

Fear less, hope more; eat less, chew more;  
whine less, breathe more;  
hate less, love more, and all good things are  
yours. - Swedish Proverb

# Detoxification

“**Digestive Wellness, An Easy-To-Follow Program for a Healthy Digestive System**” by Elizabeth Lipski, Ph.D., CCN is by far one of our favorite nutritional books to date. Lipski explores ways to strengthen the immune system and prevent disease through healthy digestion. Contents include:

1. The American Way of Life is Hazardous to our Health
2. A Voyage Through The Digestive System
3. The Bugs in Your Body: Intestinal Flora
4. Dysbiosis: A Good Neighborhood Gone Bad
5. Leaky Gut Syndrome: The Systemic Consequences of Faulty Digestion
6. Functional Medicine & Functional Testing
7. Moving Toward a Wellness Lifestyle
8. First Things First: Detoxification
9. Diet Means “A Way of Living”
10. Natural Therapies for Common Digestive Problems
11. Natural Therapies for the Diverse Consequences of Faulty Digestion

We would like to focus our attention on detoxification. After Thanksgiving and Christmas dinners along with preparing these fantastic recipes on the first page of this newsletter, it may be time for you to give your body the gift of detoxification.

Because we are exposed to toxins everyday, everywhere, it is vital that we move these irritants and inflammatory substances from ruining our well-being. According to Lipski, each year we consume on average 14 pounds of food additives which includes colorings, preservatives, flavorings, emulsifiers, humectants and antimicrobials. Removal of this and other waste material is the only way we can get our bodies back on track and ensure a quality life.

According to Standard Process, a whole-foods supplemental company, there are approximately 80,000 chemicals registered in U.S. The Centers for Disease Control and Prevention reports that 100's of these chemicals are present in our bodies. Some external toxins to be aware of are air and water pollutants, caffeine, cigarette smoke, cosmetics, heavy metals, household cleaning products, pesticides, pharmaceuticals and preservatives. Some internal toxins that should raise a red flag include ammonia, carbon dioxide and free radicals.

While your body is designed to meet these toxins head on and go to battle, according to Standard Process, it can get overburdened. We may suspect we are in overdrive when we begin experiencing stuffy head, fatigue, difficulty sleeping, digestion and other gastrointestinal problems, reduced mental clarity and a low libido. Now is the time to think through a detoxification, also know as purification, program.

Ask Dr. Katie, Mary, Michelle or Jordan for a free copy of the Standard Process purification program. If it seems like something you want to try we will be happy to guide you to the supplements needed to start the 21-day cleanse to wellness.

## **Dry brushing benefits:**

- eliminates cellulite
- cleanses the lymphatic structure
- eliminate dead skin coatings
- makes the immune system stronger
- stimulates the hormone and oil producing glands
- tightens the skin to prevent aging
- makes the quality of your muscles better
- stimulates circulation
- enhances the performance of the nervous system & digestion
- it is considered the simplest and cheapest way to rejuvenate your skin.



The power of vinegar...soaking feet in vinegar (apple cider being best) is a great remedy for many problems like toenail fungus, dry feet, tired feet, etc...