

Growing Together Through Connections

Simple Ways to Eliminate Toxins From Your Body



As many of you are well aware, there are a multitude of sources for toxins that enter our bodies. Dr Gabriel Cousens, Diplomat of the American Board of Holistic Medicine, states that 70,000 chemicals are being dumped into our environment. In 2004 the Environmental Working Group identified 278 industrial chemicals in babies' umbilical cord blood: 180 of these are known to cause cancer and 217 are toxic to the brain and nervous system.

Below are simple ways in which you can reduce toxins in your environment and in your body:

- Purchase environmentally friendly cleaning products such as Oxo-Brite for brightening laundry and removing stains, Citra Solv for housecleaning, BonAmi for scrubbing pans and ceramic surfaces. If your store doesn't carry them, ask it to stock these health-friendly products.
- Buy Organic food for the optimal value and minimal toxic exposure.
- Use parchment paper instead of aluminum foil to line pans when cooking, to eliminate exposure to aluminum.
- Use only glass, ceramic, or pyrex dishes to heat food in the microwave. Do not cover your food with plastic wrap for heating in the microwave, as it releases dioxins directly into the food. Dioxins are directly linked to cancer.
- Heat your food on a stove instead of a microwave to maintain the nutritional value. Microwaves alter the molecular configuration in food and reduce the nutritional value.
- Exercise vigorously and sweat 3 times a week to release the toxins through your skin.
- Take a sauna and use a loofa or other light abrasive scrubs to assist the skin in releasing toxins.
- Take baths with sea salts to pull toxins from the skin.
- Drink at least half the number of fluid ounces in spring water as your body weight daily. If you weigh 150 pounds, consume 75 ounces of water daily.
- Start the day with a liver/gall bladder flush: Drink the juice of half a lemon in 8 ounces of hot water, 30 minutes before you eat.
- Eat dark, leafy greens daily to alkalize your system and eliminate toxins. Incorporate a Green Drink into your diet to pull out toxins.
- Make a cilantro pesto and eat a tablespoon of it, twice a day, for three weeks to pull metals from your system. This is a tasty way to eliminate unwanted heavy minerals from the system. Combine this with two green drinks a day for effective cleansing.
- Incorporate onions into your diet daily to naturally cleanse the toxins and keep the blood from clotting too much.
- Replace essential minerals that may be lost through chelation. Alfalfa, Flouridix-Iron, kelp and zinc are important supplements to balance out the system.
- Supplement with alfalfa liquid or tablets. Double the recommended dose to detoxify the liver and alkalize the system.
- Use apple pectin and rutin to bind unwanted toxic metals and remove them from the intestinal tract.
- Increase manganese intake to clear the metals.

The supplements suggested can be purchased at most health food stores or can be purchased locally from a supplier who charges 20% above retail for almost all supplements: *Natural Resources* 707-823-4340. The owner, Deb Adams, is very knowledgeable and reliable.

You might try Natural Cellular Defense, a zeolite product that is safe and clinically proven to remove heavy metals, pesticides, herbicides, PCBs, Teflon, and depleted uranium. It has been clinically tested and shown to alkalize the system, boost the immune capacity, increase overall energy, and have a positive effect on most inflammatory diseases, migraines, asthma and acid reflux.

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For more information on *Natural Cellular Defense* or other questions about this article, please contact Michael McGivern.

References

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