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## Teri's Trends: Healthy Detoxes in San Diego

Posted On : 8/27/2010 by Teri Miyahira

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The summer isn't over yet. The teeny-weeny bikinis and short skirts are abundant for a little while longer. But the Gym-Tan-Laundry-Diet regimen gets a little redundant after months of maintaining a pool-ready bod, and sometimes a cocktail or two inevitably turns into three or four, with empty calories and fattening sweeteners to boot. Add a late night burrito run and a slice of red velvet cheesecake into the mix, and we're ready for a little healthy detoxing.

Detoxes, if done safely and healthily, can help you look and feel great. And we're not talking about the chronic fasting, starvation, overactive-treadmilling or Master Cleanse (a.k.a. the lemon juice and cayenne pepper diet). We're referring to a more holistic way of doing your body good — a la what Oprah and Dr. Oz tout — sans the lightheaded and dizzy feeling. And I'm always up to try a plan to increase energy, lessen that cow-in-your-stomach bloating, and more luminous skin. It's safe to say that you don't have to make unhealthy choices to satisfy your self-consciousness.

And here to help us talk a little more about this detox taboo is **Steve Hammock**, president of **Hot Spring Spas** on a non-diet way of detoxing, as well as **Dr. Kulreet Chaudhary** that owns **Wellspring Health** on healthy diet detoxing.

For the last 30 years, **Hot Spring Spas** specializes in bringing a healthy spa experience to the masses that goes beyond a reality show hot tub romp. Using the technique of physical immersion of the body in hot water, Hot Spring Spas provide the physical detox experience through patented technology, cutting-edge design, energy efficiency and high-quality materials that makes it an industry leader.

**Wellspring Health** is an Ayurvedic practice (preventing and treating illness by maintaining balance in the body, mind and consciousness through proper drinking, diet, lifestyle and herbal remedies). Wellspring offers the most powerful team of neurology, endocrinology and Ayurvedic practitioners who are dedicated to employing restorative and preventative techniques to increase health longevity and quality of life.

[Read on to discover more about healthy detoxing.](#)

### Detox the Bod

Immersion in hot water has been around for a long, long time. Think from the ancient Egyptians who enjoyed hot therapeutic baths. Fast forward to the 1940s, and the first home hot tubs made from oak barrels, wine tanks and olive vats from wineries, began to appear in California.

[Some benefits of Hot Spring Spas healthy at-home spa systems:](#)

**Hydrotherapy:** There are three factors at work in a spa: heat, buoyancy and massage. Together, they create a relaxing, soothing hydromassage experience. Immersion in hot water raises the body temperature and causes the blood vessels to dilate, increasing circulation. The buoyancy of the water reduces body weight by about 90 percent, which relieves pressure on joints and muscles, and creates the relaxing sensation of weightlessness. Your heightened state of relaxation, along with the spa jet streams, releases endorphins, the body's natural analgesic and mood elevator. It also speeds the elimination of lactic acids and other toxins, which are then replaced by oxygen and the body's other natural nutrients.

**Stress Reduction:** Hot Spring Spas tubs are no warmer than 102 degrees Fahrenheit, which can help lower blood pressure and calm you down. Scientists believe that elevating your body temperature in hot water, around 102 degrees Fahrenheit for about 90 minutes before bedtime, will bring a rapid decrease in body temperature once you leave the hot tub. That sends a message to your brain that it's time to sleep. Soaking in a hot tub also releases endorphins, the same natural mood elevators produced by the pituitary gland and hypothalamus that produce the so-called "runner's high."

**Hot Spring Spas** tubs are professionally installed in your home for ultimate private relaxation. Various models are available that seat three to seven people, including the deluxe **ACE salt water sanitizing system** which is the first and only integrated hot tub salt water sanitizing system using diamond technology. For more information, visit [HotSpring.com](#).

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### Detox the Diet

Fad diets are just that. It's easy to be convinced of diets that are boasted by celebs and covered in tabloids. Holistic detox practices are the new wave of cleansing.

Wellspring Health typically recommends the **Deep Seasonal Detox** accompanied by a prescribed diet regimen. The reason it is called a Deep Seasonal Detox is because the body naturally begins to detox at the changes of each season, so this is an ideal time to do the program. However, it can be done at anytime. The problem with fad diets is that it's a one-diet-fits-all problem. In Ayurveda, each body type needs its own unique considerations, thus Wellspring Health can completely customize the right detox for your bod.

Here are some tips to prep for your next detox, courtesy of **Dr. Kulreet Chaudhary**, owner of **Wellspring Health** (pictured left).

- Reduce your intake of caffeine (yes, that means no Starbucks!)
- Drink plenty of water and keep very hydrated during your program. Drink room temperature liquids only throughout the day.

- Make sure you have enough time to get plenty of sleep during the duration of the program.

- Be prepared that you might get moody. Just remember that emotional changes are natural in a detox (it's the ideal time to get all the post-boyfriend/girlfriend angst out of the way right now), and you'll feel back to yourself in no time.

**Wellspring Health** is a go-to resource for health practices as well as supplements, herbs and all your detox needs. Visit them at [Mywellspringhealth.com](http://Mywellspringhealth.com) to set up your appointment and start your Deep Seasonal Detox.

What to share a healthy detox that worked for you? Drop me a line at [teri@discoversd.com](mailto:teri@discoversd.com)

Stay Gorgeous,  
Teri

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