

JUST JESS on HEALTH:



January is for detoxing, spring cleaning and a fresh start!

I hope you find yourself well rested and ready for what we all hope to be a brilliant year ahead. With the over-indulgence of December behind us, and chance for a fresh start, I decided to dedicate this article to tips on healthy living this January.

Detoxification:

Detoxification is the body's ability to rid itself of harmful waste products (toxins). Although this system is well established, it may need some extra assistance to enhance effectiveness.

1. **Cut-out/reduce alcohol consumption** – The liver filters out all waste within our system. When it has been “abused” through poor lifestyle habits, function can become sluggish. Extra liver support may be indicated to facilitate organ support and drainage (50ml Liver drainage - R230)
2. **Cut-out processed and sugary foods** – These types of food not only put extra pressure on the liver, but on the digestive tract too. This can increase risk for certain chronic diseases. Increase consumption of prebiotic rich food i.e. tomato, artichokes, asparagus, garlic, sauerkraut, oats and kefir water to feed good bacteria in the gut. This will also facilitate gut detoxification. Ask me how we can use the DNAdiet panel to gain insight into the diet that is best suited for your genetic type.
3. **Improve water consumption** – 1 L per 30 kg of body weight daily will allow your body to effectively remove waste.
4. **Good quality sleep** – Our brain has its own system which allows for the detoxification/removal of toxic waste while we sleep. If waste is not removed effectively from our brain, we have increased risk for neurodegenerative disorders. If you are battling with your sleep, let's discuss how we can improve this.
5. **Reduce salt intake** and **increase intake of fruit and veg.**
6. **Stay active** - We can also use the DNAdiet panel to gain insight into how much exercise you should be doing, as well as the type of exercise best suited to your body.
7. **Anti-oxidants** – These not only facilitate detoxification but also reduce the risk of chronic disease, assist with cellular repair and reduce cellular damage. Increase consumption of fruit and veg for these effects, consume 2 brazil nuts daily to get your daily recommended intake of selenium (a powerful anti-oxidant) and consume 1-2 cups of green tea daily to further assist with cellular protection.

Wishing you all a happy and healthy 2021!

Notices:

Please note I stock Metagenics, Coyne, Medford & Rawbiotics probiotic should you be needing any specific supplementation for you or your family. Please reach out if you would like some guidance around this.

First Aid Kits

I also have compiled homeopathic first aid kits that are handy to have around the house/or when travelling for acute conditions. Medicines are gentle, yet effective and are safe to use in pregnancy.

Remedy:	Indication:
Injury complex	Sprains, strains and musculoskeletal inflammation.
Stings and Bites	For any nasty bites and stings (insect, bee, wasps, bluebottles, spiders).
Gastric complex	Nausea, vomiting and diarrhoea.
Colds & Flu complex	Runny nose, headaches, body aches and respiratory infections.
Hayfever complex	Allergic rhinitis, runny nose, sneezing and itching of the nasopharyngeal area.
Throat complex	Sore throats and tonsillitis
Panic Complex	Great for anticipatory or performance based anxiety i.e. exams, speeches,

Please inquire about costing and dosages.

Kind regards
Dr Jess



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