

Top Ten Detoxifying habits-

1. Water- being hydrated dilutes toxins  
8 x 8oz glasses of water (the body weight in pounds, halved, consumed in fluid oz. i.e 128 lb = 64 fl oz water)
2. Sleep  
Sleep between 10pm and 2 am is the most detoxifying period and optimal time for repair and renewal of cells.
3. Sweating  
Exercise, sauna etc Sweating is one of the ways the body naturally expels toxins.
4. Breath and nose breathing  
Exchange of gases in the lungs is also one of the ways the body expels toxins. Breathing through the nose is how we are designed and this helps trap unwanted particles and toxins from going straight down to the lung tissue.
5. Tongue cleaning - using tongue scraper  
The mouth harbors some nasty bacteria which aside from causing gum disease have been linked with poor health including heart disease and digestive issues.
6. Greening - Green juice, wheatgrass, chlorella etc  
Chlorophyll, the naturally occurring green in plant life has a naturally alkalizing quality which helps the cells of the body release toxins. A body that is toxic is very acidic in nature.  
CHLORELLA and other micro algae such as spirulina, have the ability to rid the bodies cells of heavy metal toxicity and studies have shown that it is a valid treatment for exposure to Radiation. In Japan where workers were exposed to radiation after the earthquake in 2011, chlorella was administered to assist those workers at risk.
7. Whole nutrient rich food (plant based diet) {Alkaline diet} [supplements]  
You are what you eat! Every cell in our body is replaced over the course of several weeks or months. We are literally made of the stuff that we feed our body. Eating quality food creates quality cells. Less chance of illness and of the ageing effects of poor diet.
8. Lymphatic drainage -Dry skin brushing / rebounding  
The lymphatic system is the natural drainage pathway for the body. Unlike the heart we do not have a pump moving this fluid around the body. The movement of our muscles and increase in heart rate and breathing pattern helps to move lymphatic fluid. Lymph is passed through the lymph nodes, natural junctions that capture toxins. To get the toxins from the body more effectively - things that move lymph - exercise, dry skin brushing, massage and using a REBOUNDER ( mini trampoline). The zero gravity effect felt at the top of a bounce helps move lymph - as well as beneficial toning effects on the smaller muscles inside the body around our organs.
9. Stretching - YOGA!  
Stretching has a direct therapeutic effect on the muscles of the body.  
A wringing / release of the muscles fibers that shifts unwanted toxic by- products of exercise and homeostasis.
10. Managing toxic thoughts  
The mind body connection. Our thoughts have a physical effect in our body. Remember a film that had your heart beating fast through fear or excitement? That was a real physical effect in your body and that like damaging toxic thoughts that we have and negative conditioning that we do to ourselves or has been done to us can have a toxic impact on the cells of your body.