

## Spring is in the air – now detox

**Cheshire Natural Health nutritional therapist Angela Bailey tells us now is the time to think about detoxing.**

Many of today's health problems may be associated with prolonged exposure to various toxic agents that our bodies may be unable to cleanse completely.

Our bodies natural cleanse themselves of toxic substances, but this ability may be compromised due to poor digestion and over-exposure to such substances as tobacco, alcohol and caffeine, which can impair the liver's detoxification pathways.

Cheshire Natural Health is offering a two-week nutritional programme to give your body a good spring clean. This aims to improve energy levels and the general feeling of wellbeing.

The programme consists of three basic elements:

- Healthy, cleansing foods;
- A healthy lifestyle;
- High quality nutritional supplements.

The combination of these three elements aims to enhance digestion and improve the elimination of waste by supporting the body's most important detoxifying organ, the liver.

Cheshire Natural Health's express programme offers people who are basically fit and healthy, the opportunity to feel fresh, robust and super-charged without having to endure weeks of denial to get in tip-top shape for the summer months.

As this programme, however, may not be suitable for everyone, during the initial consultation, we are including a health assessment with the BioMeridian unit, which generates a chart to help identify imbalances in the body's main organ systems. This can be repeated at the end of the programme to demonstrate progress. However, if your body isn't ready for a rigorous clean-up, then an appropriate nutritional programme can be discussed with you instead.

**For more details of this programme, contact Cheshire Natural Health on 01925 730123, or email nutritional therapist Angela Bailey on [nutstrats@sky.com](mailto:nutstrats@sky.com) [www.cheshirenaturalhealth.co.uk](http://www.cheshirenaturalhealth.co.uk)**