



# A Naturopathic Autumn Cleanse: Fasting for Health

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## What are the benefits of a cleanse in the Autumn?

As naturopaths, we believe that the change in season is a good time to cleanse the body. I mentioned in my last post about spring being a good time to cleanse and how interesting that in Chinese medicine it is the time of year to focus on the liver. Well, in Chinese tradition, Autumn is the time of year to focus on the qi (or energy) of the lungs. The colon is the organ paired with the lungs, it functions to release whatever is no longer needed and support the lungs in “letting go”. So it is all about respiration and elimination in our Autumn cleanse.

## Supporting your breath and breathing on the cleanse

When we do a cleanse naturopathically, we focus on the importance of fresh air and breathing deeply because this helps the lungs with their vital role in clearing gaseous toxins from the body.

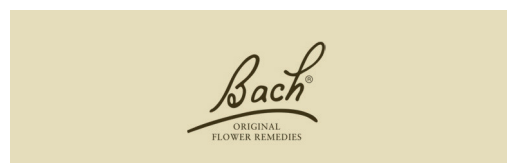
A lot of people tend to hold their breath or breath into their upper chest when they are stressed or anxious, and may end up with a style of breathing that causes shoulder and neck pain.

During your breathing workshop with Lucy you will be learning to breathe deeply using your diaphragm and also be given some simple exercises that you can do at home to help release the tight tissues around

your upper chest that stop you breathing deeply. Your yoga with Gavin will build on this, opening and strengthening the diaphragm in various poses.



Grief is the emotion associated with the lungs in Chinese medicine. You may be surprised during your cleanse as to the emotions you end up clearing as they are no longer serving you. During your Bach Flower Remedy workshop you will have the opportunity to create a flower blend that is appropriate to you and the emotions you may be feeling.



You will also be given space to reflect during your Retreat and, if it's your thing, journal, surrounded by nature in your own private woodland Wildhive. *Lucy is also comfortable discussing what counselling therapy might be appropriate after your week if things do come up for you.*



## Supporting the health of your colon on the cleanse

The health of your colon is directly affected by your diet. Certain foods and a sedentary lifestyle might make your bowels sluggish and other foods can cause mucous, both in the lungs and the colon for some people. Undigested food that gets as far as the colon can also cause an imbalance in the bacteria which may cause nasty smelling wind.



By giving the gut a rest from all this digestion on your cleanse it also gives your colon a chance to have a bit of a clean out. We encourage this movement with various supplements during your cleanse and you are also sent home with a pack of provisions to continue this for a few days, including beneficial fibres and probiotics.



I also provide enema kits for those who want to try it as a way to help clear the old waste from your bowel. It's gently encouraged that you do but I don't force this on to you.

Sorry if you are a little squeamish, but from my experience, it's extraordinary what emotions you let go of when the old waste leaves your gut!

