

Time to Detox

It's a new year, so it's time to clean up our bodies for a more healthy 2015.

Unfortunately, we live in toxic times – from the poisons in our [air](#) and [water](#), to the denatured foods we eat that lack the nutrients needed to build healthy bodies, to harmful [medications](#) and [dental work](#), to the [electromagnetic frequencies](#) from cell phones, towers, and microwaves. All these toxins are processed through the liver, the master filter. This amazing organ has the power to break down chemicals into harmless substances that can be expelled from the body as long as the liver (Phase 2 pathway) is working well. If we don't regularly give it a break, through a detoxification period, it will no longer be able to function well. The result can be headaches, skin problems, fatigue, issues with mood and sleep and ultimately chronic illness.

It used to be that a water or juice fast for a few days was recommended to cleanse the liver and body. We have since found out, however, that supporting this vital organ during the process can prevent “healing crisis” situations. Additionally, providing the body pure and nutrient rich foods during the detox process builds healthy tissues while the liver is being cleansed.

This is why I have chosen to provide a structured detoxification in my practice. And because we are social beings who often are more invested when we perform as a group, organized classes are being planned. The next class begins Wednesday, February 18th, 2015. The class will meet for 4 weeks at 7 p.m. for an hour at the Mind Body Therapy Suite on Seminole above the Coffee House. For more details and to register, please click [here](#).



Detox Meal
Replacement
and
Supplements

Remember...real food. it's the new medicine.

As always, wishing you **real food**, for **real health** so you can be **real happy**.