

“Fall” into a New Cleanse Routine



Summer 2019, at least in the northern hemisphere, is in the rearview mirror and autumn leaves are beginning to fall. As the seasons change, now is the perfect time for a cleanse and digestive tune-up before heading into the season of food temptation: Halloween, Thanksgiving, and Christmas.

In early fall, our brain begins to signal some hormonal changes.

Insulin resistance increases slightly. Our bodies begin to store a little more fat. Millions of years of mammalian evolution are behind this and it helped keep us more fuel-efficient during periods of food scarcity. Insulin sensitivity then returns late winter/early spring to get ready for more food abundance.

For us modern-day humans, the holidays are not known for their food scarcity!

To balance this seasonal change in metabolism while still enjoying all that fall has to offer, try to stay active and be mindful of your food choices. This is a great time to include Flor·Essence® herbal tea in your daily regimen.

Flor·Essence® is a gentle, whole-body cleanse made from certified organic herbs.

Drinking it twice daily, 30 minutes before meals for a couple of weeks helps give your body a digestive tune-up and supports your liver, kidneys, and lymphatic system in doing their job of processing and eliminating wastes and toxins.* The tea supports a healthy metabolism as well as overall bowel health.*

Medicinal roots are traditionally harvested in the fall when they are at peak nutritional potency. Flor·Essence® includes burdock root and Turkish rhubarb root to support liver, pancreatic and intestinal health.* Sheep sorrel, slippery elm, watercress, red clover, blessed thistle, and kelp round out the formula. These herbs are all grown in the USA—except for kelp which is sourced from the waters around Iceland.

Check out FloraHealth.com/blog for more tips and insights!

Robert Dadd is a Master Herbalist (Dominion Herbal College) with a BA in Communications from Simon Fraser University. His areas of research include adaptogens, probiotics, and essential fatty acids. He is currently the Product Information Supervisor for Flora Manufacturing and Distributing.