

How about a New Year Cleanse?

During the holiday season our bodies take a bit of a beating. A great way to start off the New Year is with a cleanse. A New Year's cleanse is just what you need to get energized and feel rejuvenated for the year ahead. A month long cleanse beginning in early to mid-January can be very beneficial at this wet and grey time of year!

Believe it or not, it is possible to cleanse your body and still eat food that fills you up and tastes great. Cleansing IS NOT fasting! A candida cleanse is a simple whole foods diet which excludes sugar, tropical fruit, yeast products and alcohol. It is beneficial for everyone.

The first week is the hardest. It is important to get organized ahead of time. Clear your house of sugary temptations and stock up on cleanse-friendly foods. Your treatment will depend on the severity of your symptoms. See the "Clinic Forms" section of our website <http://www.anewleafnaturopathic.com> and print out and complete a Candida Questionnaire to determine the amount of Candida present.

Come into a New Leaf and give your body a fresh start to the New Year!