

New Year - Healthier You

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After all the excess and stress of seasonal festivities our body is in much need of some looking after.

What better way to start than supporting your detoxification? The body is constantly detoxifying even without us trying, though if we give our body a helping hand to detoxify, we will reap the rewards with glowing skin and excess energy.

This is because our detox organs work 24/7 x 365 days per year to clear out toxins, recycle hormones and metabolise energy.

The 3 main detox organs to look after are:

- Kidneys
- Liver
- Skin
- Lungs

Signs that your detoxification needs some love and care are as follows:

- Dry and/or itchy skin
- Headaches
- Irritable bowel symptoms
- Fatigue
- Dark circle under eyes
- Nausea
- Dizziness
- Lack of sleep

Our kidneys filter new blood, clear out toxins, absorb sodium to balance blood pressure and metabolise Vitamin D into its active form to support our bone health and immunity.

Water fasting is an extreme way of looking after your kidneys and supporting detoxification, where a prescriptive diet of only water and broth soups for 1-3 days is allowed.

Though, if this seems a little severe, then the following tips may help.

Chlorophyll helps protect and support healthy cells and promotes the elimination of toxins from the body. An added bonus is that chlorophyll helps neutralize normal body odours and acts as a natural "internal" deodorant.



Chlorophyll is the green pigment found in dark green leafy vegetables. The more greens you can eat the more chlorophyll you are consuming, for example:

- Spinach
- Broccoli
- Kale
- Cabbage

For therapeutic amounts you can dose yourself up with liquid or powder form and add to smoothies and increase your green vegetable intake.

The liver neutralises toxins, balances hormones and, if not looked after, can trigger fatty liver disease. Fatty liver disease is caused by eating too many processed foods and excess calories which the liver cannot breakdown and utilise. This can cause elevated cholesterol and diabetes type 2. The more fat in the liver, the more difficult it is to control glucose levels.

That's why cutting down on sugar, processed snacks, processed meats/fish, and alcohol helps to give your liver more capacity, to enable a healthier you.

You can swap your daily cup of coffee for green tea, which helps speed up metabolism and breaks down excess fats.

Sulphurous foods including garlic, broccoli, eggs, cabbage, and onions activate liver enzymes to allow for cleared toxins. These can be used in cooking stews or adding to omelettes.

This simple recipe, which is delicious could be part of a detox regime:

Broccoli Fritters

2 eggs
1 head of broccoli
2 tbsps olive oil
3 tbsps parmesan or other cheese

Blend broccoli until it has the consistency of rice.

Beat eggs in a bowl, add the broccoli and cheese and then season.

Heat the olive oil in a flat pan and pour 3 – 4 small circles of the mixture and cook for 2 minutes on each side.

Such an easy way to eat a whole broccoli head! Chlorophyll, which is a form of algae can help neutralise any heavy metals, mould and pesticides and just 1-2 tbsps per day is all that is needed.

Heavy metals come from eating too much oily fish (more than 3 portions per week), too much raw sashimi and pesticides from foods.

Super Detox Smoothie

- 1 tsp Chlorophyll
- 1 tbsp. Chlorella
- ¾ glass of filtered water
- 1 tsp extra virgin olive oil
- ½ tsp. cayenne pepper
- ½ juice of lemon
- 1 tsp organic honey

This super detox smoothie is best drunk on rising before food, to fire up your digestion through stimulating digestive enzymes, along with the alkalinity of lemon and detox properties of chlorella and chlorophyll. Virgin olive oil enables transport of these antioxidants into the cells.

It is always best to work from inside out. Supporting your body's liver and kidneys will reflect on your skin, sleep, and energy levels over a short period of time.

To speed the detox process up to be able to have glowing skin and clear eyes, support your skin with the following tips:

Epsom salt baths - 2 mugs in a bath, relax for 20 minutes at least 3 times a week. Or if you do not have a bath, soak your feet in a big bowl.

Castor oil packs placed on the right side of your abdomen to stimulate liver clearance - in a bowl, soak a flannel in castor oil, then lay it on your

abdomen covered by a warm hot water bottle and sit for 15 – 30 minutes and relax.

Skin brushing to stimulate the lymphatic system, to help lower inflammation and water retention - buy a natural bristle brush and brush from feet towards heart and upper body to stimulate lymph flow for 5 minutes twice a day.

Lastly, our lungs help clear out toxins through breath work to increase circulation of oxygen rich blood and clear out toxins.

Everyday functions of the body like digesting your food and moving your muscles creates waste and is removed through carbon dioxide.

Therefore, box breathing, and general deep breathing can help reduce the toxicity load in your body and protect your liver and kidneys.



Box breathing:

Exhale to a count of four, hold your lungs empty for a four-count, inhale at the same pace, and hold air in your lungs for a count of four before exhaling.

Deep breathing:

Breath in for 5 from your lower belly and hold for 5, out for 5, hold for 5. Repeat 3 times.

Cutting out the usual habits including smoking and excess alcohol, is much easier when you swap for optimal healthy foods and habits. Always start with hydration of 2 litres of water per day and build from there.

If you are looking for support to get healthier and support your New Year health aims, then please get in touch with us by email:

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In the meantime, follow us on Instagram: [#melissacohenutrition](#) or our website: www.melissa-cohen.com