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[health]

Spring Detox:

Give Your Body A Fresh Start

By Julie Vecchione DeSimone

Spring brings a sense of renewal

to all facets of life—and is the perfect season to detoxify your body of all the built-up toxins that compromise health and keep the body from operating at peak performance. “A good cleanse resets your body, giving it a fresh start,” says Frank Lipman, M.D., founder of Eleven Eleven Wellness Center in Manhattan. “It’s like a vacation for digestion.”

Just as we need regular vacations from the stresses of day-to-day life for our mental well being, our bodies need a chance to reboot, too.

“A good detox will make your engine purr,” says Dr. Lipman, a pioneer and internationally recognized expert in the fields of Integrative and Functional medicine, which address the root causes of disease instead of just treating symptoms. Eleven Eleven Wellness Center—whose clients, reportedly include actress Gwyneth Paltrow and fashion designer Donna Karan—combines Western medicine with alternative and

“Just like your car runs better after a tune-up, our bodies function better when they’re purged of built-up waste products and toxins that compromise health.”

complementary medicines. “I use and recommend conventional medicine, like drugs and surgery, when appropriate, but I also embrace complementary approaches like acupuncture,” says Dr. Lipman.

The 14-Day Cleanse

Dr. Lipman developed “Be Well Cleanse,” a 14-day detox program that provides a comprehensive meal plan along

with shakes that contain a healthy dose of fiber to scrub the gut and aid in elimination, and supplements to provide both digestive enzymes and anti-microbial herbs to get rid of bad bacteria in the gut. “A truly effective detox must go beyond fasting or juicing by supplying specific ingredients needed to boost the body’s own detoxification system,” notes Dr. Lipman.

And there’s no need to feel deprived while cleansing—a safe and effective cleanse won’t make you feel woozy from lack of food, starve you, make dining with family and friends impossible or have you praying for the detox to end. The “Be Well Cleanse” includes three shakes and two small meals a day. “What [an effective cleanse] will do is kill bad bacteria in the belly that are a major source of toxicity and weight gain, clear out accumulated toxins that slow digestion and elimination, and drench your body in nutrients, leaving you feeling energized and vibrant,” notes Dr. Lipman.

Eleven Eleven Wellness Center provides patient-centered care to "help people get healthy and keep them healthy."



Jumpstart a Healthier Lifestyle

A detox is a great entry point into healthy living. "[After the cleanse,] they'll say, 'Wow, I want to feel like this all the time,'" says Dr. Lipman, who practices a unique blend of what he refers to as "Good Medicine," which blends the knowledge of science with the wisdom of ancient healing traditions. "It's one of the few ways to get someone to feel so much better in such a short time."



and although the primary goal of a good detox is to reset and optimize function, the side effects are wonderful, too. Dr. Lipman says that most people will experience the following benefits after a detox:

- Weight loss
- A boost in energy levels
- Less bloating and puffiness
- Clearer skin
- Improved digestion
- Better sleep
- Relief from aches and pains

So the next time you're feeling a bit sluggish, think about treating your body to a cleanse. Dr. Lipman recommends a detox program "whenever your body needs a reset, which can be once a year—or five times a year."

** This article is meant to inform, not to prescribe and should not be used as a substitute for the advice of your primary care provider. Before undergoing a cleanse, seek the advice of your personal physician.*

» *Julie Vecchione DeSimone is a freelance writer who lives in Centerport.*

Lasting Benefits

A good cleanse can kick-start healthy habits and put you on the path of smarter choices and sustainable health—the cornerstone of long-term wellness.

“You simply feel so good and you don’t want it to stop,” says Dr. Lipman.

Following a cleanse, it’s important to motivate patients to continue with healthy habits. In his Manhattan practice, Dr. Lipman has six Health Coaches who play an integral role in educating patients about nutrition and support them with changes needed to ensure a healthy lifestyle.

“Health Coaches are part of almost every initial visit with me so that they get a full understanding of what’s happening with the patient,” explains Dr. Lipman. “The Doctor/Health Coach dynamic works so well because the patient has the assurance those medical needs are properly addressed by a doctor, with the added benefit of a coach with the time and knowledge to guide the sustainable lifestyle changes.”

Food and nutrition are an integral part of a healthy lifestyle. Dr. Lipman and his Health Coaches give patients practical tools to get well and support them on their journey. Jennifer Mickle, a Health Coach at Eleven Eleven Wellness Center, suggests these general nutrition tips:

- Forget starchy breakfasts - they’re high in sugar, which leaves you feeling foggy, groggy and hungry well before lunch. Instead, try a smoothie with healthy fats (think almond butter, coconut oil or avocado), eggs (ideally from your local farm), or my personal favorite, a hearty salad with greens, avocado, pumpkin seeds and veggies.
- If you find it hard to resist unhealthy snacks, don’t keep them in your house! You can’t overindulge when they aren’t hanging around to tempt you.
- Put fresh blueberries in the freezer. Next time you’re having an after dinner snack attack, skip the ice cream and enjoy a bowl of frozen berries instead.
- Sugar is habit forming - the more sweets you eat the more you will crave it. Cut it out completely for two weeks, and you’ll be amazed at how your taste for sweets diminishes.



The Be Well Cleanse blender bottle makes it easy to fit the shakes into a busy lifestyle.