**Easy and mindless ways to improve your health by detoxification**

**Part 1 – Decrease the toxins your body has to process**

Everyone thinks health is only about diet and exercise. While these are critical, diet and exercise are the things that are hardest for Americans to change. Most have broken their New Year's resolutions within weeks. If your family is not on board with improving their health, you can create a wellness home (or work) environment. Your family will feel better and get healthier without them even knowing it.

**Decrease toxins your body has to process:**

Your body is great at processing toxins (lungs, skin, liver, kidneys, colon, lymphatic system, etc.), but today we are in a toxic overload. Toxins not removed often wind up in your fat cells. Read detailed articles on how to be a better consumer as well as research links at [www.livinghealthiernow.com](http://www.livinghealthiernow.com).

* **Air Pollution:**

Breathing polluted air damages your lungs and shortens your life. Indoor air pollution is far worse than outdoor air pollution in most cities. Homes are designed to be airtight. Building supplies, carpet, furniture, linoleum, dirty ventilation systems, mold and toxic cleaning products all contribute to the problem.

**Solution:** Improve air quality by simply plugging in a 5-stage HEPA quality air unit. Make sure any air filter you have is energy star rated and does not give off ozone in the process of creating good-for-you negative ions.

* **Water:**

Most people have chronic health problems that are often the result of chronic dehydration. But many don’t like the taste of water or the way they feel when they drink more water (sloshy and running to the bathroom constantly). Bottled water is expensive and the quality of that water is questionable at best. Additionally, there is the problem of chemicals from the plastic leaching into the water when it is heated above 80 degrees in transit. Toxins in bottled water greatly increase after 90 days. How old is the water in your bottle?

**Solution:** Save time, money and the environment by filtering your own water. It makes you in complete control of proper filter changes. Make sure a filter meets at least ANSI standards 53 and 42. Some systems not only take the bad stuff out but also add back in trace minerals, make the water pH+ and decluster the water molecules so it is more bio-available and absorbable. Typical water goal is to drink ½ your body weight in ounces per day.

* **Toxic Cleaning Products:**

Many chemicals in cleaning products (even household) are registered pesticides. This creates problems because the chemicals enter the body through the skin and the air.

**Solution:** Use a variety of non-toxic or natural cleaning products. Avoid aerosols.

* **Personal Care Products:**

This is another unregulated industry. The average American uses 9 personal care products per day and exposes their body to 126 different chemicals. Some of these chemicals can be known carcinogens and immune system suppressants.

**Solution:** Use non-toxic personal care products. Look for certified organic products. The words natural and organic do not mean much unless there is an independent party verifying the claims.

* **Electropollution:**

Electropollution is one of the most insidious, invisible and inescapable toxins of the 20th century – yet most people don’t even know what it is. Consider the exponential growth of cell phones, Wi-Fi, computers, monitors, cordless phones, big screen TVs and more. Electropollution involves electromagnetic radiation/frequencies as well as information carrying radio waves. They cause damage at a cellular, DNA, blood brain barrier and hormonal level. Numerous countries have issued advisories against children and pregnant women using cell phones at all. Congress made recommendations last year and the Senate is currently investigating.

**Solution:** Educate yourself on the problem and take active steps to minimize your exposure. Proactively use a patented cell phone chip and universal chipson cordless phones, TVs, microwaves, computers, monitors, routers, gaming systems and more. Use a harmonizer to address the electrical currents running through walls.

* **Organic Foods:**

Not only is our food supply becoming more nutrient depleted due to over farming, lack of nutrients in the soil and other practices, but it can be full of herbicides, pesticides and fertilizers.

**Solution:** Buy organic food whenever possible. Certain foods are more important to buy organic than others. Soft skinned fruits like peaches should definitely be organic while bananas do not have to be

* **Research Dental Amalgams:**

Do not get the silver fillings in your mouth. [Dental amalgam](http://www.shirleys-wellness-cafe.com/amalgam.htm) is the material in “silver” tooth fillings. It contains approximately 50 per cent of the highly toxic heavy metal mercury. If you have silver fillings, try to locate a dentist that takes extra precautions when removing the toxic materials from your mouth. When I needed to get a silver filling removed, I quickly found dental amalgams and even root canals are very controversial subjects in the dental field. However, after spending time researching the issue, I opted to go with a dentist who took the removal seriously to protect me as much as possible. It’s my health after all.

In Part 2, we will look at ways to help your body be more efficient at getting rid of toxins plus some additional wellness tips to keep you healthy.