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Kelly Upcott obtained her Bachelor of Science from the University of Windsor before graduating from the four-year naturopathic medicine program at The Canadian College of Naturopathic Medicine in 2003. In addition to naturopathy, Kelly has received specialized training in Bowen Therapy and Doula services. She enjoys working with families and has a special interest in pediatrics and women's health.

Naturopathic Medicine is a unique and comprehensive approach to improving health and treating illness. Focusing on prevention and the use of natural substances and treatments, naturopathic doctors stimulate the body's ability to heal itself.

The primary goal of naturopathic treatment is to address the cause of illness, rather than simply treat or suppress symptoms. The patient is seen as a whole person and the ND takes the physical, mental, emotional, and spiritual dimensions into account when diagnosing and developing a treatment plan.

The primary methods of treatment include herbs, homeopathy, nutrition, acupuncture and Chinese medicine, hydrotherapy and life-style counseling.

Renaissance Chiropractic Natural Health Centre

# Naturopathic Tips to Spring Into Wellness

## *Time to Give Your Body A Cleanse*

Are you feeling run-down and tired, sluggish, or simply lacking energy? You could be suffering from toxic overload. Now is the perfect time to give your body a break and to restore the balance it so desperately needs.

In North America there is a problem with obesity; even an epidemic; which is responsible for an increase in the prevalence of Type II diabetes, high cholesterol, hypertension and heart disease. Fad diets tend to not produce lasting results and so one of the best approaches is to start with a cleansing diet. Toxins can impede weight loss and weight gain is often associated with toxic buildup.

Detoxification neutralizes toxins and removes them from the body by helping the organs of elimination; the skin, bowels, kidney, liver and lungs to function effi-

ciently. The widespread incidence of fatigue, musculoskeletal complaints, hormone imbalances, infections, digestive problems, and even cancer may indicate a high toxic load. When detoxing the released toxins entering the bloodstream can cause a variety of temporary side effects like headaches, muscle pains, acne, low energy, diarrhea and/or dizziness. On the flipside some of the possible long term benefits include clear skin, weight loss, increased energy, and a strengthened immune system.

There are a variety of herbs, supplements and dietary programs that can be used to help detoxify the body. There are a few simple rules to follow no matter which cleanse you decide to do. First you must plan to start it when you have few obligations or responsibilities

and when you can rest and sleep as much as your body needs. Drink a lot of water, at least 8 glasses/day, as it helps to speed up the rate of toxin release from the body. Eat a clean, whole foods diet and avoid foods like red meat, dairy, salt, sugar, flour, wheat, tea, coffee, alcohol, and artificial additives. Starting your day with a glass of hot water and lemon will cleanse your system, help digestion and flush out toxins. Eat as much raw, organic food as you can since organic foods decrease your exposure to pesticides and hormones. Good snacks include dried fruit, unsalted seeds and nuts, rice cakes and raw fruits and vegetables. Eat an abundance of brown rice as it helps bind and flush toxins.

Remember to be kind to your body always, but especially when you are asking it to cleanse and heal itself.

**CALL 326-0675 TODAY**

**FOR A COMPLIMENTARY**

**15 MINUTE**

**NATUROPATHIC CONSULTATION**