



Ananta Jiva News

March 2008

Detoxing



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March Specials:

10% Off

Essential Oil Drop Therapy
Purifying Essential Oil Blend
Purifying Organic Shower Gel &
Purifying Organic Foaming Soap

Did you know.....

As the cold and flu season reaches its peak, what can you do naturally to bolster your body and immune system? Spring is the most natural time for cleansing your body and detox is one way to accomplish this.

So what are the benefits of detox? What does detox actually mean? Detox is a bodily process that transforms health threatening substances from our environment, diets, and metabolic wastes from our own bodies into something harmless or excreted.

One of the most complex detoxification functions is neutralizing heavy metals such as lead, mercury, cadmium, nickel, arsenic, and aluminum.

Our body's main detoxification organs and systems are liver, colon, kidneys, gallbladder, lungs, skin, lymph, and blood. They help rid your body of wastes. In a world with much more toxins and pollution, our body organs and systems have to work a lot harder to rid the exponential increase.

Emotional stress is another source of toxins created into our body. Depressive or angry emotions fires up our body to release chemical reactions that can weaken our neurological, hormonal, and immune function. Harboring these feelings over time creates a chemical dependency on the hormones these emotions produce. Eventually, the cell wall will contain more receptors for these hormones than they will for oxygen, nutrition and waste removal.

This simple concept of detox is to achieve these aspects:

- Reduce the amount of toxins and pollution into our body to lessen the burden of the detoxification organs
- Improve our Immune Function
- Create an environment conducive to the reproduction of healthy cells
- Cleanse mucous, congestion, fermentation, inflammation in our digestive tract
- Purify our blood
- Releasing old emotions ends the chemical dependency on the hormones these emotions produce, thus changing and improving each future generation of cell division.

In the period following a detox, the body is able to spend more energy on reducing chronic degenerative diseases, restoring our health, and repairing the damage in our body.

Easy ways to assist your body in naturally detoxing without fasting:

- Drink $\frac{1}{2}$ your body weight , in ounces, of pure water every day
- Eliminate alcohol, tobacco, and trans fats from your diet
- 20 minutes of exercise every day
- Receive a massage, weekly
- Utilize more natural and organic products on your skin reducing the intake of parabens and other petrol-chemicals into your system
- Reduce or manage stress more effectively
- Sleep well each night

- Smile more (it makes people wonder what you are up to)

