

The Dec/Jan issue of Natural Health (circ. 365,014) went on-sale this week, and is available at most newsstands and bookstores across the country. This issue will remain on newsstands until January 18, 2010 – 2 full months of publicity for the book. Mary's article is featured on the front cover, and it leads with a quote from Mary, mentions of The 7 Day Total Cleanse, and includes additional quotes from Mary McGuire-Wien throughout the article.

Here is the full Natural Health article:

Eat, Drink & breathe merry: A simple detox that fits into your holidays

By Daniel Mazori

No time is happier – and yet unhealthier – than the holidays. Parties may mean friendly company, but they can come with a load of unfriendly calories. And by the time we've found the perfect gifts, our stress levels are through the roof. In the U.S., there are more deaths from heart disease on Christmas and New Year's than any other days of the year.

"This is the perfect time of year for a gentle detox," says yoga instructor Mary McGuire-Wien, author of 2009's THE SEVEN-DAY TOTAL CLEANSE. "Foliage falls in early winter and animals slow down to hibernate. Adding a few detoxifying practices to your hectic routine mimics nature's own detox and helps you tap into what's happening in the natural world."

Doable holiday detox

No time for a full-on cleanse? Ward off seasonal slumps and sickness by working these cleansing rituals into your routine.

1. Take artichoke leaf extract: "This supplement increases the formation and flow of bile and protects the liver cells from damage," says nutritionist Deanna Minich, PhD., author of the 2010 book Quantum Supplements. Aim for between 320 and 640 milligrams, like in Jarrow Formulas Liver PF (\$30; jarrow.com for stores) and CleanseSMART (\$321 renewlifer.com).

2. Twist Each Day: Sit near the edge of a chair, feet flat on the floor directly under your knees. Cup each shoulder with the corresponding hand, resting thumbs in the back and fingers in the front. Raise elbows to shoulder height. Inhale through your nose and exhale through your mouth as you turn your torso, head and arms to the left. Inhale to come back to center, and exhale as you turn to the right. Continue at an even pace for one to three minutes. Repeat three times daily.

3. Breathe for Two Minutes Every Morning: "Just a couple quiet minutes is all the time you need to cleanse your mind," says McGuire-Wien, who suggest getting in this habit as soon as you wake up since you're already relaxed (Try it right after

your alarm goes off, instead of hitting snooze.) Sit comfortably, close your eyes or focus on an object (whatever quiets your mental noise best), and breathe deeply and evenly. If you start ‘thinking,’ notice your thoughts, tell yourself you’ll get back to them and bring your attention back to your inhales and exhales.

4. Fill Up on Detoxifying Foods: Sulfur-rich vegetables (like broccoli and onion) support the liver’s detox enzymes, fiber-rich foods (such as lentils and fruit) help eliminate toxins and lean protein (like wild salmon, organic chicken and tofu) is rich in amino acids, which prepare toxins for elimination. A dash of spices at every meal (such as curry and cinnamon) boosts metabolism – a surefire way to help your body rid itself of toxins rapidly.

5. Dry brush your skin: Before you get into a warm shower every morning, “brush” your body using a natural bristle brush in light circular and upward strokes on your feet, legs, belly, and arms. This stimulates your skin and lymphatic system – two of the most important detoxifying organs in our body, says McGuire-Wien. We like the Merben 14-inch Sisal Body Brush (\$32; 866-463-7236).