

## **“DETOXIFY THE BODY...DETOXIFY YOUR MIND”**

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Evidence proves that the state of our mind directly affects physical illness. I am a walking testimony of that. For the last 15 plus years I lived in an unhealthy; stressful environment which played a toll on my mind and body. Our nervous system and immune system communicate with each other so if we are under a constant excessive amount of stress; it will eventually have a negative affect on our immune system. Mental stress is a biological and biochemical process that begins in the brain and spreads through the nervous system, causing hormones to be released from the endocrine system which in excessive amounts has a negative affect on our immune system. “Walking on eggshells” is the best way that I can describe the environment that I lived in; this eventually knocked out my immune system and I began to experience an entire laundry list of health problems: “leaky gut syndrome” which led to pre-cancer cells, pre-diabetes, estrogen dominance, hypothyroid syndrome, fibromyalgia, psoriasis, detoxification impairments, cellular impairments and the list goes on and on. Strong negative emotions are associated with significant health problems and our emotions trigger the release of hormones into our bodies; too much of these hormones can lead to weight gain and I experienced just that.

In July of 2009, I moved to NY from FL to receive restoration for the total package mind/body/soul which I am experiencing now. A multitude of people have asked me how I have lost 7 dress sizes and 23 pounds in 3 months, so I have decided to present you with this blog so you can understand my 3 month journey.

Almost everybody needs to detox and rest their bodies at some point in time. Due to air and water pollution, radiation, ingested chemicals, pharmaceutical drug usage, the over consumption of sugar and refined foods are causing a rise in cancer, allergies, arthritis, obesity, skin problems, immune weaknesses and much more. Internally our body produces toxins; unstable molecules due to cellular activity known as free radicals which are biochemical toxins that cause chronic disease. When these toxins are not eliminated properly from the body they irritate or inflame our cells and tissues causing impairments to the normal function ability of the body. Factors such as intestinal bacteria, yeasts, parasites, stress, negative thoughts and emotions can cause an overload of toxins on our bodies creating a reduction in our elimination process. So, this toxicity occurs when we take in more than we use or eliminate from our bodies causing our internal balance (homeostasis) to become disturbed. So, by detoxifying we clear these toxins from our body which will assist with the clearing of excess mucus, acidity and congestion.

However, **detoxification involves** dietary and lifestyle changes...I know, many of you are probably thinking, “I don’t want to do that!” But, are you “tired of being sick and tired” or are you tired of carrying that excess weight? If you will just challenge yourself for 30 days you will be amazed at the transformation. You will no longer want to go back to that old lifestyle or way of eating because you will feel magnificent. Weight loss is not just simplified to one component as everybody is created uniquely. True, you can exercise, or go on a “diet” to lose weight, but will the weight stay off? The body is too connected for that to happen and for you to reap the benefits of “TOTAL WELLNESS” because that is what we are really talking about here. This is not a lose weight quick scheme but if you will follow these steps, you are sure to become a better person mind/body/soul.

1. I began to go on a 30 day liquid fast...I know, you are probably thinking, "I can't Do that!" YES you can; you can do anything you set your mind to...it is all about Priorities and it is time that you put yourself back on the top of your list!! My morning breakfast consisted of an organic berry smoothie. I would use frozen organic berries, one banana and ALKALIZED water. Now, you are probably thinking, "why alkalized water?" Well, that is simple; the over acidity in body tissues results from an over intake of too many acid-causing foods. This high level of acidity causes the breakdown of your body tissues over time. I am sure that you have heard, "The key to longevity is balance." We are always trying to balance our time and that's important but we also must balance the internal state of our body as well.

2. Supplementation was used because even though I was vegetarian and eating healthy, the effects that I suffered from a long term toxic environment had depleted me of essential nutrients and caused impairments in my body. So, for me personally I used FISH OIL...I find that the best is the Barlean's lemon zest omega swirl. This way if you have leaky gut you will absorb the liquid properly. It tastes fantastic; like lemonade...my 5 year old eats it off the spoon. Another supplement that I took was a great MULTI VITAMIN to make sure that I was getting enough [MAGNESIUM](#) to support the function of my central nervous system and enough [VITAMIN D](#) to ward off depression and [VITAMIN B](#) to supply me with enough energy. For more information on magnesium, a great book to read that we offer on our site is "[THE MAGNESIUM MIRACLE](#)". [MACA POWDER](#) was also taken as this is a super food known to balance out the body's endocrine system. [PRO-COLOS](#) was used to repair "leaky gut" syndrome which is when undigested food materials escape from our gut into our blood stream. When we have this condition, we can't process our food or supplements properly; this leads to a host of unwanted health problems such as auto immune disorders: chronic fatigue syndrome, diabetes, allergies, psoriasis and much more. In fact, are you aware that 60% of our immune system is centered in our guts? Imagine how many people are walking around with this condition and not even know it. If it is one thing that you should focus on it's this "LEAKY GUT SYNDROM!" During the course of the fast, I wanted to make sure that I was being supplied with enough nutrients so I took [MINTY GREENS](#) which supplied me with fiber, essential fatty acids such as Lecithin, super greens and fruits and vegetables. The goal was to make sure that my body didn't become weak. I also needed to make sure that I had enough protein in me so; I took [AMINO ACIDS](#) which have several health benefits that can be learned about by clicking on this [LINK](#). Another supplement that I took was LIPOIC ACID which is a super antioxidant that boosts the rest of our antioxidant network and offers protection against stroke, heart disease and cataracts. [LIPOIC ACID](#) is so powerful that it can turn off bad genes. The final supplement that I took was [CO Q10](#). This is a fat soluble Coenzyme that has been used in Japan to prevent heart disease. CO Q10 also rejuvenates brain cells, is used to treat gum disease and may help to prevent Alzheimer's and Parkinson's disease.

3. For lunch, I would drink a bottle of KOMBUCHA which supports digestion, metabolism, immune system, appetite control, weight control, liver function, body alkalinity, anti-aging, cell integrity and healthy skin and hair.

4. For dinner, I would juice whole vegetables and fruits. A great book that we offer On our site and I personally use is "[JUICE FASTING and D ETOXIFICATION](#)" this will supply you with recipe choices and remove the guessing game.

5. I also detoxified my mind; remember this is about body/soul/mind. I practiced Meditation through prayer. What ever form of meditation you choose it is important to allow your body to detox from impure thoughts. Anger, whether expressed or repressed, has physical effects such as skin disorders, migraine headaches, increased cholesterol levels, depression and much more. Worry or other forms of anxiety if excessive can harm our health in the form of headaches, panic attacks, irritable bowel syndrome, fibromyalgia, heart attacks, asthma, depression and more. Besides, worrying is like practicing failure; it is like living the failure, even though it hasn't happened. When you start to detox your mind, you will realize how much strength you actually hold inside and what a great person you are; you can do amazing things. Often times we look to others for a great relationship when the best one we can have is with ourselves. If you don't love and accept yourself than how can you love anyone else? Remember, it is all about balance!!

6. Exercise is important and for me and studying Ayurvedic Medicine, I learned my Body's dosha type so I knew that yoga and rowing were the perfect combinations for my body. Yoga would supply me with mind/body connection and rowing would supply me with the cardio that I needed. It's important to know your body because for someone like myself, if I work out hard with weights, I will create a large amount of inflammation in my body; Pilates would be a better source for my resistance training.

7. Elimination assistance; I told you that I had detoxification impairments, so I took A homeopathic formulation called REDUCE to assist with eliminating toxins from my body. [BE WELL REDUCE ORAL DROPS](#) diminishes cravings and stimulates natural elimination. Why did I choose this product? I chose homeopathy because it is "gentle, safe and does no harm" to the patient. I didn't have to worry about it interfering with anything else that I was taking or having an adverse affect on my body.

So, there you have it; this is how I lost 7 dress sizes and 23 pounds in 3 months. This is a lifestyle that I have chosen. I will do a juice fast cleanse once a month for 3 days to continue to gain clarity and remove toxins in my body. Aside from that, I am still vegetarian; organic eating and I juice "whole foods" daily. I know, you are probably thinking, "But I can't afford to eat that way!" I am here to tell you that I feed 2 kids, myself and my dog all organic, natural, "Whole Foods" on a budget of \$700/month; IT CAN BE DONE! The benefits that I have experienced from fasting and detox include...purification, rejuvenation, more energy, clearer skin, youthful appearance, self-confidence, reduction of allergies, spiritual awareness, more relaxation, greater motivation and optimism, new inspiration and creativity, and more clarity.

The supplements I listed above I continue for now to take on a daily basis and I feel amazing; I have not been a size 3 in 16 years and never thought that it would be possible again at age 40...remember all things are possible if you just BELIEVE!!! This is the best thing that I could have ever done for myself so be encouraged...if I can do it so can you!!! Please feel free to [SEND US YOUR QUESTION](#) on our site and I will be glad to support you in your new "lifestyle change."

**BE ENCOURAGED AND WALK IN WELLNESS...THANK YOU FOR YOUR CONTINUED SUPPORT!!!**

