

Spring detox

This week, survivors of Winter 2014 applied dark smudges to their foreheads in the annual ritual of Ash Wednesday. The black patches seem to mirror the grime that has accumulated on the icy scrim that lines our sidewalks and streets here in the Northeast.

But redemption is in sight. Mardi Gras and Ash Wednesday demarcate the beginning of Lent, which is the lead-up to Easter and Passover, along with warming weather.



Late winter/early spring is traditionally the Hunger Season, when food supplies are exhausted, and new crops and game have not yet emerged. In upstate New York, the Adirondacks were a tribe whose name meant “bark eaters.” How’s that for a high-fiber, low-glycemic index snack!

Most cultures incorporate forms of fasting as religious practices: think Lent, Ramadan, Native American and Jewish fast days. In addition to their spiritual significance, these fasts or partial fasts may provide health dividends.

I recently considered these in a [podcast on Intermittent Fasting](#).

Lately, “Detox” is the new buzzword, even prompting an article in the Wall Street Journal: “[The Debate Over Juice Cleanses and Toxin Removal](#).”

The article highlights the prevalence of fatty liver disease, a hallmark of dietary excess. The French, notorious bon vivants, have long referred to this as “crise de foie” (crisis of the liver). Their solution: Periodically, they take “The Cure” at a health spa, where they chill out, eat lightly, and abstain from Pinot Noir and Gauloises.

There are tons of cleanse and detox books these days, and lots of products. My recommendation is to stay away from “colon cleansers” containing laxative ingredients that can create dependency or even provoke dangerous electrolyte deficiencies while “cleaning you out.”

You can try a few days of eating lightly, or even fasting, provided you hydrate well to promote elimination of toxins. Saunas are a way to promote detox via sweating. And for unique heavy metal problems, such as excess lead and mercury, **consider chelation therapy**, but always consult a qualified health practitioner for monitoring.

My favorite way of detoxing safely and with relatively little deprivation is via a product called “**Core Restore**.” It’s a “one-stop shop” for detox, scientifically formulated and balanced, and it comes complete with **easy-to-follow instructions and sample menus**.

When you take the Core Restore 7-Day detox, you can forego your usual vitamin/supplement program because one of the Core Restore components is a basic multiple called “Alpha Base,” which provides you with basic nutrient needs while you eat foods allowed according to the Core Restore Patient Guide. Another of the elements of Core Restore is “Phytocore,” a targeted blend of nutraceuticals that promotes liver detoxification.

Finally, the cornerstone of the Core Restore program is “Core Support,” a proprietary blend of fiber, high ORAC value polyphenols and glutathione precursors.

The menu for the Core Restore Detox is primarily plant-based Paleo, eliminating common food allergens. It is decidedly “light” but ample enough to avoid deprivation and/or precipitous withdrawal.

Under the supervision of your health provider, the detox can be modified and extended to comprise 28 days.

My patients who have undergone the Core Restore program find it a revelation: They note increased energy, freedom from false hunger pangs, better digestion, elimination of “brain fog” and reduction in congestion and bodily aches and pains. It provides a “teachable moment” to help patients better understand the relationship between toxic or allergic dietary influences and their baffling symptoms.

Note: Core Restore is not available in retail stores, only through certified health practitioners. Additionally, while the Core Restore protocol is gentle and generally well tolerated, if you have a serious health condition or are taking prescription medications, do not undertake this protocol without medical supervision.