



## Clean Sweep

increase in cellular energy, basal metabolism rate, increase in lean body mass and increase in the mineral-rich intracellular water. Using ZNatural for 120 days supports improved memory, sleep, concentration, energy, mobility, reduced body aches and pains, reduced mood swings and enhanced immune system, the company stated.

While some detox and cleansing programs are created to be done for a period of a few times per year, other products are gentle enough to be used daily. "We have a saying here at Health Plus," said Charlea Foley, product manager for the California-based company. "How often do you take a shower? Once or twice a day, correct? So don't you believe you should ensure [that] your insides are cleansed as often as well?"

The company recently introduced the Every Day Cleanse, a specially formulated proprietary blend to fine tune the tools in the body responsible for cleansing and maintaining a healthy digestive tract. This formula is designed to be taken as the ultimate support for not only the colon,



but the liver and kidneys as well, according to the company.

As its name suggests, ReNew Life's newest product, Daily Liver Support, is also formulated for daily use. Daily Liver Support contains the liver-supporting amino acid TMG as well as milk thistle, turmeric and other liver-supporting herbs. The liver bears the brunt of today's overwhelming toxicity and needs nutritional support each day to cleanse toxins from the body, according to Cooper.

"Every body is different, and everyone has different health goals and priorities," explained RidgeCrest Herbs' Warnock. "So one size does not fit all, and one rule doesn't cover every situation. But if you listen, your body will



tell you when you need a cleanse, or whether you need a long-term maintenance program." RidgeCrest Herbs offers KidneyAid and LiverClean, which are based on traditional Chinese herbal formulas. Traditional Chinese medicine focuses on helping to restore a proper balance in the body, and has a long tradition of safe use over a very broad variety of individuals, according to Warnock. These formulas use small doses of many ingredients, rather than large doses of one or two, for gentler and safer effects, and for more consistent effects across a wide variety of individual needs and conditions.

## Foods for Spring Cleaning

Retailers holding educational events may want to offer advice for their customers on foods that cleanse. Celebrity nutritionist, Christine Avanti, CN, is a classically trained chef and co-host of the Food Network's "Fat Chef." She is also a contributing writer for the Huffington Post's Living, Food and Health sections. Author of two books, *Skinny Chicks Don't Eat Salads* (Rodale, 2009) and *Skinny Chicks Eat Real Food* (Rodale, 2012), Avanti has shared her nutrition and culinary advice on the "Today" show and "Dancing With the Stars," among other media outlets. Below, she shares some tips and her favorite cleansing foods:

### Tips

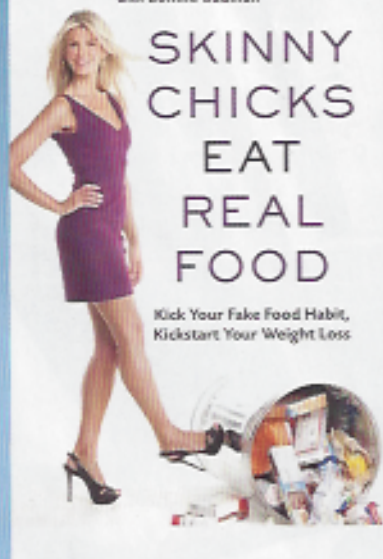
- Stop eating processed packaged foods—they are high in sodium, trans fats and refined sugars. Instead, shop the perimeter of the grocery store and see your body transform.
- Start drinking coconut kefir to increase the good bacteria in your gut—this will help lessen bloating and digestive disturbances.

### Cleansing Foods

- **Parsley** may be thought of as a garnish, but this herb helps cleanse the kidneys, aids in digestion of protein and fats, and boosts immunity.
- **Zucchini** is full of fiber, helping move things through the intestines, and is also more filling than it is in terms of calories, helping to keep you from snacking.
- **Mushrooms** contain some surprising nutrients, like selenium (which has been found to combat bladder cancer), as well as vitamins D, B1 and B2, which help the body burn energy.
- **Okra** has a "gelatinous" coating that absorbs water and moves through the digestive system easily, taking with it toxins, cholesterol and bile.

For more information, visit [www.christineavanti.com](http://www.christineavanti.com).

CHRISTINE AVANTI, CN  
with Bonnie Bauman



### Delivery Options

Detox and cleansing products offer a number of delivery methods including capsules, powders and beverages. "With greater choices and variety, cleansing has become more mainstream, so there are product options for every day use," said Chakra Earthsong Levy, formulator and co-founder of California-based KeVita Sparkling Probiotic Drinks.

For instance, Traditional Medicinals offers a number of detox teas that are intended for everyday use and can range from

