



January rings in a new year, new opportunities and usually another new resolution. Are you one of those who want to start this year being healthy in body and mind? If so, I want to discuss detoxing. Why it is necessary, how hard is it, do I have to eat differently? Yes, a change is necessary to achieve your goal, but it doesn't have to be arduous. After eating all the holiday goodies, most are ready for a lighter meal, less fats and sugar. See, you have already changed towards being healthier. Many of you have expressed an interest in taking your body through a cleanse for detoxing. It also is a precursor for weight loss. Since detox programs are all over the industry both in product and cost, I am going to share an easy and inexpensive one with you that you may want to try. It is safe, but that doesn't mean we shouldn't at least have a phone chat before you start because there can be side effects to any kind of cleansing program. Some people are in better condition to do them more forcefully than others. You would be

surprised what can come out of your bodies.

The current level of chemicals in our food and water, as well as those circulating in the indoor and outdoor environment, has a profoundly negative effect on people's resistance to disease. The cumulative effect of toxins can actually alter metabolism, resulting in enzyme dysfunction, hormonal imbalances, nutritional deficiencies and various psychological and neurological symptoms, including depression, fatigue, irritability, mental confusion and even allergic reactions. These toxins can build over time, accumulating in the colon, cells, and tissues. The average person can have 4-25 lbs of toxic build up in the colon. Not only does retaining this intestinal debris lead to the reabsorption of toxins, but it can contribute to unhealthy weight gain, constipation, and slower metabolism. (*Just so you know – only having one bowel movement a day indicates you have a sluggish colon.*)

The cleanse that I am recommending is a 14 day program – it is called a *Dieter's Cleanse* because if your body needs to lose some weight, then it will. Various herbs in this cleanse

will facilitate the body's natural detoxification and healing functions and help break down any accumulated intestinal debris, clean the blood and cells.

This is an easy program to do –especially for those of you who are dug into **NOT** changing your eating programs. For those of you who are willing to make some healthy nutritional changes, the cleanse will have an even greater impact.

While you may not decide to do a physical cleanse, let's discuss the need for a mental/spiritual cleanse. 2010 was full of unexpected news and many lost their jobs and homes. Classes are now forming for **EFT** (emotional freedom technique) for those who wish to learn about healing negative thoughts and behaviors that interfere with your health and happiness. **Call early for seating is limited.**