



Dr. Bonnie Travis'

Herbal Products for Better Health

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It's FALL Again!

And you all know what that means! You haven't forgotten? It's Time to Cleanse the Liver! We do it every Fall and every Spring. As the crispness of the fall nights are here and winter is approaching, we need to get rid of and release the toxins which have built up in our bodies during the summer and prepare for the winter months ahead. The "cleaner" our liver's are now, the better we will fair the changes our bodies have to make in preparation for and during the winter.

Give your bodies the nutrients, exercise, care and cleansing it needs! Maintain your exercise program, change your diet to more root vegetables and warmer foods. Chiropractic care can help your body's resistance to the cold months ahead.

It's a tricky time of year with warm days and cool nights. Think about the temperature, then decide what foods to put into your body. If it is warm outside, then really hot foods may not be appropriate (unless you are planning on sweating), and cold drinks in the evenings are too cold for your body to handle right now. Start stocking your kitchen with more warming foods - makings for soups, beans, potatoes, beets, carrots, short grain brown rice, etc. Fall is the season of harvest, a time to pull inward and gather together on all levels, a time to store up fuel, food, and warm clothing, a time to study and plan for the approaching stillness of winter. Everything in nature contracts and moves its essence inward and downward. Leaves and fruit fall, seeds dry, the sap of the trees goes into the roots.

To prepare food that reflects the qualities of autumn, we must be aware of its abundant yet contracting nature. This awareness can be heightened by choices for more astringent as well as heartier flavors and foods. In addition, cooking methods should involve more focused preparation to supply the greater energy required by a cooler season.

The fall is the time to organize the open and perhaps scattered patterns of the previous warmer seasons. To stimulate this activity in the body, to focus mentally, and to begin the process of contraction, add more sour flavored foods. These include sourdough bread, sauerkraut, olives, pickles, leeks, aduki beans, salt plums, rose hip tea, vinegar, cheese, yogurt, lemons, limes, grapefruit and the sour varieties of apples, plums, and grapes. Be cautious with extremely sour foods, because small amounts have a strong effect.

Pick-up your Liver Cleanse instructions at my office, call me at 502-5070 or email me at drbontravis@gmail.com and I will be happy to get it to you.

Items needed to do the Liver Cleanse:

1. Davdi-liv Tea
2. After Dinner Tea
3. Oranges, Lemons, Garlic, and Olive Oil.

Items 1 & 2 can be purchased at my office or on line at www.bonnie-travisdc.com