both through our environment (e.g. breathing polluted air) and through our diet. All these subclinical annoying symptoms really show an under functioning and overwhelmed digestive system and liver. Good nutrition is fundamental to all healing. The food we eat provides nourishment for living, growing and tissue repair. The quality of our nutritional intake is a principal determinant of our body's ability to resist disease and is therefore responsible for illness. Taking it one step further,

***We are what
we digest &
assimilate!***



Our health and vitality depend on how efficiently our digestion makes available the vital nutrients found in our food and how effectively it detoxifies poisons and toxins (via the liver).

A cleanse acts as a protective health measure and benefits your body through:

- lessening the load of superfluous substances from your body and aiding eliminate
- helping to purify your bowels, kidneys, lymph glands, lungs and skin
- allowing cells to eliminate and clear out old products and repair
- Increasing absorption and utilisation of essential nutrients.
- Clearing out mucous congestion
- Improving glandular secretions
- Improving resistance to disease
- Stabilising the nervous system and mental functions creating a greater sense of calm and an ability to think more clearly
- Improving energy & quality of sleep

The aim of cleansing is to:

- Alleviate toxins - avoid obvious food and environmental toxins
- Maximise elimination pathways - liver, bowel, kidneys, lungs, skin and lymph

Flood the body with nutrients and food easy for the body to digest whilst eliminating foods difficult to digest, absorb and assimilate



Normal living provides many means to becoming toxic - stress, poor dietary choices, poor lifestyle choices, indoor living, pollution, household chemicals and the list goes on. Cleansing allows us to get our body into balance and as the weather warms up, the availability of fresh produce increases and we spend more time outdoors in the fresh air, spring is the perfect time to cleanse.

Cleansing is not difficult and takes just 4 weeks of your life. It can be as simple as increasing your fresh produce and water and decreasing your processed foods. An easier and more effective way is with a dietary plan combined with the aid of a herbal mixture to boost your body's cleansing ability. However you decide to do it take the time to spring clean your body and you will feel fantastic, energetic and really well. Trust me, I know from experience.



Q) How often do you visit Studio Glo each week?

A) At present, I go to two P.T. sessions with Jarrod as well as two group sessions (cycle and gladiators), all of them being early morning. I'm a "morning person" but I also just enjoy waking up my wife, Lynette, at 5:00am or so. She thinks I'm extreme.

Q) What is your favourite Studio Glo exercise / activity?

A) Boxing because it's my chance to pay back Jarrod by hitting him (on the mitts) as hard as I can. I find that boxing is a high energy work out which helps me to de-stress and to release plenty of aggression. I'm a lawyer so I can't help myself.



Q) What is your least favourite Studio Glo exercise / activity?

A) Stair runs. I'm planning to sue Jarrod if I go through the glass doors (I think he's very rich but just pretends he isn't).

Q) What was your Health and Fitness goal when starting with Studio Glo and how have you gone progressing toward it?

A) I wanted to increase my fitness (although when the alarm goes off I sometimes wonder why), lose some weight (at age 55, I am challenged by gravity), lower my blood pressure (which is an occupational hazard), and improve my cardio-vascular system (I have the heart attack gene thanks to my old man, may he rest in peace). Since starting at Studio Glo in April and thanks to Jarrod (who constantly reminds me of the Commando on Biggest Loser), I have made amazing progress on these four fronts. What is better still is that my energy levels and sense of well being and overall enjoyment of life have improved dramatically (and no, I am not being paid for these gratuitous comments).

Q) After a big Studio Glo work out what would be your ideal meal?

A) After working out, I usually have two poached eggs on whole meal toast, with spinach and vegemite (no butter). This breakfast gives me a good balance of protein, fiber, iron and carbohydrates (without much fat) and that easily keeps me going until lunchtime. I also enjoy two long blacks (which I know is sinful but no-one is perfect).

Q) If you could do a group exercise class with any 5 people (alive or dead) who would you choose?

A) It'd have to be Merv and Chris because I greatly admire how they go about working out and I also need to compete against them. We'd be joined by Jarrod because everyone needs a great P.T. I'd also want my wife Lynette (who works out with Kylie) because she inspires me to live life fully and to live it well. The fifth person would be the Pope because I need some help from above for my coffee addiction.



Q) Do you have any tips for new Studio Glo members?

A) And some tips? Don't cancel a session unless you have a very, very good reason (motivation is what gets you started but habit is what keeps you going). Secondly, be committed for the long haul because results take time and effort and hard work (the long term benefits to health and well being make it all very worthwhile). Thirdly, let your P.T take you to the edge and give you a shove (they really do care about us, know what they're doing, and want us to reach our full potential). Fourthly, get to know others at the gym (we're all in this together) and be inspired by their dedication, determination and daring. Finally, be yourself only better (80% of the battle is in our minds and what we are able to achieve has mostly to do with attitude).

Quick and Easy Swordfish Steaks & Summer Salsa

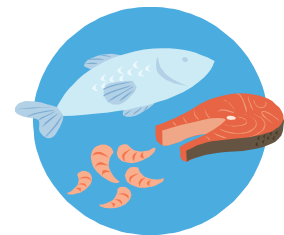
With the bulk of the cold weather behind us it's time to tease our taste buds with a hint of summer cooking!

Ingredients

- 4 Swordfish Steaks
- 4 tsp minced garlic
- 2-3 tsp Mixed herbs (Fresh where possible)
- 2 lemons sliced in circles
- 1/2 Cup butter
- 1/4 Cup lemon juice
- 1/2 Cup finely diced cucumber
- 1/2 Cup finely diced tomato (seeds removed)
- 1/4 Cup chopped basil
- 1/2 tsp dill
- 1/2 tsp salt

Method

Place Swordfish steaks in glass baking dish. Rub garlic over top of swordfish and sprinkle with salt and herbs of Provence. Cover Swordfish with slices of lemon and bake at 400 degrees about 30 minutes or until done. In a small saucepan melt butter and whisk in lemon juice. Fold in cucumbers, tomatoes, basil, dill, and salt. Once swordfish is done, remove lemon slices and place swordfish on dinner plate. Cover swordfish with cucumber and tomato salsa and serve.



The information provided in this newsletter is for general educational purposes only. It is not intended to be relied upon as, nor to be a substitute for, specific professional advice. If you are currently under the care of a medical practitioner, you have any injuries or you are taking prescription medication, it is recommended that you seek professional

Level 1, 156 Maroondah Hwy
Ringwood 3134
9870 4050