

Alexandra Worsley's



Health & Wellbeing Column

In our fast pace society we are consumed with fast food, fast cars, fast communication and it appears we may have forgotten how to slow down...

Our world feels as if its spinning faster putting our bodies under more strain! We need to stop and make simple changes FAST! When the body becomes unbalanced and out of sync "dis-ease" can occur, so why is it we don't listen to the signs our bodies are giving us and carry on causing it stress? It's down to us to do something about it, no one can do it for you; we need to take responsibility for our own health.

If you want to look and feel your best, it's obvious to start with a good diet, plenty of fresh air and exercise....so why do we find it so hard? It's getting the balance right, not going to the extreme, doing small things that will fit into the reality of our daily lives. I know I enjoy a glass of wine, dining out, working hard and playing hard but it's a skill to achieve the best of both worlds and handle the stresses and strains, none of us are perfect! Enjoyment seems to come out of eating and drinking lots which is fine as long as it is in moderation. We need to make some changes to help ourselves and it doesn't have to be hard work – seriously! With a few helpful and simple tips you will feel better and happier – I can guarantee!

Small signs from the body needing help to clean include frequent headaches, chronic catarrh, slack muscles, constipation (or any digestion problem), back and neck pain, lethargy, bad breath and weight gain. These are warning signs encouraging us to help ourselves.

The liver, one of the major organs for de-toxing the body, performs some important tasks. It helps to balance blood sugar, keep the bowels healthy, eliminate excess hormones, produce bile (needed to keep cholesterol under control) and stores essential nutrients B12,A, E,D and K (the ones which the body finds hard to consume in sufficient quantities).

While the liver is struggling to break down toxins its ability to perform these tasks is impaired and if continued to be overworked, fat builds up and inflammation occurs resulting in over acidity. During detox our body uses calcium from our bones, the lymph system, liver and kidneys become overworked, oxygen in our cells is reduced and excess toxins are stored in blood vessels, joints and fat cells.

So here are some simple ways to help our body during detox:

Drink hot water and lemon in the morning to kick start your liver, lemon is very good at alkalisating the body. If you prefer, drink a good detox herbal tea, Detox tea by Yogi tastes great!

Keep a pair of boots by the door, so you can nip out for a walk at any time! Schedule it into your diary, breathe in the fresh air and breathe out any stresses and worries - feel alive!

Aim to drink more water, that alone works wonders. Buy a bottle every day and throw away the lid then you will be forced to drink it all!

Steam your vegetables to keep a higher nutritional value to your food.

None of us can escape the fact that there are more pollutants in the air, water and food although we can greatly reduce our exposure by avoiding all chemically produced and processed food and synthetic ingredients in skincare and cleaning products.

Laugh more – just because!

A healthy mind is as important as a healthy body, be inspired to take care of yourself.

Next issue I will be discussing common ailments experienced by mums and new born babies. Our Cranial Osteopath, Natasha will be explaining how she can help.

*Take care of yourself
Alex x*

Are you feeling bloated, tired, depressed or not sleeping well? You could be intolerant to your food, to find out book a free consultation with Alexandra Worsley to see how she can help you.

**Special offer for readers of thebeacon - Book a food intolerance test before the end of March 2010 and receive a £20 discount.
(Offer price £35, normal price £55)**