

Seasonal Detox

THE HEART OF SUMMER, LATE SUMMER DIGESTIVE RESTORATIONS INTROSPECTIVE AUTUMN

By Carrie L'Esperance

Meditate, contemplate, clarify, think, feel, interpret, cross-examine, adjust, readjust, purify, cleanse, reach out to the light of THE ONE as you go within. Make the effort! Make the effort and know that you are not alone. You shall never be alone in your grandest return. (The Genius Frequency)
John J. Falone

Summertime projects such abundant beauty into the divine tapestry of colors in fruits, vegetables, herbs and flowers that it is no wonder this season is associated with the heart. Summer is also associated with the Fire element in the Native American and the Chinese Five Element healing systems. These time-honored systems based on preventative medicine maintain that the heart and small intestine are ruled by the Fire element, as are the functions of circulation and heating in the body.

Diet and exercise are very important for keeping the Fire element strong, just as proper nutrition is vital to maintain a healthy heart, which provides fuel and heat for the body. With such an abundance of fresh foods in summer, it is easier to cut back on—or eliminate—more of the refined foods and animal fats, particularly red meats, dairy products and other fatty foods.

This allows the small intestine to cleanse itself and lightens the load on the heart.

In Chinese folk medicine, it is said that the condition of the heart may be read from the color of a person's complexion, body, and especially the finger tips and the skin under the fingernails which can be red, pink, blue or white. The tongue should be moist and pink. If it is red, then the Fire or heart energy may be too strong, making it difficult to relax or slow down. If the tongue is pale, it may reflect weakness of the Fire element or anemia (a deficiency of red blood cells

which reduces the oxygen and nutrients circulating throughout the body). There are many causes of anemia, but all affect the amount of circulating oxygen, and thus can create symptoms like lethargy, slowness in action and thought, and coldness, especially in the hands and feet.

Bitter foods and herbs are considered strengthening to the heart and small intestine, though an excess of this flavor may injure them. Hot greens, like mustard, peppermint, watercress and garlic, and others such as cauliflower and cabbage, are good for strong, clean blood. Chili peppers of all kinds benefit the heart and circulation. A balance between the five flavors—sweet, sour, spicy, bitter and salty—keeps the body in harmony. The *Nei Ching*, an ancient Chinese medical text, offers this wisdom: "If people pay attention to the five flavors and blend them well, their bones will remain straight, their muscles will remain tender and young, breath and blood will circulate freely, the pores will be in fine texture, and consequently breath and bones will be filled with the essence of life." A BROKEN HEART? For the heart to remain healthy, remember that the liver and the kidneys must be healthy too; they are filters of the blood, which is pumped by the heart. Good general health revolves around the chemistry of proper digestion. The tremendous importance of a proper dietary regimen, and choice and preparation of our foods cannot be stressed enough. Foods, and the way they are utilized by our bodies, are integral to overall health, as well as to normal heart function.

Improper dietary habits begin early in life and may lead to saturation of the body with toxins and chemical imbalances. If the chemical disturbance is removed, the body cleansed and the organs are not too badly damaged from this long-developing disease state, recovery certainly follows. Many heart problems are exacerbated by

the daily use of caffeinated beverages, soda drinks, tobacco, alcoholic beverages and fatty foods. Overly sweet desserts and fatty foods, including fatty meats and gravies, should give way to vegetable soups, lean meats, vegetables, salads and fruits. For better heart function take an occasional rest from certain items and avoid processed, pasteurized, fried, canned, and overly salty foods.

Lack of exercise is an important factor to consider regarding the heart's vitality. We are never too old to begin a regular exercise program that is fun and spiritually exhilarating. One of the most beneficial and gentle exercises is a Nature walk, where, rain or shine, there is always a delightful and unexpected surprise awaiting those who may take the time to contemplate the joyful plant and animal worlds.

Summer is by far the easiest time to cleanse and strengthen the heart and the small intestine, purify the blood and give your hard working digestive system a well-deserved rest. Take — advantage of whatever may be overflowing from local gardens and farmer's markets. Create your own mini fast by eating simply—one, two, or three vegetables or fruits at a time. The heavy heat of summer places extra stress on the heart. A simple detoxifying diet, such as the Seneca Indian Summer Cleansing Diet offered below, is one of my favorite ways to give the body a 'real' summer vacation. Try it out—you will be delighted with the rejuvenating affect on your body, mind and spirit.

SENECA INDIAN SUMMER CLEANSING DIET

For North American Indian tribes, the art of fasting or the practice of detoxifying the body with seasonal cleansing foods, was a natural way to harmonize the body, mind and spirit with all of Nature. It is very important to create a healing space, and a time frame of 3-4 days during your detox, to rest, read, meditate, contemplate, do yoga or take a Nature walk. Treat

your time of rejuvenation as carefully as you would a stay in the hospital and you will have a positive experience. (PLEASE NOTE) The following detox diet is gentle and suitable for most individuals. However, if you are ill or underweight it is wise to seek out supervision from a qualified natural healing practitioner.

DAY ONE

Eat only fresh fruit throughout the day as you desire when hungry, with the exception of bananas. Choose locally grown organic fruit in season such as berries, cherries, watermelon with seeds (chew the seeds), apricots, apples, melons, etc. You may drink purified water throughout the day between your fruit meals. You may also liquefy or juice the fruits for variation. Avoid eating after 8 pm.

DAY TWO

Drink only herbal teas throughout the day as you desire when hungry. For Native Americans, the gateway to the spirit world was through the healing properties of teas made from medicinal plants. Make a medicinal strength tea using 3 Tablespoons of herb (double if fresh) per 2 cups of water. Gather or buy your herbs in bulk at your local natural food store. The following special herbs have been recommended by Elson M. Haas, M.D. to stimulate, purify, and vitalize the heart and blood: hawthorne berries (heart disorders), ginseng root (stamina, virility), fennel and any seeds (gas and digestion). Some other cardiac herbs are garlic, peppermint, pansy, goldenseal, sorrel, motherwort and valerian root. You may combine several herbs to create tasty combinations. Use your sense of smell to determine if a herb resonates with you agreeably. Your teas should taste delicious. In between teas you may drink purified or distilled water.

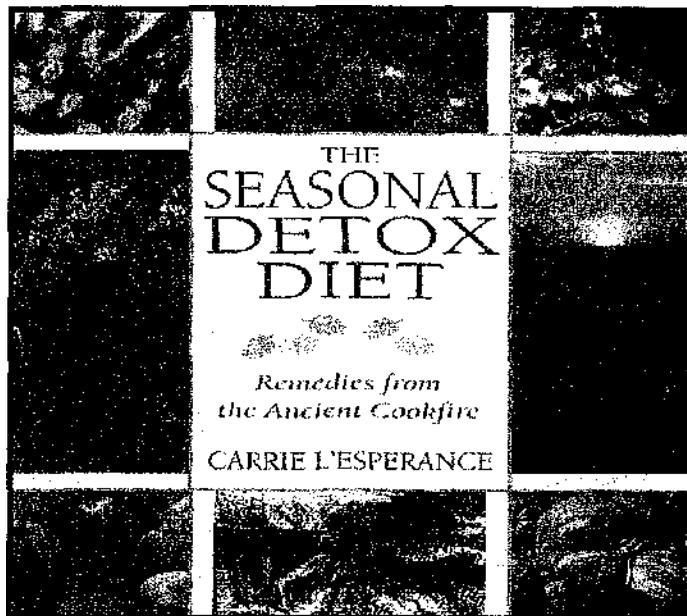
DAY THREE

Eat all the vegetables you want when hungry; have them raw, juiced, steamed, roasted or baked. Choose locally grown in season vegetables that have been cultivated without the use of pesticides. Be sure to include some hot greens like mustard greens, garlic, watercress, cauliflower and cabbage to help purify the blood, as suggested above.

DAY FOUR

Prepare a pot of vegetable broth. Use pure water and simmer your leftover vegetables, adding others to create a tasty mineral rich broth. Some possibilities include potatoes, peas, corn, onion, garlic, carrots, broccoli, hot peppers, zucchini, cabbage, parsley, green beans, and summer squash. Add a bit of cayenne pepper for seasoning to further help eliminate blood impurities. Drink the broth only. Strain out the vegetables and eat them after the fourth day if you wish.

This diet cleanses the colon on the first day. It releases toxins, salt, and excessive calcium deposits in the muscles, tissues, and organs on day two. The digestive tract is supplied with mineral rich bulk on day three. The blood, lymph, and inner organs are mineralized on day four.



CARRIE L'ESPERANCE

Certified Iridologist, Natural Healing Specialist

Author of *The Seasonal Detox Diet*

Offers local and long distance private consultations.

(415) 621 - 5516 • (530) 432 - 3436

LATE SUMMER DIGESTIVE RESTORATION

'The way your body is processing food may be determined by your moment-to-moment state of energy.' —

The end of summer is considered a season by itself in the Chinese Five Element healing system. This transitional time between summer and autumn may have aspects of all the seasons, such as hot, cold, dry or wet. Late summer is correlated with the element Earth, which relates to the cycles in Nature and is central to all other elements. The center is the direction associated with the Earth element. The spleen, stomach and Earth element rule the center, which relates to the four corners of the Earth, the four directions.

The stomach and the spleen work together to digest the foods we eat and distribute the resulting energy throughout the body. The digestive organs and their functioning reflect the influence of the diet, mental activity and emotions. In fact, the stomach is one of the most sensitive organs in the body. Since the whole digestive system is finely tuned by the nervous system, stress of any kind affects its function; the state of emotions is closely linked to eating habits and the ability to process food.

All foods eaten at the same time must be broken down to the same consistency before the stomach will actually begin to empty. There are different digestive substances that break down each kind of food; fats and proteins take longer to digest than do carbohydrates. Simple fruits may take 10 to 20 minutes, while meats may require 45 to 90 minutes—depending on how well they are chewed. If fruit

is eaten at the same time as meat, the fruit will have to remain in the stomach for an extra hour. During this time, fermentation will take place, introducing gas into the system and causing indigestion, belching, and/or cramps.

A simple list of foods in order of decreasing ease of digestibility and increasing length of time in the stomach includes: fruits, vegetables, grains, beans, seeds, nuts, dairy products, and meats.

[Carrie L'Esperance is the author of *The Seasonal Detox Diet, Remedies From the Ancient Cook fire*. She is a certified iridologist.

INTROSPECTIVE AUTUMN

It is not difficult to become overwhelmed with the lack of balance in our world. Even if we are able to bring about positive change within, can we possibly affect the world at large? Yet in our hearts, we know that it is precisely through the balancing work that we do on ourselves that we can truly affect broader change. Throughout history, the tools for transformation and balance have been and continue to be available to us. We need only open ourselves to our highest purpose and begin to take stock of the thought patterns we embody. Each of us is responsible for the reality we create, in our own lives and in the lives of those around us. It is imperative that we discover the truth for ourselves in regard to healing. It's a very personal journey and no priest, scientist or psychiatrist can do this for you.

Utilization of different modalities of bodywork is key to survival in this day and age. The detox fast or detox diet will help you to uncover the integrity at the deepest core of your being that enables you to master your body and mind. A fasting experience helps you to "go within" and discover new dimensions of self. The mind is very powerful. Your thoughts form your world. Fasting on certain seasonal foods and herbs helps you to realize that you can transform "your" world, no matter what state "the" world is in, by unfolding the intuitive teacher within.

Part of the initiation into higher consciousness involves movement through toxicity. Look at yourself in the mirror. Are your eyes clear? Your eyes are an indication of the state of your entire physical body, as well as your emotional and spiritual bodies. A deep-cleansing fast or detox diet will change the structure of your blood, purify it. When your body is cleansed through your fasting efforts, the whole system, body, mind and spirit, is harmonized. A successful fast will raise your vibrational level. A certain vitality will show in your hair, skin and eyes, making you more youthful-looking.

Autumn, one of the most important times to cleanse the body, marks the beginning of a personal cycle of turning within. In the Chinese Five Element healing system, Metal, associated with autumn, represents the mineral ores and salts of the Earth. Without minerals the body cannot absorb vitamins. It is a fact that our farmland soils are for the most part woefully deficient in minerals. Many aches and pains in the joint and muscle tissue may be attributed to a mineral and/or vitamin deficiency, as well as toxicity. The lungs and the large intestine are the two interrelated body organs stimulated to cleanse in the Autumn. As with each changing season, your food choices may either block or assist the body's natural tendency to cleanse and release toxic buildup in these organs. When it comes to illness and discomfort, the large intestine is generally not considered to be a factor. But, in fact, this organ plays an integral role in overall well being. If you have a history of bowel weakness or long winter colds and lung problems, then autumn is a most excellent time to work on keeping these organs strong and healthy. Consider doing a deep cleanse for the large intestine, especially if you have never done so. You will find all the detailed information required to do a powerful cleanse in the reference at the end of this article. Once the body is cleansed, air pollution, chemical fumes, cigarette smoke and toxic water and soil are no longer acceptable. After completing a deep cleanse, listen to your intuitive self; your body will naturally move away from certain foods.

Like early spring, early autumn is a good time for cleansing. But afterward, your diet may be richer, fuller and more heat producing than in spring, in order to carry you through the chill of late autumn and winter. Fish, fowl, egg yolks and plain goat's milk yogurt and cheeses can be added to the cache of seasonal fall foods. Beneficial foods for the lungs and large intestine include all whole grains, especially brown rice, barley, oats and wheat germ. Garlic, onions and herbs like ginger, thyme, mullein, elecampane, aloe vera and pineapple are good lung foods. Other fresh and locally grown foods such as apples, pears, persimmons, pomegranates, dates, currants, grapes, figs and newly shelled nuts are best minimally cooked if at all. The wonderful compact root vegetables and squashes, the dark green leafy greens like kale, chard, mustard and collard are examples of cleansing and building foods for autumn.

SAGE AND MULLEIN TEA

Sage is a tasty and good blood purifier. Mullein is an outstanding lung herb and excellent for soothing and strengthening the large intestine.

Bring 2 cups purified water to a boil and remove from heat. Add 2 TABLESPOONS Mullein and 1 TABLESPOON Sage (double if fresh). Cover and steep for about 20 to 30 minutes. Drink a cup morning and evening for a minimum of 10 days to help purify and strengthen the blood, lungs and large intestine-*

For more information on deep-cleansing the lungs and the large intestine, please refer to *The Seasonal Detox Diet, Remedies From the Ancient Cookfire* by Carrie L'Esperance, InnerTraditions.com or Telephone: 1-800-246-8648

Carrie L'Esperance is the author of *The Seasonal Detox Diet ~ Remedies From the Ancient • Cookfire*, InnerTraditions.com. Carrie is a certified iridologist and healing specialist who outlines health programs for individuals based on reading the iris of the eye. *The Genius Frequency* by John J. Falone is available at 1 800 729-4131