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

**Part 2 – Increase toxins coming out of your body**

In Part 1, we discussed ways to reduce toxins from getting into your body in the first place. There is no way to keep all toxins out, so here are some ways you can get more toxins out. Granted, there are numerous types of cleanses and products on the market addressing detox. This article focuses on general things you can do now.

* **Keep your bowels moving:**

Many people suffer from constipation as well as build up of fecal material on the intestinal walls.

**Solution:** Increase your fiber intake and consider products that help improve the function of your bowels. Getting your bowels working better is key to removing waste.

* **Water:**

Water is so important to overall health and detox that it is worth mentioning again. Good hydration keeps your body functioning well at many levels.

**Solution:** Drink filtered bio-available water that can get into the cells to help flush out toxins.

* **Total Body Applicator:**

The Total Body Applicator helps pull toxins out of fat cells which often leads to measurable results (inch loss, often in just one wrap). It also increases microcirculation in the treated area. Detoxification continues to work for up to 72 hours. Definitely drink lots of water during this time. Try to drink ½ your body weight in ounces per day and make sure it is good water! No sense in adding extra toxins.

**Solution:** Use Total Body Applicators to achieve your desired detox and inch loss results. Once desired results are achieved, use the applicators on a monthly or bimonthly basis to detox and help maintain.

* **Colonics:**

Colonics are a great way to help remove decades of buildup and get your intestines functioning well again. Improvements in health and weight often result. Using the Total Body Applicator a few days before a colonic session can really improve colonics results.

**Solution:** Find a good colon hydrotherapist in your area.

* **Deep Breathing:**

Learn deep breathing techniques. It will help your lungs and your lymphatics function better.

* **Dry Brushing:**

Your lymphatic system is very important for detoxifying your body.

**Solution:** Buy a firm dry brush.Using a dry brush daily on your skin helps your skin and lymphatic system function better. Brush in up and down or circular strokes from the extremities to the heart. Skip your face and neck. Toe raises will also help your lymphatic system.

* **Young Barley Grass:**

Young barley grass is perfect for nutrition, improving alkalinity and helping detoxify the body. If you are not losing weight, consider adding barley grass to your diet. Sometimes increasing your alkalinity is all it takes to get the scale moving in the right direction. Regardless, it is good for your overall health as disease and cancer do not thrive in an alkaline environment. Greens help cleanse the lymph system, build the blood, remove toxic metals from the cells, nourish the liver and kidneys and restores vitality.

**Solution:** Add some young barley grass to your daily diet to take advantage of its many benefits.

* **Ionic Foot baths:**

Ionic Foot baths use frequency and salt to draw toxins out of your feet. In about 30 minutes, you will be amazed at the variety of colors and consistencies in the water. A trained person can tell you what they see in your water.

**Solution:** Periodically, get an ionic foot bath from a wellness center or spa. Quality of the equipment does matter. FYI - I’ve seen conflicting info on the effectiveness of detox foot pads.

* **Infrared Saunas:**

Infrared saunas are great for your overall health and detox.

**Solution:** The units are expensive to buy, so locate a wellness spa or gym in town that has one.

* **Exercise:**

Exercise helps your body on so many levels, including detox.

**Other things that can improve your health**

* **Alkalinity:** Cancer and disease cannot thrive in an alkaline and oxygenated environment. You can improve your alkalinity (Americans have a very acidic diet) by what you eat, what you drink and what you think!
* **Organic whole foods supplementation** (versus lab created vitamins and minerals). Your body knows what to do with food. You get what you pay for with supplements, so be careful. Do a vinegar test to see if it is just passing through your body. The capsule or pill should dissolve in less than 20 minutes.
* **Antioxidants:** Decrease cancer and disease risk by increasing antioxidants in your body. They help fight free radicals. There are many expensive juices on the market. Look at the ingredients for water, sugars added or freeze dried juices. Oxygen Radical Absorbance Capacity (**ORAC**) is a method of measuring antioxidant capacities in biological samples. Look for a high ORAC value. The highest one I’ve seen is Vitatonic at 50,500!
* **Sleep:** Get at least 7 to 8 hours of deep restorative sleep. Many people struggle with the ability to sleep and it is critical to the body repairing itself. Keep a dark environment and get TVs and computers out of your bedroom. Turn off the TV, cell phone and computer at least 2 hours before lights out. Explore natural sleep technologies (magnetics, infrared, negative ions) and “sleep hygiene” (preparing your body and environment for optimal sleep) instead of medications.
* **Fitness shoes**: Weighted fitness shoes enable you to burn more calories and tone your body while you go about your daily activities. A 30-minute walk is worth 300 calories. Perfect for the person who wants to lose weight but has no time to exercise.
* **Magnetic and infrared technologies** can help with a variety of aches and pains that come from age and work. Seat cushions, various wraps, spot magnets, bracelets and more can keep you active and feeling good.
* **Bone Health:** If you know someone on drugs to increase bone density, encourage them to Google it. There are so many negative side effects. Let them know there is an all natural solution called OsteoDenx that has tons of side benefits.
* **Take charge of your emotional health.** Trapped emotional energy can impact you physically and emotionally. The Emotion Code is a simple technique to release trapped emotions that can have immediate results. It works on people and animals, often with amazing results. In 3 ½ months, my cholesterol was down 25%, my LDL down 31%, and my LP (a) down 73%. Now I don’t have to take the statins my doctor wanted to put me on! Anyone who wants to learn it should be able to.

As you can see, better health does not have to be complicated, time consuming or expensive. Take charge and make a difference in your environment and your choices and you will impact your life as well as others!

Susan Trost is our Healthier Living expert. More info and detailed articles to make you a better consumer are available at [www.livinghealthiernow.com](http://www.livinghealthiernow.com).