

# Starting Fresh

Begin the new year by treating yourself to a body-renewing detoxification

BY KRISTEN PROSISE



The thick of holiday eating extravaganzas have ended, but your indulgences have left you alone—in the bathroom, with just a scale and a bit of hope. Perhaps you’ve made a habit of ringing in the New Year with empty resolutions for improved fitness efforts and better eating habits. Instead of relying on motivation to get through this year’s healthy living pledge, try “starting fresh” in a literal sense by treating yourself to a body-renewing detoxification. Mary McGuire-Wien, raw foodist and yoga instructor, recommends a seasonal juice fast paired with yoga. She offers criteria for detox eligibility in her new book, *The Seven Day Total Cleanse*.

- » Do I eat foods that contain artificial flavors, sweeteners, preservatives, antibiotics, and hormones, or plants grown with pesticides?
- » Do I crave foods high in sugar or fat?
- » Do I use alcohol, caffeine, nicotine or other drugs?
- » Do I have metal (mercury-filled) dental fillings?
- » Do I use conventional cosmetics, lotions, shampoos, toothpastes, and other personal products?
- » Do I routinely take over-the-counter medications such as Advil or Tylenol?

If you’ve answered yes to any of the questions, you could benefit from cleansing. McGuire-Wien admits that she first sought a juice cleanse because of its potential to help her lose baby weight, and finds that most people seek juice fasting (or intense diet regimens) for weight loss. However, the resulting high energy, retrained hunger and reshaped body are often more rewarding than any quick fix diet.

*The Seven Day Total Cleanse* is the result of McGuire-Wien’s 20-year lifestyle evolution. With the guidance of her moral stance and listening to her body, her transitions from vegetarian, to vegan and finally to raw vegan have been natural and fulfilling. She recalls a time at a dinner party more than 20 years ago where she stood staring at a bare lamb chop rib as the appetizer trays circled the room. She thought back to her day at the petting zoo with her son; “Maa Maa,” the precious little lambs called for their mother. She thought of her baby daughter asleep at home—rib cage expanding and contracting—such a fragile miracle. That lamb chop would never look the same and her evolution had begun.

Now a well-known yogini and raw foodist, McGuire-Wien leads others through juice cleansing retreats at the American Yogini center in the Hamptons. Through personal anecdotes she tells of the life-changing

transformation she experienced when raw juice fasting became less about weight loss and more about clarity.

“I literally gained a sense of direction,” she says. “It sounds crazy, but as I began to tune into my own self and the information that served me, I stopped getting lost.” With each day of juice fasting, she pairs a yoga pose for guided meditation. The body’s chakras, or perceived energy centers are channeled as part of this process. Energy is all about flow. With emotional or physical stress the energy gets locked down into areas of our bodies—like the forehead or lower back. Yoga helps reestablish your body’s natural energy flow with breath and movement.

The detox experience may not always be pleasant. In the first few days of the fast, you will likely feel worse before you feel better. McGuire-Wien says to think of it like the junk drawer in your kitchen. Your kitchen could be pristine and spotless, except for that one drawer. If you start to clean it out, the clean kitchen will become disordered as you empty out the mess. The same applies to the body when it’s being cleansed.

### Possible side effects include:

- » Acne breakouts, rashes, nausea, headaches, sleepiness, irritability, lightheadedness, shakiness, muscle weakness, constipation, diarrhea, runny or congested nose, ear problems and body aches.

### Positive sensations experienced during cleansing include:

- » Exuberance, energy, deep and restoring sleep, feeling of lightness, sharpened senses, feeling comfort “in your own skin”, improved vision, mental clarity and sexual receptiveness.

*The Seven Day Total Cleanse* takes you through fasting preparation, the seven chakras and yoga poses, scheduling the juice fast, preparing recipes for juices and smoothies, as well as healthy meal plans for the days following.

McGuire-Wien emphasizes that every person must tune into themselves and listen to the body—enjoy your food and let it work for you.

“I want people to see that a cleanse is not a deprivation. It’s about feeling things richly.”

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