

New year *new you*



Do you want to make 2016 the best year yet? Clear inner and outer waste and welcome some fun for this Monkey magic year!

New Year marks a milestone for new beginnings. Traditionally Tibetans and Scots clean their houses every New Year. This not only evicts dust bunnies but banishes bad energy! Here's some tips to detox your surroundings and yourself.

Clear cupboards

Could you create more mental and physical room by downsizing your belongings? Are you stuck in a time warp with outmoded objects and expired products? Possessions pile up when we don't cull them, creating chaos and confusion. Sorting stuff enables us to separate treasure from trash.

Schedule a spring cleaning day. Assess and organise things so they enhance rather than impede your life. Enlist a decisive buddy or organiser to make more objective decisions. Get bins or bags labeled throw, give, sell, keep and repair. Tackle one area at a time. Pull everything out and put it in the chosen bin without dwelling. Ask – is it useful, does it make me feel good, does it reflect me 'now?'

Remember an unhealthy pantry pulls us into temptation. To prepare for the body cleanse eliminate forbidden foods. Scrub surfaces with eucalyptus oil and rearrange things in a functional way. Resolve to edit your possessions weekly to avoid accumulation. Stock up on healthy organic food including tasty snacks such as nutritious Bounce energy balls – gluten free, GM free, dairy free and preservative free, these make an ideal mid-morning snack or tasty lunch box treat. Replace sugar with antibacterial xylitol and table salt with Himalayan or Celtic sea salt.

Clear body

With garbage gone how about unloading body baggage? Purging impurities leaves you looking and feeling better. Whether you want to drop waste or weight, do it with self-love rather than self-loathing. Eliminate excess with this short cleanse followed by clean living.

For a fortnight avoid all alcohol, caffeine, sugar, refined grains, cow's milk, cheese, ice cream, hydrogenated vegetable oils, meat, additives and allergens if applicable. When hungry mindfully enjoy wholegrains, fruits, vegetables, nuts, seeds, beans, water, herbal tea, herbs and spices that suit you. Don't eat within two hours before bed. Support skin





elimination with massage, skin brushing, green clay wraps, saunas and borax baths. Quiet your mind with a ten minute daily meditation. On the first week detox your liver, kidneys and colon as follows.

Day 1: Do the gall bladder cleanse to tease toxins out. Over the first week love your liver by taking St Mary's thistle, aloe vera juice, turmeric, dandelion root coffee, matcha tea and Swedish bitters to boost bile flow. This clean up crew rejects refuse and restores liver function.

Day 2: Kick start kidneys and rehydrate with two litres pure or alkalizing water daily, washing out waste.

Day 3: Enjoy morning dandelion chai with digestive spices and coconut milk. An afternoon juice of celery, parsley, lemon, cranberry, apple and kale helps dissolve kidney stones or sediment.


Day 4: Clear candida and parasites with herbs like wormwood and black walnut hulls for three days. Conclude with a colon

cleanse or a gentle laxative like psyllium.

Days 7-14: Focus on fat loss and muscle gain with prebiotics, probiotics, digestive enzymes, protein and slimming supplements. Amazonia Raw workout is a unique slow-release, electrolyte-dense superfood formula designed to support energy, stamina and hydration. With a powerful combination of live superfoods, concentrated sea minerals, isotonic coconut water, ancient seeds and traditional herbs, this special blend has been developed to provide a natural and steady flow of energy, and support a busy or active lifestyle. Amazonia Raw protein isolate is the first-to-market organic, raw, prebiotic, dairy-free protein with premium bioavailability. A gentle formula designed with optimum gut health in mind, enhanced with live digestive enzymes and prebiotics to support digestive balance, which assists with the breakdown and assimilation of protein for ultimate

absorption.

Scientifically validated slimming supplements to consider commencing this week are Garcinia cambogia, raspberry ketones, carnitine, green tea and green coffee bean. Step up exercise with 30 minutes cardio daily. Fire digestion with one teaspoon apple cider vinegar diluted in water before meals. Save yourself a yo-yo dieting year with a steadily healthy diet. One low calorie day weekly and only occasional treats will fuel you for a slim and sprightly 2016.

Avoid detoxification if pregnant, nursing or diabetic. 

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