

Why Cleanse Our Bodies Seasonally?

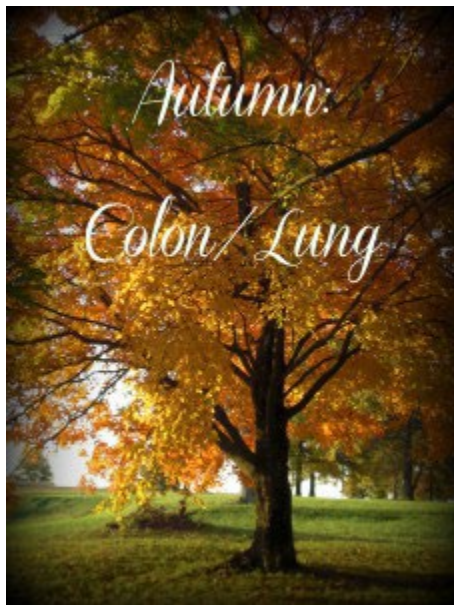
“To every thing there is a season, and a time to every purpose under the heaven...” (Ecc. 3:1)

Spring cleaning. Oh, how refreshing to air out the house, scrub those floors and walls, declutter closets, and put away winter until it returns, but have you ever thought about cleansing your body seasonally?

Why Cleanse Seasonally?

A 24-hour internal clock (**The Body Clock That is You**) regulates our bodies, but we're also wired seasonally. So when we follow the seasons and take care of the needs of our bodies during those times, they can function optimally.

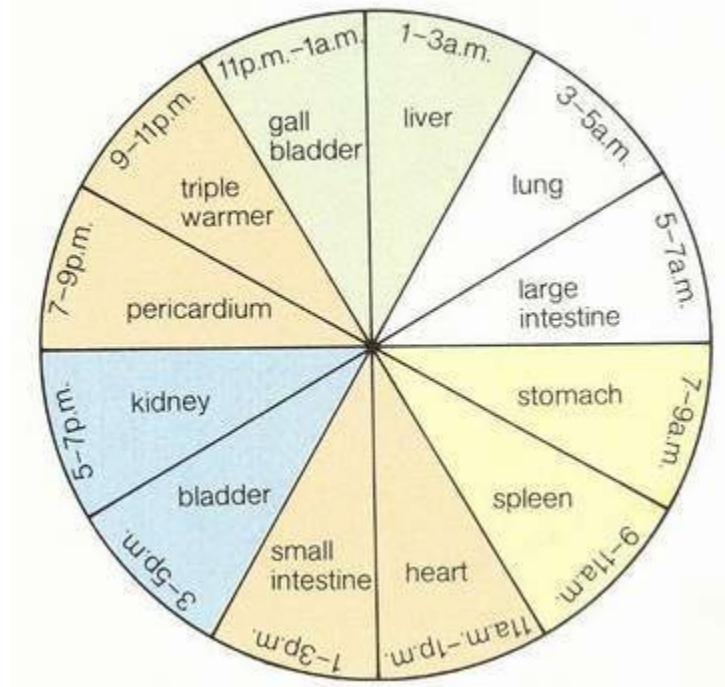
What to Cleanse and When



In the autumn, we focus on the colon and lungs. Cleansing the kidney and bladder during the winter follows. Then a Master Cleanse helps prepare us for spring when we focus on the liver and gallbladder. Summer has two parts: Early when the heart and small intestines are cleansed and late, focusing on the stomach, spleen and pancreas.

The Harmony of the Body

Based on Traditional Chinese Medicine (TCM) and the Law of the Five Elements, we find that each organ has a time



(as shown on the 24-hour clock) and a season. During specific times, your organs receive the most energy from the body to focus on detoxification and repair. Rather than compartmentalizing each organ and body system like Western medicine does, the Law of the Five Elements shows the harmony and inter-relationships of the body as a whole.

Meridians



According to TCM, energy flows through twelve meridians in the body much like a river runs through a valley. Landmarks dot the river banks. Towns also derive benefits from the river, but if the river gets interrupted along the way, it stops and stagnates, causing problems downstream. Until the blockage clears, the stagnation continues to affect the rest of the area along its banks. TCM considers illness to be a stoppage or disruption of the natural flow of energy through the meridians. In Western medicine, interpreting the TCM model of meridians as bio-electric helps bridge the gap in understanding between the two mindsets.



Following the pattern for seasonal cleansing makes sense because each new cleansing step clears the pathways for toxins to be eliminated. Otherwise, your body would have to deal with a toxic load it's not prepared to handle. Have you ever washed dishes from a large meal you just prepared only to turn around and see a sink full of dishes from lunch time? That's what happens if you do a liver cleanse before preparing the colon. You don't need a blocked up colon when a liver detox adds more toxins to the system. First things first.

Who Needs to Cleanse

Everyone needs to cleanse. Detoxification helps any time during the year, especially if we're sick and trying to get well. If we follow the seasons of our bodies, the cleansing process works with us even better and we're able to flush out toxins more efficiently. As we detox seasonally, we strengthen an organ and its associated systems, allowing the body to heal itself.