



& soak those toxins away

Anna Middleton gives us a dose of Naturopathic techniques to support a tiptop spring cleanse, and bring a warm glow to our skin.

Time for a full-body spring clean? If so, the first step is to release toxins and, crucially, ensure they leave the body efficiently. As the intention to 'de-tox' is to improve our health, we need to address the changes we can make to our diet and lifestyle to shift toxins from our cells, and how to help eliminate them without putting our bodies under duress. There are several techniques to encourage your body to cleanse itself, or to boost your system during periods of illness. Here are a few to get you started...

skin brushing

Our skin eliminates approximately 10% of our metabolic waste. Skin brushing ensures that pores are un-blocked so that elimination can take place through the skin. Skin brushing also stimulates the lymphatic system and improves the circulation of blood.

Directions: Use a natural, non-synthetic skin brush and brush in an upward direction towards the heart. Before starting, ensure the skin is dry. Begin with the soles of the feet, brushing in small strokes up both sides of the legs before working the brush along the torso to the heart. Then, starting from the hands, brush up the arms, along the neck and down towards the heart. Avoid brushing the face, as the skin is usually more sensitive.

epsom salts bath

Epsom Salts, also known as Magnesium Sulphate, are able to draw toxins from the body when absorbed through the skin, and this is best achieved by immersing yourself in a warm salt bath. The heat of the water draws the toxins to the surface of the skin, encouraging the body to sweat and detox. In addition, the salts sedate the nervous system, reduce swelling and relax muscles. They have the added benefit of softening the skin, and act as a great natural exfoliant.

Directions: Dissolve 1 kg of Epsom Salts in a warm bath, then lie back and relax for at least 20 minutes. Before getting out, lower the bath temperature with some cold water to cool down. Wrap up, ideally in breathable cotton, and hop straight into bed. Your body will sweat after this treatment, so be sure to drink plenty of water to keep yourself hydrated.

Contraindications: Do not try this if you have heart problems, high blood pressure, diabetes or are pregnant.



hot & cold showers

This technique helps to boost the lymph system and blood flow, by alternating hot and cold water to increase circulation, promote detoxification and strengthen the immune system. The process also helps transport nutrients and oxygen to other cells, and is not for the faint-hearted!

Directions: Stand under a regular, warm shower, then switch the temperature to cold for 30 seconds. Turn the temperature back to hot for 1 minute, and then back to cold for 30 seconds. Repeat this cycle at least 3 times, ending with cold water.

For further details about naturopathic techniques & holistic nutrition, go to Anna's website – www.annamiddleton.com