

# Adopt a good diet, cleanse yourself from inside out

**BY DR. JUNE GENTLE**



For some of us, it can be a challenging time to remember or discover the wonderful things we all have in our lives today. As a health care provider, I would like to offer some

tips on how to improve your health in mind, body and spirit.

First, cleanse yourself from the inside out with a good purification program. This will help to increase the function of your entire body and release your toxins through the digestive tract. This can be done with juicing truck loads of organic fruits (blue berries, apples) and vegetables (broccoli, brussel sprouts, fennel, carrots, alfalfa), or with a few simple inexpensive supplements from a company that deals with whole foods. After all, food is the ideal source of vitamins.

Along with these supplements, adopt an easy diet to follow with a limited amount of lean meat and drink lots of water. Water is the universal solvent. Most of us do not drink enough water and what we do drink could be impure. Water is needed in the body to eliminate toxins and poisons; your cells must be hydrated daily. The secret to pollution is dilution.

Our program lasts three weeks and gets you in the habit of eating correctly, and you might even lose some weight. Your energy will increase in all areas, you will feel better and sleep better. By slowly changing your nutritional protocol, this will make such a difference for you in interactions with colleagues and at work, with family and with friends.

Exercise, get some sun, get plenty of sleep and always have a prescription

## HEALTH TIPS

drug book or web site available to check side effects.

Next, it's important to keep your immune system healthy and strong. If you are getting sick two or three times a year, there is room for improvement. Even if you are sick right now, add these to your daily protocol to boost your immune system. Vitamin A, C, D, cod liver oil (it is naturally balanced and is Nature's most perfect oil), bioflavonoids, B12, minerals (zinc, copper, chromium, selenium), folic acid, a thymus gland extract, and natural plant-based amino acids that are crystallized for stimulating the hypothalamus and build protein. The only toxic forms of Vitamin A and D are synthetic.

Pregnant or lactating women should not take any form of vitamin A; always consult your doctor. We offer a good purification program and supplements from a good company that deals with whole foods only. For supplement and dosage suggestions please contact us.

Try to take breaks from watching the news and listening to the financial statistics. You news junkies, go outside, enjoy the weather; this is why we live in Miami, for this time of the year. I grew up in Pinecrest and had a business here for 11 years. My chiropractic practice specializing in wellness and nutrition is now located across South Dixie Highway in that town of Kendall. Oh my! I would welcome any input and please call me at 305-598-2005 or visit my website at <<http://www.chiropractormiami.com/>> and email me with any questions. I miss and apologize to all of my lost patients. And don't forget to get adjusted.