



Time To Spring Cleanse!

THINK RAW!!!

Now is the time for Spring Cleaning, not just of our homes but of our internal organs... mainly the digestive system (our colons) and our liver and gallbladder.

We spend the year adding toxins into our bodies simply by living on the planet... taking in toxic fumes from automobiles, household cleansers, factories, not to mention the processed foods we eat (which are highly acidic), meat (which can be contaminated with numerous toxins), prescription medicine or street drugs, and alcohol (which is acidic and toxic to our bodies).

There are many ways to cleanse the body. A good first step is to alkalize the body and balance the pH. To begin getting rid of sugars, nicotine, alcohol, caffeine, and chemicals ("SNACCS"), see if you can eliminate everything white in your diet, such as white flour, sugar and white table salt — perhaps start by eliminating just one of these things at a time!

Juice cleansing along with organic herbs to aid in the elimination process is an excellent way to allow the body's digestive system to rest while your body eliminates toxins from the cells that have built up over a course of time. Juicing is also a wonderful way to get all the nutrients your body needs without the huge amount of energy require for solid food digestion. By giving our digestive system a rest, we are able conserve energy while eliminating the toxins that have been stored in our bodies. Juicing also allows you to heal and rejuvenate your cells, heal chronic ailments without drugs, lose weight in a short amount of time (but in a healthy way), cleanse and replenish the colon, and create clarity of mind and spirit.

Interested and want to know more? Call Liz today to set up a free consultation time to discuss your next step to a SPRING CLEANSE! Group Cleanses are available upon request!

Contact Liz Baughman at:
707-483-9848 or email liz@ecstaticwellness.com

Some Juicing Recipe Ideas for Your SPRING CLEANSE Program:

Morning Calm:

2 cucumbers
8 stalks of celery
8 kale leaves (stalks and leaf
¼ inch piece of ginger
½ lemon

Green Machine:

2 cucumbers
6 stalks of celery
6 beet greens
¼ bunch of spinach
½ bunch of cilantro
¼ inch piece of ginger
lemon to taste