

+HEALTHY DETOX

We all love a cleanse...or at least how it feels after it ends. This spring refresh doesn't make you suffer. By Andrea Bartz

eat cleaner

You know nature didn't make these colors. Skip 'em and this other food...stuff.

SODIUM OR POTASSIUM

BENZOATE Found in baked goods, they may break down into a carcinogen.

POTASSIUM BROMATE

A flour additive banned in Europe and Canada for carcinogenic properties.

PHOSPHATE It lurks in frozen food and soda. High amounts may mess with pH and lead to calcium loss from your bones.

MSG It's added to some salty snacks and can cause headaches and nausea.

PARTIALLY HYDROGENATED

OIL You know it as trans fat. Found in some spreads, it clogs circulation.

Dyes in candy-hued food may trigger allergic reactions.

Source: Susan Blum, M.D., assistant clinical professor at the Mount Sinai School of Medicine, Department of Preventive Medicine

stretch toxins out

This yoga move brings nutrient-rich blood to your organs.



1. SIT ON THE FLOOR, knees bent, feet flat. Slide right foot under left leg, place right knee outside of left ankle and right heel by your butt.

2. INHALE DEEPLY and reach right arm up, lengthening spine.

3. EXHALE DEEPLY and twist to your left, bringing right elbow to the outside of your left knee and pushing to twist further (as shown).

4. LENGTHEN your spine on each inhale and twist deeper

with each exhale, using Lion's Breath: mouth wide open, tongue out, exhaling with an audible *hahhh*. Continue for 5 breaths.

5. UNTWIST and repeat the pose on the other side.

Source: Kelli Precourt, owner of Balance Health Studio in Seagrave, Florida

oust toxic thoughts

When "I can't..." or "Screw this, I quit!" inner rants start to plague you, do this.

Close your eyes and tune in to your breath, thinking, Inhale-exhale. After a few minutes, imagine a knock at the door. Picture yourself opening the door to find your toxic thought in human form: Maybe it looks like your nasty boss or that credit-hogging coworker who stole

your idea. Instead of slamming the door in its face, look it over and say, "You can go now." Watch as it turns around and leaves. Notice how you feel (calm, strong, vindicated?), and carry that sensation with you as you open your eyes and return to reality. Better?

Source: Sharon Salzberg, author of *Real Happiness: The Power of Meditation*

debloat at breakfast

Our shake boosts electrolytes to stop puffiness.

WHAT YOU'LL NEED

- ½ large very ripe banana, cut into chunks and frozen
- ½ large Anjou pear, cut into chunks
- 1½ cups fresh kale
- 1 cup skim milk
- 2 tbsp pistachios, chopped
- ¼ tsp ground ginger
- 3-5 ice cubes or ½ cup crushed ice (optional)

WHIP IT UP

Blend all ingredients in a blender on high until creamy and smooth, 1½ to 2 minutes.

THE SKINNY 343 calories, 8 g fat (1 g saturated), 58 g carbs, 9 g fiber, 16 g protein

Sources: SELF contributing experts Stephanie Clarke, R.D., and Willow Jarosh, R.D., of C&J Nutrition



STRETCH & THOUGHTS: ARTHUR BELEBEAU; STYLING: LIDA MOORE MUSSO; HAIR: GIANLUCA MANDELLI FOR BUMBLE AND BUMBLE; MAKEUP: BO FOR BOBBIE BROWN; MANICURE: CHAMPAGNE FOR MAC; CEREAL: JUANMINO/GETTY IMAGES; SMOOTHIE: SATOSHI; FOOD STYLING: ED GABRIELI FOR HALLEY RESOURCES; SEE GET-IT GUIDE.

