

Got Toxins?

I seem to be asking my clients this more and more these days. It's unfortunate that the world we live in is filled with so many impurities that even the most health conscious individuals still have times when the common cold and flu like symptoms sneak up on them. Toxins can be lurking in the water we drink, the air we breathe, the detergent we use, to the thoughts we think and we are all aware of the many preservatives and chemicals found in our food.

Now I'm not suggesting that we should all become strict vegetarians or eat everything organic or move to a mountain top where the air is pure and devoid of car fumes and chemicals from the local factories.

No, I am a realist and believe everything in moderation...drink the most pure water you can get your hands on and buy organic dairy and meat and berries as these particular foods are loaded with harmful pesticides and growth hormones that throw our bodies out of balance.

Did you know according to the Journal of American Medical Association, obesity, poor physical activity and the resultant illnesses are overtaking tobacco as the leading cause of preventable death in this country. Obesity cost America \$117 Billion in 2000 according to the Surgeon General.

With the holidays upon us I recommend to all my clients that they do a Fall cleanse program and then again in the Spring to strengthen the immune system, give your liver a break, create abundant energy, shed those unwanted pounds, balance your hormonal system and ultimately increase the quality of your life from the inside out!

Cleansing regularly helps your body to eliminate impurities and reduce unhealthy cravings with a side benefit of losing weight when your body releases toxins. Cleansing supports the body's natural system to help improve metabolism. A good cleansing program should include Aloe Vera, trace minerals, pau' D'arco tea, burdock tea root, peppermint tea, fennel seed tea, licorice tea, B Vitamins and Vitamin C. If you've been wanting to strengthen your immune system, find more energy, lose weight and improve your nutrition a cleanse may be just what you need.

If you would like additional support or have any questions please don't hesitate contacting me at jenn@jecoaching.com or if you'd like more information on the cleansing programs I recommend you are welcome to check out www.jecoaching.isagenix.com. I particularly like the 30 day cleanse as it's easy to follow with a busy schedule and you will look and feel better.

Wishing you a lifetime of health,

Jenn Edden