



EAST WEST

Natural Medicine Center



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eastwestslo.com/detox

East West Natural Medicine

At the East West Natural Medicine Center, we provide comprehensive alternative health care. Our clinic offers the only acupuncturists in San Luis Obispo that are also doctors. Our holistic medicine center offers acupuncturists, Naturopathic doctor services and Chinese herbalists. We integrate Western, Naturopathic and Eastern philosophies to provide symptomatic relief and to correct the underlying causes of health imbalance. We individually treat, educate and empower each client to achieve optimal health based on a foundation of honesty, compassion, lifestyle education and natural therapies.

Learn more at
eastwestslo.com



Dr. Julianna Englund, N.D., L.Ac

HOLIDAY DETOX PROGRAMS:

People have detoxified and cleansed their bodies since the beginning of time to improve their health. In today's toxic environment, protecting yourself by removing these poisons has become more important than ever. Periodic deep cleaning is a wonderful way to not only lose weight, but to also restore optimal health. We clean our cars, our homes, even our pets. Yet most of us don't even think about cleansing our body and internal organs.

WHY SHOULD I DETOX?

Our bodies accumulate toxins from the foods we eat and from our environment.

Toxicants:

- Can damage any target tissue and interfere with body systems and development.
- Many are known carcinogens, linked to cancer.
- Deplete the body's protective factors for maintaining health making disease more likely.
- Cause inflammation, fatigue and digestion problems, minor aches and pains.
- Often stored in fat cells.

Dedicating yourself to a detoxification program allows your body to take a break from digesting/processing what you consume and instead focus its energy on removing toxic substances from the body. East West's medical detoxification programs enhance your body's detox systems, including the liver, kidneys, digestion and skin. This helps you lose weight, lower your risk for disease, increase your energy and improve your overall health.



HOW OFTEN AND WHEN SHOULD I DETOX?

How often you cleanse is really up to you. Ideally, people should do a short cleanse once per season or a long Detox program 1-2 times per year, particularly during the spring and fall. The best time of all however, is to cleanse when your body is giving you signs that its systems are sluggish. The symptoms of this could be digestive disturbance like constipation, fatigue, bloating, unexplained weight gain or inability to lose weight, skin rashes or itching, headaches, insomnia, etc. A cleanse is also very appropriate after a period of overindulgence. I often suggest that my patients enjoy a cleanse at the start of the New Year to clear out the sludge from the holidays.

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WILL I NOT FEEL GOOD DURING THE DETOX?

Most people feel tired and hungry at the beginning of the detox program. This is a result of low calorie consumption and your body detoxifying. However, many report not only losing weight but also feeling a major energy boost by the middle or the end.

Depending on your toxic load, you may notice some discomforts as a result of your body pushing toxins out and into your system faster than it can eliminate them. That's why we offer our gentle 21 Day Medical Detox and 8 Day Medical Cleanse programs, we encourage slow elimination of the toxins so you will feel great throughout and when you finish. In fact most people feel so good, that they choose to continue eating the way they do on the detox program and continue optimizing their health!



WHAT TYPE OF MEDICAL DETOXIFICATION PROGRAM IS RIGHT FOR ME?

Both East West's 8-day and 21-day detox programs focus on minimizing new toxin exposure coming into the body and maximize moving toxins out.

8 DAYS If your time is limited, we suggest our 8-day medical cleanse. This cleanse puts you on a clean, simple and low calorie diet that includes a 1-2 days vegetable juice fast. Also included are highest quality supplements to optimize your

digestion and liver detoxification processes. You will likely lose a few pounds and feel more energized.

21 DAYS If you're looking to jump start your weight loss program or start a healthy diet, we suggest our 21 day medical detox program. This program incorporates an anti-inflammatory and low calorie diet, high quality detox supplements and home care routines all designed to help your body shed some pounds and push out harmful toxins.

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FEATURED RECIPE

Creamy Cauliflower Soup (serves 6)

In a large soup pot heat olive oil over medium heat. Add the sliced leeks and stir to coat with oil. Continue stirring for two minutes, being careful not to let the leeks brown.

Add the crushed garlic and chopped celery and stir. Cook for another 3 minutes or until the celery begins to soften. Add the sea salt, white pepper, and thyme. Then add the cauliflower and stir to coat with oil and spices.

Add water, if water is insufficient to cover the cauliflower then add more water, a little at a time until the water is about a ½ inch above the vegetables. Cook covered over medium-low heat for about 20 to 25 minutes, or until cauliflower is soft.

When cauliflower is soft, add the fresh tarragon and parsley and stir. Remove 1 cup of the broth from the pot and add it to the blender with the raw cashews. Blend on high until the mixture resembles a smooth cream. Add some of the soup and puree until smooth. Pour out pureed mixture into a clean pot. Continue to puree the soup in batches, until it is all blended. Stir to combine the cashew cream with the rest of the soup. Add more water for a thinner soup. Taste and adjust salt and spices if needed.

2 tablespoons extra virgin olive oil
2 cloves garlic, crushed
2 teaspoons Herbamare
2 teaspoons white pepper
1 large cauliflower head, cut into chunks
½ cup raw cashews
½ cup chopped parsley

1 leek, chopped
2 stalks celery, chopped
¼ teaspoon white pepper
2 teaspoons dried thyme
6 cups water
¼ cup fresh tarragon, chopped
*From the Whole Life Nutrition Cookbook

