

## Cleansing as a lifestyle!

Whether or not you choose to do the Clear Change Program™ offered through us, there are many simple things you can incorporate into your daily life that will gradually detoxify your body on a daily basis. These practices become good habits that make a difference over the months and years, and put you in charge of your well-being!

- **Drink warm water with lemon juice every morning.** Lemon water improves your liver function and increases its production of digestive enzymes. One tbsp. of **fresh lemon** juice in a glass of water first thing in the morning also helps oxygenate your blood and the citric acid contributes to your body's energy production.
- **Eat organically grown foods.** Organic foods, whether fruits, vegetables or meats, are better for the body. These foods contain far less chemicals such as insecticides, growth hormones, sulfates and preservatives.
- **Cleanse your colon.** The intestines hold many toxins, wastes and chemicals that can be reabsorbed into the body. By removing the fecal matter and debris, the body is cleaner overall. There are many herbal colon cleaners that are easy capsules to take. An occasional enema or colonic irrigation can also help.
- **Add plenty of fiber to your diet.** Organic Triple Fiber Max, ground flax or chia seeds, brewer's yeast and wheat germ are all high fiber foods, in addition to green leafy vegetables.
- **Drink plenty of water every day.** The body needs fluids for many important processes. Drinking from 6-10 glasses of water every day helps remove toxins and waste from the body.
- **Clean your bloodstream.** The blood removes wastes from the body and also carries nutrients to the organs and tissues. The kidneys are the main organ for filtering the blood. To get the kidney in top working order, take uva ursi supplements, an herb known to clean the kidneys.
- **Clean your liver.** The liver performs many functions in the body. One function is filtering out toxins that accumulate in the body. Use milk thistle supplements to support and clean out the liver.
- **Lighten up your toxic exposure.** Eliminate alcohol, coffee, cigarettes, refined sugars, and saturated fats, all of which act as toxins in the body and are obstacles to your healing process. Minimize use of chemical-based household cleaners and personal health care products (cleansers, shampoos, deodorants and toothpastes), and substitute natural alternatives.
- **Body work and infrared saunas** are excellent adjuncts to any cleansing protocol since they further promote the release of body toxins while assisting your body to cope as it detoxifies.
- **Digestive enzymes!** Digestive enzymes are an amazing supplement that helps your body to digest and assimilate foods more thoroughly. They become more and more imperative as we age and our enzyme stores are depleted. During a cleanse program, make sure you're using a multi-spectrum digestive enzyme that contains cellulase - this will help to break down the walls of released toxins, especially Candida toxins.

