

Natural Healing Express Weekly

Column Volume 109 Do You Need A Detox?

During the first phase of our 10 week class, we embark on a 24 day challenge, with the first 10 days of this challenge being a general detox. What are the general benefits of doing such a detox? First and foremost, an annual detox usually improves your digestive system and boosts your immune system. The many benefits in accomplishing this level of detox include: better sleep, improved hair, nails and skin, more energy, stress relief, weight loss and even the possibility of the reduction of cellulite.

This is achieved by restricting the intake of toxins and chemical substances, eating a healthy diet and including regular exercise, all of which have the combined effect of making you feel and look better and adopt a better attitude towards your health.

So what exactly is detoxing? It is an ancient therapy that cleanses the digestive system and many of the other organs in the process. It helps to eliminate waste, waste products and toxins absorbed through the air, soil, water, food and also toxins produced by the body itself.

In our wellness class, we are using a very simple and easy, yet quite effective cleanse that lasts ten days. And, yes, you do EAT while on this detox! And, it does not produce many hours in the restroom or any disastrous effects. However, certain “junk” foods are eliminated for a short period of time.

Many times the first question asked is whether or not a detox is needed. Here’s a quick list to help you decide. **Clip and Post Alert:**

Are you suffering from a Toxic Overload and Need a Detox?

- 1.) Are you constantly tired and lethargic?
- 2.) Do you have difficulty getting a good night’s sleep?
- 3.) Do you suffer from frequent headaches or migraine attacks/
- 4.) Do you suffering from bloating and/or gas?
- 5.) Do you suffer constipation or diarrhea?
- 6.) Do you suffer from chronic sinus problems?
- 7.) Do you have difficulty maintain concentration?
- 8.) Do you suffer from frequent mood swings, anxiety or bouts of depression?
- 9.) Do you frequently feel stressed or irritable?
- 10.) Is your skin spotty or dull, or suffer skin problems such as eczema, dermatitis or psoriasis?
- 11.) Is your hair dull and lifeless?
- 12.) Do you sometimes have aches and pains in your joints?
- 13.) Do you suffer from frequent colds and other minor illnesses?
- 14.) Do you smoke, live in a house with a smoker or work in a smoky environment?
- 15.) Do you drink alcohol heavily or regularly?
- 16.) Do you drink more than 3-4 cups of coffee, tea or cola drinks a day?
- 17.) Are you addicted to chocolate?

18.) Do you crave sugary and snacks foods?

19.) Is your diet high in processed foods or convenience meals?

20.) Have you developed food sensitivities?

If you answered YES to three or more of these questions your body could benefit from a detox. If you answered YES to five or more of these questions, you are mostly certainly in need of one.

Please call us today if you would like more information on how to detoxify your body properly.

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