

Natural Healing Express Weekly

Column 212 Secrets of Longevity – An 8 week program

Many of you are aware that we have done studies and found shining examples of Longevity in our local area. Many of our more “experienced” folks have shared great secrets on how they stay youthful and vital at 90+ years old. If you would like to read these more personal interviews, please check out [www.naturalhealingexpress.com](http://www.naturalhealingexpress.com) and under Newsletters, please type “longevity”. A whole series of interviews will come up. Enjoy.

In the meantime, I have many clients who are doing quite well with their health and want to maintain or improve their level as they age. I also have clients who are just trying to “get through things”. I know how that feels. Recently, I have been studying Dr. Mao Shing Ni’s “Secrets of Longevity”.

Now, Dr. Shing Ni’s background is cultural different than ours here in the heartland, but many of his principles apply. So I have decided as “part” of my article for the next 8 weeks, I will include the simple steps that Dr Shing Ni suggests from his 8 week program along with suggestions and experiences from yours truly.

So for week one – the suggestion is = Detoxify the Body. And I totally agree. The first and easiest method of beginning a detox is to try our All Cell Detox capsules by Nature’s Sunshine. I usually suggest this to be a 14 day detox, but it can be completed in as little as ten days. If you are interested in working with a simple, effective and economical detox, please text or email us.

For week one of Longevity, we will start “fresh”. It’s a start over process and can begin at any point of health and age doesn’t matter. Simply Start. You will find this is a great way to jump start energy, begin and/or maintain balance and cleanse the body of harmful toxins.

Other suggestions to help detox body include:

- 1.) Flush Toxins with Water – for those of you who have hung around me for five minutes, you know I am always harping about proper hydration. It truly is the key. I am a begin fan of Smart Water which is purified water infused with electrolytes. You need to drink, so why not grab some electrolytes as well?
- 2.) Detoxify with Herbal Tea – We have a few teas that help to support the liver during detox, help to drain the adrenals and lymphatic system.
- 3.) Fresh Air Indoors – I know this sounds crazy, but at least once a day, even in this cold weather, open up the doors or windows and get some fresh air! Give your body a break and let Mother Nature purify! Also, surround yourself with great plants that help detoxify to your home environment are indoor palms, English ivy, ficuses, peace lilies and chrysanthemums.
- 4.) Take a Cleansing Walk A Day – At least 20 minutes a day
- 5.) Breathe Toxins Away – Deep, Slow, Rhythmic Breaths as you are conscious about the breathing. – 2 to 3 times a day, ten minutes a day.

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](mailto:skscham@aol.com) 204 W Main St, Lena, IL 61048.

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