

Spring Training: Simple Steps to Detoxification

Our organs are dedicated to the removal and excretion of substances that are unnecessary or can be harmful to our health. We can support them in their heroic efforts without a lot of fuss. Some trends focused on cleansing suggest we need to take drastic actions to purify our systems. I find that simple food choices and at-home practices can be the best place to start.

Cleansing Nutrition

As a nutritionist, I begin with food since it can play a huge role in detoxification. First, we want to eat as many vegetables as we can every day. Cruciferous vegetables like broccoli, cabbage, cauliflower, kale, bok choy and Brussels sprouts do especially good work supporting detoxification – try to have at least one serving a day.

Hydrate throughout the day and make sure you have plenty of fiber, along with some fermented foods, in your daily food intake. This will support your digestive system. Bowel movements are a primary mode of removing toxins and keeping them from cycling needlessly through the body.

Also, try to begin the day with a cup of hot water spiked with the juice of half a lemon, which is great for bile support. You can use apple cider vinegar instead of lemon in your water if you prefer. I also recommend vegetable broths and green juices because they are full of phytonutrients (and chlorophyll, in the case of green juice) which support detoxification.

Cleansing Relaxation

A warm bath with Epsom salts is great for relaxation and detoxification. If you don't have a bathtub, sprinkle Epsom salts on a warm washcloth and use it to exfoliate just before you shower. The magnesium in the salts helps with detoxification. You could also dry brush your skin before bathing which will wake up your lymphatic system, a key role player in detoxification.

Cleansing Expertise

One of the best ways to detoxify is to find ways to reduce exposure to harmful chemicals in the first place. It is a tall order, but it can be made easier by using tools designed to help. When it comes to limiting exposure, I recommend checking out the Environmental Working Group (EWG). They have many resources, including an app, that make it possible to see the toxic profile of all kinds of products – food, cleaning items, cosmetics and more. You will find an environmentally friendly option for almost all your necessities and a food listing that helps you decide, as your budget demands, when buying organic is a must.



Sharon Meyer, DiplON CNC, is an integrative nutritionist with functional medicine training and more than 20 years of clinical experience. She specializes in weight management programs, dietary approaches to optimal health, targeted nutrition plans for specific conditions, goals and sensitivities.

Sharon has lectured around the world, from London to California, and is frequently featured on television, radio and print. Sharon is also a qualified Cordon Bleu cook. She practices in the Institute for Health & Healing clinics in San Francisco and Santa Rosa.

To learn more about the Institute for Health & Healing or request an appointment, visit myhealthandhealing.org.