

THE DAILY LIVING

Putting the 'spring' back in your body

Indeed it has been a long, cold winter and with great anticipation and relief spring is finally upon us. Unfortunately though many of us have succumbed to stress, poor food choices, weight gain, and fatigue. Our bodies accumulate all kinds of metabolic waste and environmental toxins as we age that simply slow us down and open the door to chronic disease.

Some of the well-established signs of toxicity include frequent headaches, achy joints and muscles, water retention, poor skin health, body odor, allergies, digestive disorders, brain fog, depression, and fatigue. As the body becomes congested, circulation is slowed and it becomes difficult to get in gear each and every morning. The zip your coffee once gave you now leaves you feeling zapped.

Fret not if you feel your moving at the speed of a slug. Fortunately, by supporting the body's ability to cleanse and detoxify itself you can once again feel on top. As a practitioner of nutrition and natural health I rou-

tinely place my patients on cleansing programs that come to visit us at the pharmacy. Among the many benefits, people find that they have fewer cravings for sugary, salty, fatty foods; they lose weight naturally, sleep better, have more sustainable energy throughout the day, and become calmer in the face of stress.

So this spring as you're making that list to throw out the garbage that's hiding in your garage, basement, and closet, don't forget to do the same with your body. Find out what you can do to put the spring back in your body.

Farid Wassef is a Certified Clinical Nutritionist and Pharmacist who owns Guardian Houston Pharmacy in Stouffville. He has co-authored the just-released book, *Breaking The Age Barrier*, published by Penguin, which discusses the merits of the detoxifying the body as a strategy for healthy aging.

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