

## New Year, New You!

If like many of us you've eaten and drunk a little too much over Christmas and the New Year, then now would be a good time to start clearing out the clutter with a good detox.

Poor digestion, tiredness, dull skin and hair and headaches are all signs your body's eliminatory pathways could do with an extra hand.



Milk Thistle is of course a firm favourite when it comes to cleansing the system due largely to its protective action on the liver.

Its main constituent, a substance called silymarin, appears to raise the liver's detoxification potential, enabling it to cope with a wider range of toxins.

If constipation is a problem, psyllium husks { Molloys } and seeds can help. High in fibre they can act as a gentle natural laxative, helping to attract and absorb toxins. Seeds should be soaked in water before using. Linseed and rice bran can also help to get things moving again.



Another important detox herb is cleavers { Viridian }. Essentially an alternative herb, one which has a cleansing, diuretic effect, cleavers helps to support the lymphatic system, which is where toxins tend to settle when your system becomes overloaded.



100% organic cleavers tincture is a personal favourite. Dilute 15-30 drops, 2-3 times daily in a little fruit juice or water.

These three herbs should help to get your detox programme off to a good start but you will also need to eat healthily too.

Apples are an excellent detox food, rich in fibre, vitamins and minerals. Grapes are good cleansers for the skin, liver, intestines and kidneys. Kiwi, lemon, pears and strawberries are all good sources of vitamin C, a natural detox agent.

There are lots of detox veggies to choose from too, including celery to help stimulate the digestive system and eliminate excess fluids, artichokes to help cleanse the liver, beetroot to help support the kidneys and cabbage to help stimulate the immune system and cleanse the intestines.

Make sure you drink plenty of fluids; aim for between 1.5 and 2 litres (approx. 4 pints) of fresh water daily to help flush toxins through.

If you have liver or kidney complaints or are in any doubt as to the state of your health, consult your healthcare professional before embarking on your detox.

All the above products are available from any of our Molloys Lifestyle Pharmacies stores.