

Spring Cleaning for the Body

By Dr. Caleb Ng, ND

Just as we feel an urge to rid our homes of unnecessary clutter, many of us also feel that spring is a time for rejuvenation for our bodies. According to Traditional Chinese Medicine, spring is the season of the liver and since the liver maintains “Qi”, or the main “life energy” in our bodies, we should honour our liver and its health. The following are some helpful tips on detoxification and maintaining liver health from a naturopathic perspective.

Dandelion – Dandelion leaf in a salad is not only helpful in maintaining liver health and aiding in digestion, but is also a rich source of iron, magnesium, vitamin A, Vitamin C, Vitamin D and many B vitamins.

Cilantro – Components in this common culinary herb are able to bind to and remove heavy metals from the body.

MSM – More commonly known for relieving arthritic pains, MSM also aids in specific detoxification pathways in the liver that are responsible for removal of drugs, food additives, and excess hormones from the blood.

Perspiration* – Whether you’re working out vigorously or doing hot yoga, increased circulation to the skin facilitates the elimination of fat and water-soluble toxins. Shower as soon as possible, as prolonged exposure can result in re-absorption of toxins through the skin.

The Outdoors – As the days get longer give yourself the opportunity to get back to nature. Going for a hike or a walk in a park

and breathing in fresh air can often help with headaches and clear the mind.



Hydration – Make sure that you are getting 8-12 glasses of good clean water into your system. Bottled water, charcoal-filtered water and reverse-osmosis water are excellent alternatives to tap water. Proper hydration is not only important for maintaining kidney health, but also essential for staying energized throughout the day.

There are numerous ways to rid the body of unwanted toxins, but whichever route you choose, your body will thank you for it.**

To learn more about naturopathic detoxification and liver health, please attend our

Spring Detoxification Workshop.

**Before beginning any strenuous exercise, consult a licensed health-care practitioner to evaluate your health status.*

***Some methods of cleansing may not be suitable for everyone. See a licensed health-care practitioner to safely determine an appropriate detoxification program.*

Dr. Ng specializes in Detoxification, Anti-aging Medicine, Chelation Therapy, Prolotherapy, Thyroid Conditions, Gastro-Intestinal Disease and Men's Health. For more information or for references on this article call 604-538-8837 or visit www.mountainview-wellness.ca