

# How Toxic Are You?

*Body Harmony Chiropractic/ 940-594-0795*

**Tired? Irritable? Depressed? Sick and tired of feeling sick and tired? The culprit...TOXINS!**

*If you are experiencing any of the following symptoms, it might be time for a detox.*

- \* Headaches
- \* Aches and pains
- \* Digestive problems
- \* Skin breakouts
- \* Fatigue/depression
- \* Feeling foggy/out of tune with your body
- \* Sugar cravings
- \* Over weight
- \* High Blood Pressure
- \* High Cholesterol

As well as many others!

## What is a detox?

Detoxification is a process where toxins are removed from the body and replenished with nutrients, therefore cleansing the body from the inside. This keeps the cells healthy and more alive, which protects you from disease.

## *What happens if the toxins remain in our body?*

The toxins pass from the blood stream to the liver, where the liver breaks it down and stores it in our tissues. 80% of the waste made in our body is stored in the colon. On average, the typical American carries around 5lbs of feces at one time. When this waste remains in the body for more than 24 hours, it breaks down into harmful chemicals, thus creating a toxic environment. When the liver gets bombarded with all these toxins to eliminate, it becomes overwhelmed and the excess toxins are released into the bloodstream, which filters throughout all the body organs and the lymphatic system, creating an overall toxic body!

### How Can I Detox?



First and foremost...**DRINK WATER!** The body is made up of >70% water, dehydration is the easiest way to create a toxic environment. Water allows the toxins to be flushed out of the system. Second, get plenty of exercise. A major university study found that sweating for at least 30 minutes of your daily workout was sufficient to eliminate toxins. Third, help the body help itself...get an ionic detox footbath. The ionic footbath sends both positive and negatively charged ions throughout the body systems to pull out toxins. This releases the impurities into the water creating a color change.

### How can I stay cleansed after a detox?

*"The Average American carries 5-10lbs of feces in their colon!"*

Replenish, replenish, replenish! Once you have flushed the harmful toxins from your system, give your body the nutrients it needs to heal and re-build itself. As emphasized above, drink water! This will keep your cells hydrated and continue to allow toxins to be flushed from your tissues. Replace the processed junk food in your diet with extra fresh fruits and vegetables! In addition to these new found power packed foods, add in a quality multivitamin at least once a day to cover all your bases for nutrients that are hard to get from foods. Don't forget to get plenty of rest. When you sleep at night your body is busy cleansing and repairing itself. When you cut yourself short of sleep, you are cutting out repair time and overtime this will leave you sick and looking older than you should!

**Body Harmony  
Chiropractic**

*Back To Natural Health!*

*Some examples of how you can start detoxing now:*

You are used to grabbing a pop when you felt thirsty....now you reach for a bottled water!

You feel an afternoon snack craving coming on and usually you scarf down some chips or cookies...now you replace it with a juicy green apple!

You are used to staying up until 12am watching TV, or working and have to rise at 5am for work...now you stay productive during the day so you don't bring work home with you, and plan ahead so you are in bed by 9:30pm. You now have 30 minutes to unwind and you can be sleeping by 10pm.

Get the picture? Follow these simple steps and start feeling like a whole new person! Re-gain that energy in your life again!

*\*Ask Dr. Amelie Biskup at Body Harmony how to get started with your personalized detoxification program! Mention this newsletter and receive 50% off your first ionic foot bath detox!! :-)*

**We're on the Web!**

See us at:

<http://www.BodyHarmonyChiro.com>

2653 Sagebrush Drive, Suite 230  
Flower Mound, TX 75028

Phone:  
940-594-0795

E-Mail:  
dramelie@bodyharmonychiro.com

