

# A Sweet Exhale & Uprise With Tranquility

Edition #7



Aloha!

Alas, it is March, oh sweet March, the month we welcome spring. And in honor of our bodies and fruitful times ahead, **we are hosting a 14-Day Detox Challenge!** The timing is perfect, as we can release heaviness and perhaps some personal vices, in order to create our lives beautifully in the seasons of light.

In addition to the month, it is our **8-year anniversary** on March 13th! Eight years of memories, transformations, joy, challenge, and discovery - thank you so much for being here with us. Eight years feels like a long time and yet, Tranquility is still so young. Here's to the future, onward and upward.

You may have noticed we have recently begun the finishing touches on our re-brand: a new sign and warm, earthy painted walls. We really love the depth and calm that this has brought to the space. A few more touches and the transformation will be complete!

As we emerge from hibernation, as always, we would like to encourage taking life slowly and making moments to bask in appreciation for what is. As collective energy levels rise, so too does anger. In Traditional Chinese Medicine (TCM), spring is the season of anger - and you may have noticed this inner re-kindling to be seen once again. Let's dive in!

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## 14-Day Detox Challenge

Dates: **March 17th - 30th**

1 Prize Winner of locally-made health products

Sign up closes March 15th

**Email [zach.palmarin@tranquilityclinic.ca](mailto:zach.palmarin@tranquilityclinic.ca) to sign up**

Cost to enter: **\$159**

***What's included: 2 sauna sessions, 1 acupuncture treatment (initial or follow-up), & our detox program pdf.***

Winner announced on April 2nd

This challenge will focus on physical detoxification - in other words, through our actions we will assist the liver and gallbladder in their processes, and avoid adding toxins to the system. The liver and gallbladder are our key players in body detoxification - yet, these systems can get overloaded, thereby toxic build up occurs. Without the chance to clear, toxic build-up will most-likely lead to harmful disease. Short-term, and less serious effects of toxic build-up are; fatigue, drowsiness, headaches, depression, bloating, poor sleep, and impaired cognitive function.



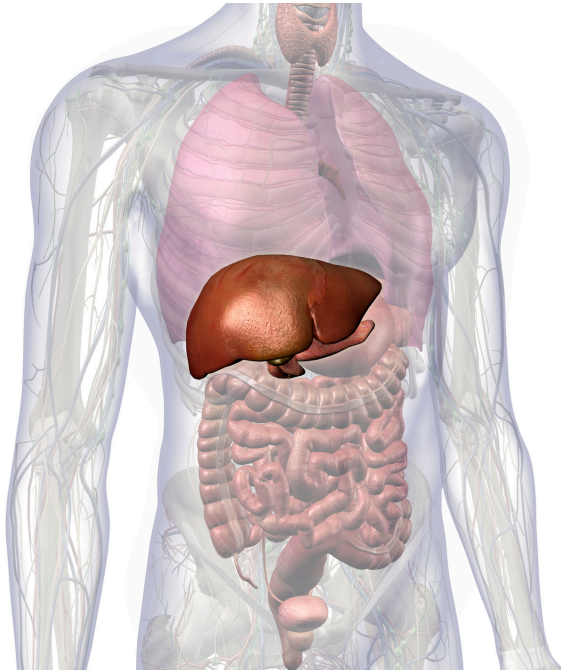
Throughout these 2 weeks we will:

- eat a clean diet (grocery list suggestions are included in the pdf.)
- eliminate alcohol and smoking
- exercise/stretch each day
- drink 3-4L of water per day
- attend at least 2 sauna sessions & 1 acupuncture treatment (tailored to assisting detoxification)
- complete a 24-hour and 36-hour fast
- sleep 8-10 hours each night
- consume a warm detox beverage each morning
- eat 1 plate of dark leafy greens each day



Upon completion of the challenge, you can enter to win a gift bag filled with locally-made health treasures. Simply send Dr. Zach an email describing how the challenge went for you and anything else you'd like to add. We will randomly draw the winner on April 2nd.

We are excited to take on this challenge, and feel and look amazing. We hope you join us!



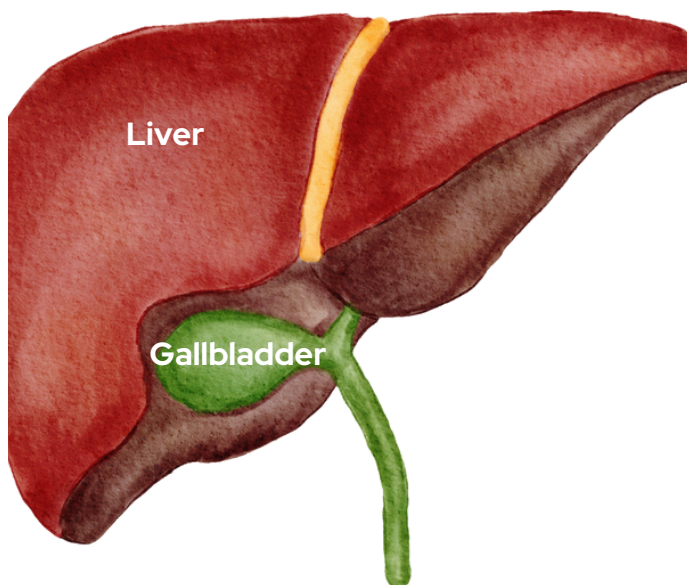
## What are Toxins?

Toxins in the body are essentially heavy-metals in the bloodstream. These heavy metals accumulate from chemicals found in industrial/automotive exhaust, tobacco smoke, alcohol, body products, household cleaners, processed food, etc.

## What is Detoxing?

Body detoxification occurs through the harmonic balance between various organs, however we will focus on supporting the liver and gallbladder - as they are the organs associated with spring, and are primarily responsible for toxin removal in TCM.

In TCM, the liver's primary role is detoxification and promoting the flow of Qi. **The liver filters toxins** from the blood and excretes toxins through the urine.



The **gallbladder aids the liver by delivering bile to the intestines**. The gallbladder produces, stores, and releases bile. Bile carries certain toxins, which are eliminated from the body through the stool.





## Assisting the Liver & Gallbladder

Diet, sleep, water, electrolytes, and movement may be the most important factors in supporting detoxification.

Foods to support the liver are dark leafy greens, celery, sour foods such as lemons, limes, and pickles, sprouts, onions, garlic, etc. Foods to support the gallbladder are bitter greens such as dandelion greens, radishes, turmeric, whole grains, pears, etc.

In TCM, sleep is considered crucial for detoxification and overall health. Between 1:00am and 3:00am is when the liver is most active, according to the 24-hour organ cycle. Deep sleep during these hours is essential for optimal liver function. Lack of sleep can lead to liver Qi stagnation. Chronic sleep deprivation can lead to blood deficiency, thereby depleting essence, and thereby shortening life-span. As appealing as “hustle-culture,” and “work hard until it’s done” is, out-running sleep takes a toll on your quality and length of life.

Water is the primary vehicle for transporting toxins out of the body. Water and electrolytes support the flow of Qi and blood - which are essential in detoxification.

Exercise, also greatly supports movement of Qi and blood. Exercise also reduces stress, which can cause liver Qi stagnation. And if you’re really going hard-at-it, sweating is one way the body releases toxins through the skin - hence sauna’s are a wonderfully relaxing way to detox. It is important to note that excessive exercise depletes the body’s Qi, therefore it is essential to listen to your body first.

## Spring in TCM

All across traditions, spring is a time of re-birth, growth, and renewal - so refreshing isn't it?

By supporting the liver, gallbladder, and flow of Qi, and maintaining emotional balance - we are optimizing well-being during this vibrant season.

In TCM, spring is associated the wood element. Wood embodies growth, expansion, and new beginnings.

The emotion of spring, is anger. It is helpful in knowing this if you feel more fiery than usual - acknowledge, control, and utilize this natural and empowering

force. A tell-tale sign of liver Qi stagnation is anger/frustration. A lifestyle that supports the liver and gallbladder will help ease the rather negative effects of anger, and allow you to embody a calm and confident approach to tackling your endeavors.



## Spring Message by Sun Sign

**Pisces - Alignment is the way**

**Aries - You are guiding yourself, while being guided**

**Taurus - Glowing in the reality you have created**

**Gemini - The natural world speaks softly to your heart**

**Cancer - Life is presenting so many beautiful gifts**

**Leo - Tapping into and becoming infinite energy**

**Virgo- Creations are born**

**Libra - You are beautiful as you are, keep playing**

**Scorpio - Let go of mind**

**Sagittarius - A whole new way**

**Capricorn - Unlimited self**

**Aquarius - You see the way, you are the way**