

Natural Healing Express Weekly

Column 323 Six Essential Keys to Outstanding Health, Part 2 – Cleansing Your Body

This week, we will get right to the heart of the matter. After last week's step one of Creating Emotional Mastery, the next step one must take is to Cleanse and Renew the Body. According to Dr Galitzer, the ultimate "agers" are toxins and tissue acidity.

On the subject of tissue acidity, the best resource I can possibly offer is to purchase a terrific book, (although a little dramatically named, the contents are fabulous) named "Alkalize or Die". Anything and everything one needs to know about body alkalinity/acidity is discussed in the book.

Back to the toxin "agers". All chronically ill persons have a very high accumulation of toxins in their body. Many healthy people also have elevated levels of toxins. High levels of toxins cause stress of tissues, slowing down the metabolic processes and interfering with the function of the immune system.

So, it's no surprise that one essential key to health is to clear the toxins from the body, but how does one go about purifying the body? Step one is called Drainage...This is the process of stimulating the organs of elimination, such as the liver, kidneys, lymphatic, colon and skin. There are many fabulous supplements on the market that create this amazing benefit. Ask us to help you with this step!

Start with the kidneys, then liver, then the lymphatic system. The body first and foremost needs water to flush out the toxins which are being drained. Drinking eight glasses of water a day is quite helpful.

Mild exercise is also helpful. If you have a stressful lifestyle, reducing stress is a must. Cut down on sugar, red meats, alcohol and processed foods. Learn what creates acidity in the body and reduce your exposure and intake! Eat your veggies and get restorative sleep!

If you want to go a step further after the drainage phase, (which I highly recommend if possible), move on to the Detoxification Phase. Now, let's make this very clear, the Draining Phase IS the Cleaning Phase which needs to happen PRIOR to the Detoxification Phase. Detox refers to removing toxins from their binding sites in the tissues according to Dr Galitzer. If one attempts to detoxify prior to drainage, you can

become quite ill as the organs of elimination (liver, kidneys, lymph) cannot handle the extra toxic load.

Be careful, be smart. This is worth doing and it is worth doing right.

Key points – learn to keep the body alkaline, Drain First, Detox Second!!!

Lots of wonderful things happening at Natural Healing Express! And the Silver Fox café is the place to be!

Come try some healthy gourmet food – delicious and fast! Dr. Susan is available on Wednesdays and

Saturdays and by appointment!

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural

Healing Express: Phone 815 990 8732, email: skscham@aol.com 204 W Main St, Lena, IL 61048.

Website: www.naturalhealingexpress.com Facebook: Natural Healing Express