

30 Day Detox – Refresh & Renew



Welcome to our 30-Day Detox!

Our intention for creating this 30-Day Detox is to help our Harmony & Health community learn best practices in cleansing & detoxification, enhancing your ability to build better health naturally.

We are all suffering as a result of today's toxic world. Every single day, we are overexposed to chemicals and heavy metals that damage our body and weaken its natural ability to detox. You can minimize your exposure to toxins and heavy metals, but you cannot avoid them completely; they are everywhere, infiltrating nearly every aspect of our environment. They are in the food we eat, the water we drink, and the air we breathe. We are exposed to toxins every day, either intentionally or unintentionally, that our body considers a burden, such as: processed foods, caffeine, artificial sweeteners, smoke, pesticides, medications, alcohol, etc. Over time, exposure to toxins add up, when that happens, these toxins get lodged in our tissues, including in our fat cells & brain tissue, interfering with its ability to function optimally, resulting in deterioration & disease, subsequently leading to harmful effects on your health.

We have learned that the best way to deal with many health problems is to Cleanse & Nourish.

- Cleansing comes in many forms, from increasing water intake, reducing the toxic load in your diet & lifestyle, to Detox regimens & fasting.
- Nourishing is pretty straight forward, feeding your body the nutrients it needs, both in diet & supplementation, but underlying is also making sure your digestive & hepatic system is working with you for absorption & utilization.

If you're feeling sluggish, a reset can help rebalance you, leading to increase vitality.

With an effective Detox program, it is very common to experience:

- Increased Metabolism
- More Energy
- Relief of Minor Pain
- Reduced Inflammation
- Reduced Cravings
- Better Mood
- Improved Sleep

This program, developed over the years, will offer key guidelines and various options to enhance, enabling each participant to do at their comfort and experience. However, you decide to approach, our goal is to reduce toxic burden, making you stronger, healthier, and increasing vitality.

Research is now showing us that toxins play much more of a driving role in creating disease than we realize. According to the National Cancer Institute and the National Institute of Environmental Health Sciences data, environmental factors cause between 80-90% of all cancers. When your cumulative toxic burden is left unaddressed, it may lead to health challenges. If you're struggling with a health condition or unexplainable symptom and you don't know the root cause – toxic overload may be the culprit.

Chronic toxic exposure can be indicated by such symptoms as:

- Digestive issues like bloating, gas, diarrhea or constipation
- Mood issues, anxiety or depression, as well as sleep disturbances
- Brain fog or memory loss, including attention disorders
- Asthma and other respiratory issues
- Fatigue, Lethargy, Headaches / migraines
- Inflammation, unexplained pain and soreness

Fortunately, our bodies are wonderfully made and have an innate ability to detoxify and heal itself, when given the proper support. We have created the 30-Day Detox program as a jumpstart to a healthier life, combining diet, supplements, and lifestyle upgrades.

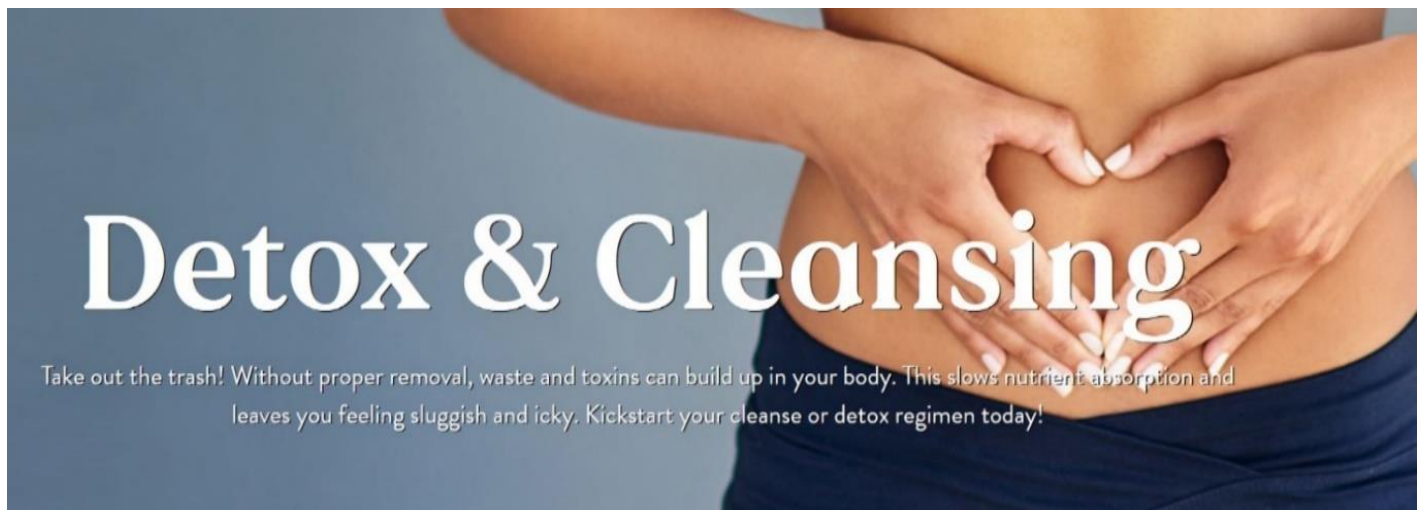
30 Days of Detox - Multi-phase program focusing on colon, liver, lymph, kidneys, heavy metals, & microbiome; combines targeted nutritional supplementation with a balanced, clean diet concentrating on detoxification and restoring healthy gut flora.

1. Support the detox organs with vital nutrients to strengthen their cleansing potential.
2. Stir up the toxins and draw them out for elimination, as well as cleansing & strengthening at a cellular level, so regeneration restores healthier cells & increases vitality.
3. Improving Gut Microbiome, utilizing anti-microbials and probiotics

Diet is the foundation, it does not make sense to put junk & toxins in, while you are cleansing toxins out. Plus, it is important to provide the fiber and nutrients needed for the body to carry out the detoxification processes. We do not require you to follow a specific diet, but we will encourage a wholesome foundation, along with supplementation, fasting, hydration, and enhancers to get the most from this program. Movement, as well, is important for detoxification; as you start, take time to stretch & look for ways to increase your activity.

If you have any questions as you embark on this program and are a current customer, please do not hesitate to reach out to us with questions. If not currently a customer, then you would need to schedule a consult to address questions, which we can easily do in-person or via phone. You can make an appointment by phone, 812-738-5433, or by going to our website, under services, you will find a link. www.harmony4health.com

If you are uncomfortable doing a Detox on your own, or have health conditions that you feel create unique challenges, then schedule a Professional Health Consult with LaDonna, so we can help you create a program specifically for you.



Supplementation Recommendations:

1. Support Detoxification

- a. **Liver Cleanse Formula**- blend of 12 herbs to nourish the liver, helping to detoxify.
- b. **Liquid Chlorophyll ES** a minty extract of plant chlorophyll that supports detoxification, upregulates phase II enzymes in the liver and supports the body's natural blood-cleansing functions. Chlorophyll ES liquid #1483-5/16oz 1 oz daily encouraged.
- c. **Milk Thistle Combination** – herbal blend & powerful antioxidants to support the liver's important functions in digestion & eliminating toxins
- d. **Heavy Metal Detox**- sodium alginate, kelp, NAC, & more to help the body eliminate heavy metals.



2. Detoxify & Draw out/Elimination

- a. **CleanStart** is a combination of herbs & detox fiber blend to support the natural, everyday cleansing of waste and toxins from the body. Considered a whole-body cleanse and an excellent start to any detox regimen. The standard is available in two flavors and best if one or less bowel movements/day, Mild better if 2 or more bm's per day, to prevent overstimulation. Use twice a day as directed.
CleanStart Mild #3991-4 CleanStart Apple/Cinnamon # 3992-6 CleanStart Wildberry #3993-8
- b. **Bentonite Clay (hydrated)** – 1 oz nightly to bind toxins and aid elimination, also good if stools too loose.
- c. **Ultrabiome DTX**- Detox fiber blend to use after completing CleanStart, or as an alternative to compliment detoxing program; primes detox pathways, targeting & eliminating toxins, especially heavy metals. It also helps healthy bacteria thrive & supports a healthy gut lining.
- d. **Bowel Detox** - synergistic blend of fibers, herbs, detoxifiers, and enzymes that helps promote the regular elimination of waste

3. Gut Microbiome

- a. **Para-Cleanse** – a broad spectrum anti-microbial program, designed to use twice a day for ten days, rest 7-10 days, and repeat second box, then follow with Yeast/Fungus Detox, Oregano Caps, or similar anti-microbial as needed.
- b. **Artemisia Combination**- traditional blend of wormwood, mugwort, elecampane, clove, garlic, & more to decrease negative microbes, one of the primary ingredients in ParaCleanse.
- c. **Yeast/Fungal Detox** blends pau d'arco, caprylic acid and other effective botanicals for gut health & detoxification, promoting balance in the microbiome.
- d. **Probiotic Eleven** -11 potent strains of friendly bacteria, in a delayed-release veg-caps which protects probiotics from digestive acids, supporting your microbiome; also contains prebiotics, FOS.

*** It is not recommended to do all these, rather pick 1-2 from each category to create a program to fit your needs and budget. The supplements will help accelerate your efforts and results, on top of a good diet, fasting, water, and lifestyle upgrades.**

More to Consider:

- a. **Electrolytes** – Solstice Revive, Aivia Hydrate, Cell Food, and others to provide trace minerals and more.
- b. **Antioxidants**- Turmeric, CoQ10, N-Acetyl Cysteine, Thai Go, etc., antioxidants are critical in liver detoxification pathways, as well as in cellular regeneration.
- c. **Protein**- Nature's Harvest, Love-N-Peas, Four Sigmatic, &/or Collagen; needed to maintain muscle mass, stabilize blood sugar, build neurotransmitters, promote tissue repair, & more.

An effective example that is easy to follow with good results would be:

- Days 1-10**
- CleanStart** – as directed twice a day for 1 box (14 days)
 - ParaCleanse** – as directed twice a day for 1st box (10 days)
(or Artemisia or Yeast/Fungal Detox – as directed on bottle)
 - Chlorophyll ES** – 2 tablespoons twice a day in purified water,
as well as plenty of clean liquids (discussed later)
 - Probiotic Eleven** – 3 capsules daily; 1 in am and 2 in pm.



- Days 11- 20**
- Finish CleanStart** (one box last 14 days), then **Bowel Detox** 3 capsules twice day
 - Break from ParaCleanse** for 7-10 days
 - Overnight Gallbladder & Liver Flush** (directions on website)
- one night while during this segment or do a Coffee Enema if preferred.
 - Stay on Chlorophyll ES and Probiotic Eleven**

- Days 21-30**
- Stay on Bowel Detox** (one bottle at 6/day will last 20 days)
 - ParaCleanse** – Second box as directed twice a day till gone.
 - Stay on Chlorophyll ES & Probiotic Eleven**
 - Liver Cleanse** – 3 capsules 3 times a day for one bottle, or more if you deemed needed.

The above is what I do almost every Spring, during Lent, occasionally modifying based on what I am reading, needing, or what is available, but the core is the same, a whole-body cleanse, focusing on liver, microbiome, and more. I offer options in the supplement section, not to create confusion, but rather allow you to modify to meet your needs. Keep in mind the herbs are only one part, you will also focus on diet & water, experiment with fasting, and work to reduce your toxic exposure.

Food Recommendations:

Diet is our foundation. Begin to eliminate overly processed, high sugar, and mucous forming foods, such as wheat, dairy, & grains. There are no caloric restrictions, however, portion size control is encouraged.

Follow at least a 12 hour or less eating window, therefore if you eat breakfast at 8am, then last food intake is before 8pm. An 8-9 hour eating window is better, thus fasting 15-16hours, with last meal being at least 3-4 hours prior to bedtime. Fasting has been called the physician within, giving the body a resting state to help to clear, reset, & repair.

Though we do encourage fasting, it is not recommended for extended periods, for your body needs core nutrients to help body detoxify, as well as herbs to cleanse. Eat a healthy variety of whole foods- vegetables are your foundation, with quality proteins, & good fats.

- You never need to be hungry, low-glycemic vegetables can be unlimited.
- Daily intake of dark greens will assist the liver & colon in cleansing toxins out of the body.
- Cruciferous vegetables, like broccoli & brussel sprouts, that are rich in sulfur will help you raise your glutathione levels, giving the liver extra support.
- Starchy vegetables such as potatoes, legumes, & corn should be limited to one serving per day, unless very physically active, then adjust to need.
- Naturally, junk food should be avoided, for it does not make sense to put junk in, while you are working to clean junk out.
- Bone broths / soups great dietary foundation, nourishing, healing, yet easy on the digestion.

Goal is to make your diet realistic, yet effective. We are all created differently, so how you apply will vary, but taking steps to follow will give you the best results.

Example of Daily Diet Regimen:

- Start your eating window with 1 tsp of fat in warm beverage (ideas following) to break your evening 'fast', this can be early am or closer to noon, depending on your eating window.
- An hour later, drink smoothie – blend of greens (Spinach, Kale, GreenZone, etc.), protein (Love-n-Peas or Protein powder of choice), & good fats (MCT oil, Fish oil, Flax, chia, avocados), or take easy route with Nature's Harvest which covers all these.
- Not a smoothie person, then 2 eggs with side of vegetables, bowl of soup, or any good protein, veg, fat combination.
- 3-4 hours later, time to refuel... salads, soups, stir-fry, your choice, but goal is lower carb, focusing on nutritionally dense vegetables, good fats, & quality protein.
- 3-4 hours later, refuel with last meal of day, usually supper time for most, enjoy beef, fish, chicken, with wholesome vegetables flavored with good fats, herbs, & spices. You do not have to eat organic, but source matters, so choose as clean as you have access too.
- Following this, you break 'fast', wait one hour, eat, wait 3-4 hours, eat, wait 3-4 hours, eat, then stop... so you have a 9-hour eating window, with time to adequately refuel body, unfortunately life does not always follow our desires, so give yourself the grace to breathe and do the best you can 😊

Diet variation is important. When you eat a new diet, your body adapts. Example is when someone goes keto, they become insulin sensitive & see good changes, energy goes up, more mentally clear; but if they keep eating the same foods over & over, the body adapts and eventually they get stuck & become frustrated.

* It is important to eat a variety of proteins, fats, good carbs... eat from the rainbow.

Drinks:

Water intake also plays a critical role to help dilute the toxins
- 64 oz/ day is recommended, or ½ of your body weight in ounces of water per day, up to 120oz.

Add Liquid Chlorophyll in your water generously throughout the day, or at least once a day consumption midday.

A good start to your day, would be 1 tsp of MCT or Coconut oil blended in warm Green or Earl Grey tea, or herbal tea of choice, providing good fat & antioxidants to break your 12 plus hours nighttime fast.

Another great **Detox Drink** is one whole lemon mixed with 4 cups water, blended with 1-2 tablespoons of organic olive oil, drank in the morning or throughout the day. You can modify by adding ginger, cayenne, turmeric, or substituting a lime for the lemon.

More great detox drink options:

- Celery juice on empty stomach
- Aloe water or cucumber juice
- Herbal teas that enhance digestion & detoxification, ie ginger, pau d'arco, dandelion
- Electrolyte drinks, free of artificial colorings, flavorings, and excess sugar.

To help heal the gut, drink 2 cups of bone broth daily, a good source of L-glutamine

– can add onion, celery, basil, oregano, parsley, saffron, turmeric, or paprika to enhance taste & benefits.

The Lemon Drink Recipe

- One Whole Organic Lemon
 - 4 cups water
 - 2 Tablespoons Organic Olive Oil
- Drink Daily,
Can modify by adding ginger, cayenne, and other healthy options.



Sleep:

Not only is sleep essential for general health, it is necessary for detoxification. The waste management system in the brain, called the glymphatic system, occurs primarily during deep sleep. When you sleep, the ventricles of your brain shrink and cerebral spinal fluid can come up through your spine to help nourish your brain and pull toxins out. Evaluate what you can do to improve your sleep habits, such as going to bed earlier, avoiding screens 2 hours before bedtime, or using blackout shades to ensure darkness. Your brain & body will thank you.

Another good habit for circadian rhythm is to get 20 minutes sunlight within first hour of being awake.

Stress:

Stress affects our body in many ways, including our ability to lose weight, detoxify, and heal. Techniques that can help include: deep breathing, prayer, meditation, & exercise to release tension. Deep breathing not only helps release tension, but also enhances releasing those deep toxins. If stress or sleep are areas you struggle, reach out to us about supplements that can help.

Love Your Liver for healthy detoxification

The liver is your primary fat burning, detoxifying organ. I often see lifestyle habits congest the liver, leading to weight loss resistance and sluggish feelings. These include high fructose corn syrup, bad fats, alcohol, and environmental toxins. To help reverse, and promote liver health, lean towards a low carbohydrate diet, increasing greens, beets, & lemon water.

Adding liver strengthening herbs, **Milk Thistle, Burdock, N-Acetyl Cysteine, LIV-J, or my two favorites: Liver Cleanse capsules or Milk thistle Combination**, will enhance your efforts.

An old fashion, yet effective way to help clear the liver is doing a **coffee enema** with organic, regular coffee. The caffeine & composition of coffee dilates the liver's bile ducts, facilitating elimination of toxins trapped in the liver. When done properly coffee enemas can also boost glutathione levels, speeding up the detoxification process.

The liver utilizes the gallbladder to store and regulate the release of bile, which the body uses to alkalize the stomach acid, digest fats, and stimulate bowel movements. Doing an overnight **gallbladder-liver flush**, is compared to do an oil change for your car, for you are literally drinking olive oil to help create a flush. There are many different versions out there, the one we recommend is on our website.

Lymphs are your sewer system at a cellular level

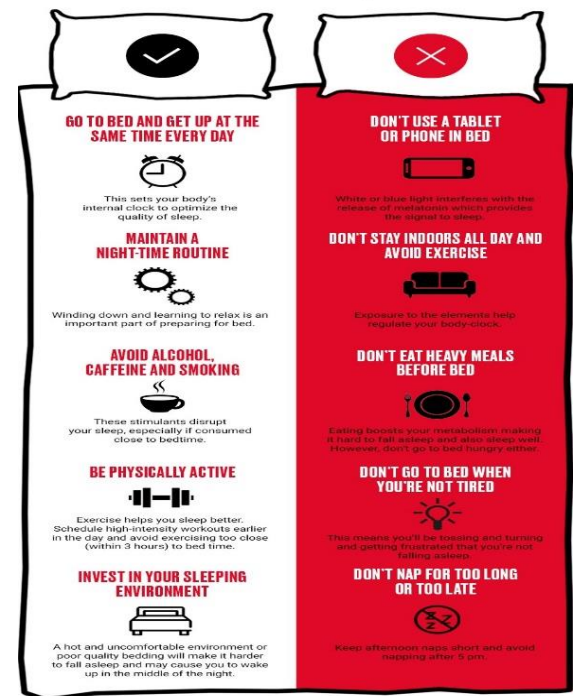
Most are aware of the lymph nodes in their neck, or under the arms, but you have lymph nodes throughout your body, helping detoxify at a cellular level. Water & activity are two of the best foundations to keep it healthy. Water helps keep the lymph fluid hydrated & moving, while staying active, helps the muscles milk the lymphatic fluid acting as a pump to maintain good flow.

Castor oil packs can also assist the lymphatic system when it is congested. When you put a castor oil pack over the liver or congested area, you help open the lymphatic system so the organs can drain much more efficiently. Castor oil pack directions are available on our website, under health topics.

SLEEP HYGIENE TIPS

Sleep plays an essential role in optimizing health and well-being. Conversely, inadequate sleep can cause a whole host of negative mental and physical side effects.

Incorporate the below tips and techniques to ensure you get a great night sleep and wake up feeling revitalized to take on the day!



Fasting can Accelerate Detox Programs

For centuries man has utilized fasting for cleaning, healing and strengthening, not just physically, but mentally & spiritually as well. Anyone who has worked with animals has probably observed that when not feeling well, they refrain from eating. The animal is following its instincts to work toward wellness.

Fasting enables autophagy, a process that helps your cells cleanse internally, remove damage/diseased cells, & enhances the body's ability to regenerate with healthier cells, basically cleaning out the old & damaged & replacing with cleaner & healthier new ones... leading you towards increased healing and slower aging.

Besides 24 hours (or more) fasts, you can stimulate autophagy with a healthy calorie-restricted diet, quality sleep, red light therapy, and numerous antioxidants, such as turmeric, green tea, CoQ10, and more.

Due to the benefits of fasting, especially when it comes to detoxification, we will encourage you to experiment with one-day or longer fasts. If you have never fasted, consider starting with a green drink (i.e., GreenZone or Celery Juice) or Bone broth one-day modified fast, and upgrading your diet to help your body transition & feel better while fasting.

Besides fasting for a day, continue Intermittent Fasting within your eating regimen. Most people already fast an average of 12 hours a day, mostly while you're sleeping. With IF, most desire to fast about 13-15 hours, each day, by delaying breakfast or stopping eating around 5-6 pm. *The New England Journal of Medicine* published a great review article discussing the benefits of intermittent fasting and how time-restricted eating contributes to healthy living.

Always listen to your body, being hungry initially is expected, maybe even a little headache, lethargy, or grumpiness. But if you are getting light headed, blood sugar dropping below 60, or you simply feel you are not doing well, then break your fast gently with bone broth, soup, or a healthy fat, such as an avocado. If you are on a low caloric diet and try fasting, you may not have enough nutrients to sustain you, be sure to eat a healthy well-balance diet when not fasting.

The benefits of fasting can increase, as we increase the length of our fast.

- At 13 hours of fasting, your body will secrete growth hormone, which assists in burning fat and slowing down the aging process.
- At 15 hours is when most people begin to create ketones, which indicate that your liver has moved from burning sugar to burn fat for energy. Furthermore, ketones are neuroprotective and will go up to the brain, giving you energy and better mental clarity.
- At 17 hours most stimulate autophagy, enabling your cells to regenerate better.
- At 24-36 hours, increase cellular benefits: cellular repair, increase in stem cells, gut repair, reduced anxiety & depression. For most, the longer the fast, the more it forces their body to burn glucose, insulin, and toxins that are stored in fat.
- At 36-48 hours, start to see fat loss (*according to Dr. Fung, if you are extremely weight loss resistant then you are going to want to implement the 36-hour fast on a weekly basis*), anti-aging, and an increase in dopamine, your feel-good neurotransmitter.
- At 72 hours your stem cells for the immune system are regenerating as well as stem cell production for musculoskeletal injuries; a 3 day fast is used for people with severe injuries and diagnoses that want to reboot their whole immune system.

Each time you fast it will be different. Sometimes you feel foggy & grumpy, other times you will feel full of energy and mentally sharp. I believe the more your fast, the more adapt you become.

Keys to remember when fasting:

- Break your fast with broth, or a good fat, such an avocado, an hour resuming carbohydrates.
- Water, herbal tea, plain coffee, and some electrolyte drinks are ok, avoid artificial sweeteners.

Fast Mimicking- designed to attain fasting-like effects by keeping carb, protein, & calorie intake low, while fat intake is high; can be used to train your body for longer fasts or as option for those who feel the need to eat.

Note to women- fasting is a wonderful tool to accelerate your detox results, but if you are still menstruating, then you should avoid fasting the week before your cycle, otherwise your PMS may increase. Your body needs insulin to make estrogen, so if you are not eating, you lower insulin, which can affect estrogen levels. Fasting also raises your cortisol levels, which will decrease progesterone, leading to irritability, anxiety, and spotting.

Microbiome

Your microbiome consists of both beneficial & bad bacteria, that is used to digest food, absorb nutrients, support immune (many auto-immune conditions are associated with microbiome imbalances), eliminate waste, control weight, and influence many other aspects of health, including neurotransmitters that calm your brain, increase happiness, and give you energy. This influence can be positive or negative, depending on the species of microbes a person has in their gut. Achieving & maintaining a strong microbiome balance crucial for physical and mental health is our goal.

Gut resets aim to restore the balance of the microbiome by:

- removing foods that feed harmful bacteria and cause inflammation, especially sugars & most grains.
- introducing plenty of pre & probiotic foods, which feed beneficial bacteria
 - Prebiotic: asparagus, leeks, garlic, onions, artichokes, & more.
 - Probiotic: yogurt, kefir, kombucha, sauerkraut, kimchi
- encouraging healthful practices, including this detox program, stress reduction, & lifestyle habits.

Deeper Dive into Toxins:

Toxins are found throughout our environment – in our water, air, soil, our foods and the products we use in our homes. In the last 50 years, we've seen a dramatic increase in the production and use of chemicals in the United States. Today there are over 80,000 chemicals registered for use on the market. Toxins have found their way in beauty products, household cleaners, carpets, furniture, mattresses, food and more.

Concurrently, there's been an increase in the incidence of cancers, diabetes, mood disorders and obesity.

Minimize Toxicity

When it comes to toxicity, the more you know, the less toxic your life will likely be. While we work to eliminate toxins inside us, we also want to reduce our exposure, creating a less toxic home/lifestyle, ultimately leading to a reduced toxic load & better health!

1. Stop putting toxins in & on your body; ask yourself these questions:
 - a. Are you reading labels, looking at ingredients? Are you eating a lot of packaged foods?
 - b. Are you avoiding GMO, artificially flavored and artificial sweeteners.
 - c. Are you cleaning with toxic cleaners?
 - d. What about your personal care products? Your toothpaste? Deodorant? Make-up? Hair coloring?
2. Replace these items with safer alternatives, like monk fruit or stevia in place of NutraSweet & Splenda, or purified water instead of tap water.
3. Reduce exposure where removal of toxic exposures is not possible.
Example, keeping cell phone and all electronics out of your bedroom or at least 5' from your bed.
4. Avoid future exposure by making safer purchasing decisions. Research items before making purchases, to make sure you know ingredients and whether there are safer, less toxic alternatives available.

Toxins to understand & avoid:

- **Heavy metals** like mercury, lead, radon, & arsenic, are prevalent in drinking water, some seafood, rice, vaccines, pesticides, preserved wood, antiperspirant, building materials, dental amalgams & paints.
- **Bisphenol A (BPA)**. About 93% of Americans have BPA in their bodies; sources include plastics, canned goods, meat packaging, & printed receipts. BPA is being replaced with other bisphenols, like BPS, which is also toxic.
- **Chlorinated plastics (PVC)** -in vinyl flooring, wall paper, carpet & flooring, upholstery, textiles, pipes, & more.
- **Phthalates** - in scented products to lengthen the life of fragrances and used to make plastics more flexible, ie. toys, plastic bottles, food packaging, shower curtains, blow-up mattresses, cosmetics, candles, air fresheners and sprays. Phthalates affect the reproductive system, contribute to obesity, diabetes, and thyroid irregularities.
- **Parabens** -used as preservatives in skin & cosmetics products (including anti-aging products) that contain water, as well as store-bought food; known endocrine disruptor known for mimicking estrogen, linked to breast cancer.
- **Triclosan** – in antimicrobial products, such as hand sanitizer, body washes, antibacterial soap, toilet seats & shower curtains; known endocrine disruptor that affects thyroid function as well as liver toxicity.
- **Mold and mycotoxins**. Mold grows in warm, moist areas, thus is common in showers, behind walls, in crawl spaces & attics. Mold can also be present in foods, ie peanuts, wheat, corn, cheese, & berries.
- **Formaldehyde**- found in wood products, car exhaust, carpets, insulation, adhesives, dry cleaning, etc.
- **Pesticides**- according to the EPA, 60% of herbicides, 90% of fungicides and 30% of insecticides are known to be carcinogenic; unfortunately, pesticide residues have been detected in over 50% of U.S. foods.
- **Flame Retardants** -in upholstered furniture, carpets, paint, textiles (including children's pajamas), mattresses and electronics; can cause disruption of the endocrine, reproductive, and immune systems, neurobehavioral toxicity and cancer. Sadly, flame retardants are almost impossible to wash out of clothing.
- **Volatile Organic Compounds (VOCs)** over 400 compounds that become gas at room temperature (off gassing), thus easily bringing gas pollutants into the home from a variety of sources. According to the EPA, VOCs tend to be 5X higher in indoor air than outdoor air, likely because they are present in so many household products.

Toxins often Stored in the Fat

When toxins enter the body, they will be flagged as intruders. Some of the toxins are eliminated through our body's natural detox pathways – our sweat, urine and stool – but our body has a limited detox capacity, so what the body is not able to remove, it stores.

Many environmental toxins are lipophilic, which means they get stored in fat tissue. When the toxins build up in the fat cells, it increases the release of Leptin, a hormone that helps regulate energy, appetite and metabolism. Excess levels of Leptin tell the brain to stop communicating fullness, which leads to overeating & weight gain; another reason why toxins contribute to fatty liver and weight challenges.

When you breakdown fats, whether weight loss &/or detox programs, these sequestered toxins once again enter the bloodstream to be expelled from the body, leading many to suffer symptoms of fatigue, headaches, moodiness, etc. This can be reduced, by ensuring binders are part of your detox program, to help carry these out toxins out more efficiently, such as fiber, charcoal, bentonite clay, zeolite, and many detoxifying herbs.

Besides your dietary intake of food & supplements, there are multiple therapies you can utilize during this program, as well as throughout your life, to enhance your body's ability to detoxify.

Therapies to Enhance:

InfraRed Sauna supports detoxification. Sweating is one of our biggest detox organs and pathways.

During a detox protocol, we recommend clients use the infrared sauna to help usher toxins out of the body through sweat, preferably weekly. We have an infrared sauna in our wellness center, you can book a session on our website: www.harmony4health.com

Detox baths are a wonderful way to show some self-love during this program, while also helping enhance your results. Add 20 drops of Purify or Essential Shield EO Blend to 1 cup Epsom Salts and ¼ cup Celtic or Himalayan Sea salt to warm bath, soak for 30-40 minutes.

Dry Skin Brushing – using a natural bristle brush to gently stimulate the lymphatic system, often recommended to do prior to shower, while skin is still dry, using gentle brushing motions on skin from hand & feet toward the abdomen, center of body. Brushes & directions are available at Harmony & Health.

Red Light Therapy- can be a useful with regards to your skin's detoxification process because of its ability to stimulate your skin and increase blood flow. It also works at a cellular level, stimulating ATP production and cellular repair.

Hair Analysis - Many clients ask if we can test toxicity. While you can't test your "toxic load" exactly, we can test minerals and metals via a hair analysis. I do not recommend for everyone, simply due to cost, and believe it is safe to assume most people benefit from a detox program that will help reset their health. If you would like to research your body deeper or feel your minerals may be out of balance, then it may be a good tool for you. Hair Analysis kit is available at Harmony & Health, and we can mail too.

Are You Ready?

Are you ready to discover more energy? To get a more restful night's sleep?

To help rid your body of all the harmful metals and toxins that are dragging you (and your health) down?

With our 30-Day Detox, you can do just that.

If you read this far, then you are already on the right path.

Stop in and we can help you get the items you need for implementing;

for those who live a distance, send us an email & we can send you a link to purchase products off our website.

Do not wait for the perfect week, or day, start now and keep making steps to enhance your health.

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PS: Share your successes on Facebook, tag us, for ability to win prizes. 😊