

Food Trend: Seasonal Foods to Bring Spring Cleaning to Your Body



By [Rachel Sparks](#)

Spring means open windows, light breezes, knocking out the dust from every corner, and of course, getting ready for the dream beach body workout. Why limit spring cleaning to just your house? Your body has all of that sugar and fat leftover from decadent holiday foods, and the cold weather of winter made it pretty hard to keep up with your workout routine. Try these four easy [food trends](#) to cleanse your body and gear up for summer.

These seasonal food trends will bring spring cleaning to your body!

1. Green smoothies: Smoothies have been all the rage for [celebrity diets](#) for a long time now. If you have yet to jump on board with this liquid diet, you should really consider doing it now. Smoothies are an easy way to start your morning with lots of energy, but make sure you're looking up healthy recipes. Anything with berries, especially blueberries, and dark leafy greens cleanse your body, provide important antioxidants for repair, and give you a boost of energy. [Gwyneth Paltrow](#), one of the healthiest foodies in the celebrity world, is all about juice diets!

Related Link: [Find Your True Weight with the Incredible Dukan Diet](#)

2. Turmeric: This is a classic Indian trick that many people haven't quite accepted yet. Turmeric is that yellow stuff you see in a lot of curries (although distinct from yellow curry). Curcumin, the compound in turmeric that makes it yellow, helps with digestive disorders, liver issues, and inflammation. It's great for anyone with IBS or arthritis as a natural supplement, and that's in addition to the cleansing it does! Even [Beyonce](#) has used this detox to drop weight!

Related Link: [Celebrity Diet: Get a Red-Carpet Ready Body & a Healthy Mind by Eating these Super Foods](#)

3. Green Tea detox: Did you know one cup of green tea has more caffeine than a cup of coffee? The powers of green tea have been the latest rave, but for good reason. The chemical that makes green tea green, polyphenols, help rid the body of harmful chemicals. Studies have shown a cup of green tea a day helps reduce the risk of certain cancers, improves memory, and reduces belly fat. Maybe it's time to add green tea to the "apple a day" philosophy!

4. Lemon water: Lemon water is not being taken advantage of. If you're not starting your morning with a cup of lemon water (hot or cold) then you haven't felt utterly rejuvenated yet. Lemons contain antibacterial properties that purifies the blood and balances the pH of your colon. Nobody likes talking about the colon, but it really is quite dirty. Clean it up every once in awhile for much cleaner, easier, and healthier internal processing.

Do you have any special food tips to get your body in shape for the summer? Share your advice below!