

DR. CHRISTOPHER'S *Herbal Legacy Newsletter*

April 16, 2014

Spring Cleaning

Ahhh the yearly tease of spring! Here in Utah it is common to hear the phrase, "Don't like the weather? Wait 5 minutes, it will change!" During the spring this is especially true. Not only is it brutal on the gardens and orchards but on us physically and mentally. It seems this last ditch effort of the winter to hold on always sets loose the finale of the cold and flu season and can often bring us down for one more round of seasonal blues. Even though that new blanket of snow put off preparing the garden plot yet one more weekend, there is a silver lining!

Spring is a great time to do some cleaning...and what better place to start than our own bodies? A three day juice cleanse is great this time of year to help clear out the winter stores that can cause sluggishness and rejuvenate our bodies for spring. Apple, Grape, or carrot juices are all great choices for cleansing the blood and packing a punch nutritionally for every cell. Dr. Christopher knew that a clean body was a healthy body and taught all who would listen about this beginning step to wellness.



Begin each day with 16 ounces of prune juice. This not only helps to clear the bowels, but it draws toxins and waste from every part of the body into the intestines for elimination.

For 3 consecutive days you will consume only the one juice you have chosen. Fresh is best. One gallon per day for an average adult, plus plenty of distilled water.

Take one or two tablespoons of olive oil three times a day.

You can also take Dr. Christopher's' Lower Bowel Formula during these three days if you feel backed up.

As you cleanse and replace the lymph and other fluids in your body, you will have times when you feel rough, even lousy. Plan ahead and set this time aside for you and your health. Follow the juice

cleanse with a new commitment to eating healthier and enjoying all the benefits of a healthier lifestyle.

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