

The Joy of Detoxing

by Natalie Bondine



We hear a lot about detoxing these days, but have you ever wondered why it is so important to do this on a regular basis, even for those who feel pretty healthy? Even though you may not be aware of it, we face an onslaught of toxins every day. In the past few decades, we've seen more toxins enter our environment than ever before. They are stored deeply in our cells, tissues and muscles unless we start to get rid of them. These toxins contribute to illness and disease and starts from the earliest stage of life. So while we can't avoid these toxic substances, we can help to expel them with regular cleansing and detoxification.

One of the simplest ways of cleansing is to start eating healthier foods, preferably organic, as there is a smaller toxic load. Eat a diet of fresh, live fruits and

vegetables that are full of enzymes to help alkalize our body. Increasing our intake of pure water- remember at least 2-3 litres a day helps to remove toxins from the kidneys and hydrate every cell in our body.

Give your digestive system a chance to cleanse and rebuild. By fasting on raw veggie juices, herbal teas and pureed soups, we give our body a break from having to work hard to digest a complex meal.

Cleansing the colon with Colon Hydrotherapy is one of the best ways to flush toxins from your intestine. It's not as scary or embarrassing as it sounds! In fact it can be a very pleasant convenient way to cleanse.

Move your body! Exercise is an excellent detoxifier.

Ensure the body has enough rest to allow it to rebuild itself. When we sleep adequately we allow our channels or elimination to work optimally. There is a reason why we call it "Beauty Sleep"

Cleansing your mind is just as important as cleansing your body. When we hold on to past negative emotions, we store them in our cells and create disease. The impact of our thoughts and feelings on the body is well documented. Letting go and releasing allows us to make room for joy, love and trust and the physical cleansing will be easier.

The reward for this all out effort will be clear enough- you will experience the full joy of a strong, health mind and body with enough energy to do what ever you want!

Purity BodyMindSoul
589 Hampton St
Hampton 3188
T: 613 9533 1833
info@puritybms.com.au
Bondine, 2008
www.puritybms.com.au
Victoria, Australia

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