

Five Holiday Detox Tips

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Gingerbread, stuffing, eggnog and oh-so-delicious pie. What would the holidays be without festive food? We look forward to the food all year but let's face it, we also dread the holidays' end because of it. Come January, we go to extremes to restore our health. Trust us, we get it. That's why we reached out to Brooke McGregor, the COO and co-owner of Kaleidoscope Juice. McGregor supplied us with five simple must-know tips to detox from the holidays.

1. Lose the Lower Inflammation with CBD

McGregor solidified CBD's value establishing its ability to appeal to two receptors the human body contains. "The CB1 receptor located in the brain deals with movement, pain and emotions, while the CB2 receptor stimulation may lower inflammation throughout the body, such as immune cells attacking vital organs like our pancreas when responding to high sugar consumption," McGregor says.

2. Improve your Immunity with Ginger

Kick the beginning-of-year doctor visits and antibiotics. McGregor recommends natural health-strengthening foods like ginger. "Ginger is comprised of an active compound called gingerol. Gingerol is similar to capsaicin in cayenne, giving the pepper its heat, noting why ginger is often synonymous with a spicy flavor. Even better, the antibacterial properties of gingerol inhibits the growth of oral bacteria aiding in periodontal health, while also fighting typical food borne illnesses such as E.coli, and promoting antifungal effects."

3. Defend your Good Gut with Cold Pressed Juice

Just like ginger holds the ability to aid your immune system, certain fruits and vegetables can soothe your gut. Bacteria like E.coli and salmonella are certainly harmful to our health, but there are healthy bacteria that our bodies actually need. "Cold pressed organic juice contains rich ingredients. Ingredient highlights include protein-digesting enzymes found in pineapples, and dense polyphenol apples, spinach, and spirulina metabolizing in our colon, creating an abundance of healthy bacteria. The combination of fruit and vegetables through cold press juice quickly provides richness in the bodies positive gut function. Through juice cleansing or merely adding fresh nutrient-dense juices into your weekly routine, you are setting yourself up for easy, bioavailable nutrition," McGregor says.

4. Charcoal Cleanse

Most of us acknowledge that some form of a cleanse is necessary after the holidays but finding the right one can be confusing. McGregor recommends activated charcoal. "Charcoal, a derivative from coconut shells, is comprised of carbon atoms with a surface binding affinity. The negative charge of charcoal attaches to the positive charge composition of gas and toxins within the body. Helping bind, absorb, and move through the body with greater ease. By this mechanism, activated charcoal can reduce bloating, if taken at the same time as alcohol it may decrease blood alcohol concentrations, and act as a digestive aid removing harmful bacteria."

5. Become Bulletproof to your Cravings

Dumping the junk food is undoubtedly the most difficult part of a new year. McGregor recommends the Bulletproof diet, a meal plan that recognizes the function of healthy fats. "The fat composition of butter and MCT (medium-chain triacylglycerols) oil leads to greater energy expenditure compared to other oils helping successfully promote healthy weight loss. By fueling on fat, the human body can feel full longer, void of intense cravings, and boost your energy with clean coffee beans increasing energy output. Also, it replaces the characteristic caloric heavy and dense sweetener-based morning lattes. In doing so, you are filled up with healthy fats energizing the brain and body for a productive day without cravings," McGregor says.