

Spring Clean and Detox your Body for Vibrant Health - Part 2 of 2

Last week, I introduced to you the concept of the Spring detox and discussed what you should eat and drink. This week, I would like to conclude this very important topic by addressing what else you should do to feel your very best.

- 1) **Keep your lymph circulating so that it can do its job and assist your body in detoxifying. Stay tuned for my next video where I discuss and demonstrate the following ideas to avoid lymph stagnation:**
 - a. **Skin brushing**
 - b. **Tongue scraping**
 - c. **Oil pulling**
 - d. **Salt water bathing to pull toxins from your pores**
 - e. **Drinking plenty of fresh water (again – see part 1)**
 - f. **Exercise, deep breathing, sweating, and rebounding.**
- 2) **Eliminate, once and for all, the added toxins in your environment!** The Environmental Working Group has spent years researching the effects of toxins in our environment and the effects they may have on our health and wellbeing. Please visit www.ewg.org to learn more. It is so easy today to limit if not completely eliminate the toxic substances that we are adding to our environment and our bodies. As you spring clean your home, the most important thing you could do is use toxin-free, environmentally-friendly cleaning products. I absolutely love and use all the products from Shaklee. Everything works just as good if not better than regular, highly toxic cleaning products. Since they come in concentrated form, I save tons of money and feel good that all products are safe, toxin-free, and the packaging is biodegradable. Please visit www.janetmckee.com/cleaningsupplies.php and click on the Shaklee button to learn more. Also consider using only natural body care products. Knowing that everything you put on your skin absorbs into your blood stream will make you stop and re-think your skin lotion, cosmetics, shampoo, deodorant and toothpaste. There are so many wonderful all natural body care products available at the local health food stores that there is no excuse not to give some a try.
- 3) **Clean up your thoughts to bring some sunshine into your moods and emotions.** Most people know that your mind and body are closely intertwined. Living a stressful life can adversely affect the health of your physical body and what you have going on with your body can affect your moods and emotions. By learning that you actually choose your thoughts and that you can choose better ones at any point during the day, brings upon an amazing level of awareness. Even if you can't think a better thought about some specific stressful situation, then turn your thoughts to something that feels better. Look at the beautiful green that surrounds us this time of year or an amazing spring flower. Immediately you will notice your body begin to feel better. Limit the number of toxic thoughts you choose to have as part of your spring detox plan. Then, continue on throughout the year with these same more positive thought patterns. Stay tuned for a future article on mood and emotions.
- 4) **Consider doing a formal cleanse program with the assistance of special herbal formulas that assist with the capturing of toxins and the efficient elimination of them while providing extra support for the liver.** Be sure to contact Janet McKee at (724) 417-6695 or at janet@janetmckee.com for special instruction and advice.
- 5) **If during the initial stages of a detox program you actually begin to feel worse instead of better, then know that this may be a type of cleanse reaction.** It is very important that you are eliminating efficiently to insure the toxins are leaving your body quickly. Contact Janet McKee at (724) 417-6695 or janet@janetmckee.com if you need assistance and advice. One way to assist is with the all natural and non-habit forming Intestinal Movement Formula which can be found at <http://www.janetmckee.com/supplements.php>.

All of these specific ideas and more will be part of a daylong health and rejuvenation workshop given by Janet McKee and her colleagues at Healthy Divine Living on May 21st, 2011 at Changing Seasons Center for Conscious Living from 9:00am to 3:00pm. Please call Janet at (724) 417-6695 to register for this amazing day of fresh foods, fresh ideas, and plenty of inspiration!