

JUST JESS on HEALTH:



Is it time for a detox?

The season for over-indulging is over, and unfortunately this can come with some nasty after effects. A good detox can assist in not only bouncing back physically, but mentally too!

Is your system sluggish?

- Gastrointestinal discomfort (bloating, constipation, stomach cramps, heartburn)
- Skin issues (breakouts or a flare of eczema)
- Joint pains
- Poor energy levels
- Insomnia (especially around the hours of 1-3am in the morning)
- Sugar cravings
- Headaches
- Sinusitis
- Brain fog

Recommendations

- 1) Cleaning up the diet is going to be the most important place to start. A tailor made diet to suit your needs is what I focus on with each patient.
- 2) Focus on organ health. Remember everything we consume passes through the liver. Therefore, detoxification is NB. I use a lovely combination of herbs in practice which gently, yet effectively removes toxicities, as well as supports the organ. One can also look at using milkthistle as a liver support. If you feel it's time to check if your liver is functioning optimally, please pop me an email.
- 3) Apple cider vinegar concoction – 1 glass of warm water, 2 tablespoons of unfiltered apple cider vinegar, 2 tablespoons of freshly squeezed lemon juice, ½ -1 tsp of ground ginger, ¼ tsp of CEYLON cinnamon, 1 dash of cayenne pepper and 1 tsp of raw honey. Consume this first thing in the morning.
- 4) Consume 1liter of water per 30 kilogram of body weight daily
- 5) Females (5 servings of fresh veg daily and 4 servings of fruit). Males (6 servings of fresh veg daily and 4 servings of fruit)
- 6) Remove salt, sugar, caffeine, alcohol and saturated fats from the diet. Incorporate whole foods, nutritionally dense fruit and veg, coconut oil, nuts and seeds and dark green liver cleansing foods.
- 7) Green juice daily
- 8) Exercise (Get moving to release those “feel good” hormones and improve detoxification)
- 9) Sauna (Helps to quickly release toxins from the body – take 1-2 charcoal tablets before going into the sauna to improve detoxification).

All the best for 2020!

Dr Jess

Look out for issues to come as we explore how homeopathy and alternative medicine/ healing can help us in our day to day lives – from first aid, medical conditions all the way through to healthy lifestyle tips.

