

SPRING CLEANING YOUR BODY

A GUIDE TO SEASONAL DETOX & VIBRANT WHOLE FOODS



Spring is the natural time for renewal. Just as we clear out our homes, our bodies benefit from a shift toward foods that support our primary filtration systems: the liver, kidneys, and digestive tract. Use this guide to incorporate "spring cleaners" into your daily kitchen routine.

Your Spring Cleaning Crew

1. **FILTER (Liver):** Like a sponge that catches grease.
2. **PIPES (Gut):** Needs fiber brushes to scrub the walls and keep things moving.
3. **FLUSH (Kidneys):** Needs plenty of water to rinse the debris from the system.

#1: THE LIVER (Your Filter)

Your liver works 24/7 as the body's filter. When it gets overloaded, it benefits from a diet inclusive of certain foods to recharge and cleanse its filters.

- **Lemon & Citrus**
 - How it Works: High in Vitamin C, citrus helps the liver produce a compound that prepares toxins for elimination.
 - Kitchen Tip: Start the day with warm lemon water, or squeeze juice over greens.
- **Cruciferous Veggies** (Broccoli, Cauliflower, Kale, Cabbage, Brussels Sprouts)
 - How it Works: Natural sulfur compounds support 'Phase II' liver detoxification, making sure sorted toxins safely leave the body.
 - Kitchen Tip: Massage kale with your hands to break down the fiber for easier digestion.

#2. THE KIDNEYS (Your Flush)

Your kidneys balance fluids and flush water-soluble waste from the bloodstream. Spring foods that act as mild diuretics gently encourage this flushing process.

- **Asparagus**
 - How it Works: A quintessential spring vegetable, asparagus is a natural diuretic that helps the kidneys process excess fluids and salt.
 - Kitchen Tip: Shave raw spears into a salad for a crunchy spring flavor.
- **Dandelion Greens or Arugula**
 - How it Works: Bitter compounds wake up the kidneys, helping them release stored fluids efficiently.
 - Kitchen Tip: Toss baby arugula into warm pasta at the last second.
- **Cucumber & Celery**
 - How it Works: These are high-water foods that help your kidneys flush out waste.
 - Kitchen Tip: Use cucumber slices as "crackers" for hummus for a hydrating snack.

#3: THE GUT (Your Pipes)

The digestive tract ensures that the waste sorted by the liver and kidneys is physically removed. You need fiber to act as the 'scrub brush' for the pipes.

- **Mung Beans:**
 - How it Works: Highly digestible, providing necessary fiber without causing bloating. Ideal for gentle spring removal.
 - Kitchen Tip: Don't like Mung Beans? There are over 400 kinds of beans- find the one you love!
- **Flax & Chia Seeds:**
 - How it Works: High in fiber that forms a gel when mixed with water, gently sweeping the gut walls as it moves.
 - Kitchen Tip: Mix 1 Tbsp into your morning smoothie or oatmeal.
- **Ginger & Turmeric**
 - How it Works: These roots reduce gut inflammation and keep your digestive engine running smoothly.
 - Kitchen Tip: Grate fresh ginger into tea or use turmeric powder in your rice or soups.



Your Body, Refreshed.

Remember: Spring cleaning isn't about perfection; it's about creating space for new growth. You don't need a restrictive "detox" to feel better—you just need to give your natural filters the right tools to do their job. Start with one lemon, one handful of greens, or one extra glass of water today. Your body knows exactly what to do next.

Happy cleaning!

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