

# The Ultimate Cleanse for Fat-Loss

Written by Nadine Toren

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personality and AZfoothills.com columnist Nadine Toren is scouring the area, finding savvy Valley features, bringing readers on the scene.” Every day she’ll introduce you to , athletes, and give you an inside look into local events and hot spots. She’ll touch on topical issues, and keep AZ fans posted on all the big talkers around town.



**It's the hottest, healthiest way to lose weight. Consider this week-long cleanse to drop permanent pounds.**

Crash it, fad it, or yo-yo; yep, we're talking about most women's often word of the day: diet. A new study says many gals would opt for a forever fabulous body rather than a million dollars—what would you choose?

Well, if you're looking to establish a healthy, slimming lifestyle, one Valley doctor claims her master cleanse is a savvy solution.

“It's an effective, natural system that focuses on using whole foods along with natural supplements to shed pounds and clean your digestive system,” said Dr. Christina Romero-Bosch, NMD.

Dr. Romero-Bosch runs a private naturopathic practice in North Scottsdale, Illuminar Metabolic Health. She swears the master cleanse is a perfect spring-cleaning process, considering bathing suit season is upon us.

“Let food be thy medicine,” she said.

She is skeptical of any cleanse or detox promising rapid weight loss; *her* cleanse is a foundation for a healthy change. True weight loss comes from realistic and sustainable dietary adjustments paired with exercise.

“Do this master cleanse quarterly. It's a good idea to give your body a gentle shift as the seasons change.”

It's a great way to get rid of toxic build-up by stimulating the body's elimination processes: bowel movement, purging, and sweating. And it's quite strict-- Dr. Romero-Bosch suggests it's not for the first-time “detoxer.”

“Doing a master cleanse is like doing a master yoga class. If you've never done a yoga class, you don't go straight to the master cleanse.”

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Dr. Romero-Bosch says beginners should start with a 3-day detox, but if you're up for the challenge, opt for no more than seven.

The process takes a lot of willpower—you'll need to rid your kitchen from all gluten, sugars (real and artificial), dairy, and red meat. You'll also bid farewell to your daily cup of Joe, alcohol, soda, and fast food.

However, you can eat fruits and veggies galore, at least five servings a day. In addition, stock your fridge with lean meats like chicken breast and white, flakey fish.

Dr. Romero-Bosch suggests snacking about every 2-3 hours. The frequent munching helps maintain blood sugars and a healthy metabolism. (It also keeps your tummy full to avoid temptation.)

And make water your new BFF because you'll be downing a lot of H<sub>2</sub>O; drink half your weight in ounces every day. You can also sip on detox-tea available at health food stores.

As for exercise, keep things cool. Since the master cleanse is stressful enough, the doctor recommends going for gentle hikes, beginner yoga classes, and easy stretching.

In addition, this detox requires natural supplements. This includes a multi-vitamin, Omega 3 fish oils, detox shake formulas, gentle colon cleanse formulas, and nutritional IVs like B-12. She says the B-12 injection should be done professionally 1-2 times a week, and the fat burning agent stimulates energy. Another supplement you can try is milk thistle. The liver supporting herbs help eliminate junk from the body.

And since the master cleanse is meant to connect your mind and body, Dr. Romero-Bosch gives you full permission to pamper yourself. Treat yourself to a massage and do calming activities such as journaling or painting—your soul will thank you.

“On average, you'll see 1-2 pounds of permanent fat loss per week.”

Here's the hard part. Once your detox is done, don't celebrate with cake, candy, or cocktails. Consider the cleanse a routine to reestablish healthy habits. Dr. Romero-Bosch says it takes about 21 days to develop a good habit, and only 3 days to break it.

Therefore, cheers to your health over a tall glass of water and celebrate your newfound nutritional make-over. Your bikini body will be well worth the TLC.

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