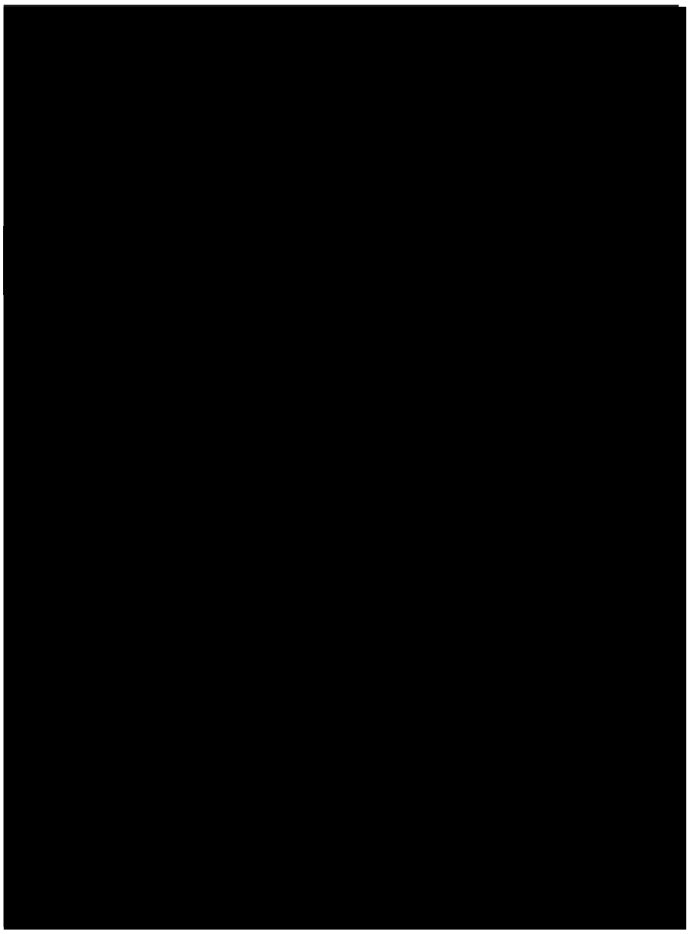
Healthy LIVING

Why Do We Need A Fall Detox?

Written By Sara Peternell, MNT: West Highland Resident And Owner Of Family Nutrition Services

It's time for you to…
Clean up your diet!
Kick-start weight loss!
Look and feel amazing!
Make healthy nutrition habits stick for good!

Embarking on a detox in the fall may sound counterintuitive. After all, spring is the optimal time to detox; whereas autumn feels like a time to hunker down and get back to work. In the spring, it's about shaking off weight of winter and getting revved up for summer. In the fall, it's about acknowledging that we're overly busy, slowing down, and restoring the body.



All of this physical and psychic energy in the fall can lead to mental and physical burnout, stressing our adrenals and nervous system and putting some of the body's natural detoxification processes on hold.

Consider the liver. It is the body's primary detoxifier and one of the main organs in which excess toxins can accumulate and cause problems. The liver processes not only the foods and drinks we ingest but also many of the chemicals we encounter on a daily basis. And when the liver gets overloaded with excess toxins, so do we. An overtaxed liver can result in migraines, irritability, rashes, anger and more. We get tired, we get sick and we gain or lose too much weight. The toxins our body cannot process also contribute to emotional malaise and seasonal or "winter blues." Toxicity creates an appealing host environment for cold and flu viruses that blow in on autumn's winds.

I work with my clients to personalize a detoxification program, which may include a simplified diet, supplements, support and opportunities for reflection. During the detox time period, you'll forgo substances and habits that contribute to liver overload such as processed foods or alcohol and the unaddressed stress that strains your nervous system. You'll also spend time thinking about what influences you want to keep in your life and what you might want to let go. Through an annual fall cleanse, you have space to establish the good habits you need to create the kind of health and vibrancy you want for the coming year ahead.

Sara Peternell, MNT, is a nutrition therapist who works with clients primarily for fertility, pregnancy, and postpartum nutrition, as well as in the area of nutrition for young children. She is also an instructor at the Nutrition Therapy Institute. Sara, her husband, and their two children live in the West Highland neighborhood of Denver. More information about her practice can be found online at **sarapeternell.com**

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