



### **Detoxing and related diet tips:**

A natural body cleansing guide is provided by a doctor here:

[https://naturetoyou.mionegroup.com/pdf/en/otherArticles/Preventative\\_Medicine.pdf](https://naturetoyou.mionegroup.com/pdf/en/otherArticles/Preventative_Medicine.pdf)

Many other sources cite the need to naturally detox the effects already in our bodies, and my experience is that it was a major help.

Some of the good ideas out there include fasting, sweating (in non-chemical settings, no cedar if possible due to natural but toxic turpines! & above all, without synthetic or plastic suits! see dangers of plastics.) Inexpensive supplements such as glucosamine, niacin, and others help move toxins out harmlessly by binding to them; minerals such as magnesium and potassium replenish what is depleted. Without making health claims here, I can still tell you it worked for me. No expensive program, just lots of research, detoxing inexpensively, and eating better. Of course now I avoid adding more toxins through my products and surroundings, and even have an air purifier at my workplace. If you search “leaky gut syndrome” online, you will never see sugar cravings the same way again! Some really scary things happen when your digestive system is “off” due to diet, stress, or antibiotics. Diets eliminating extra or harmful carbs such as Atkins, Zone, or my personal favorite, the Maker’s Diet, will cause some amount of discomfort at first due to sugar cravings. It helps to take in protein with every bit of carbs, plus to drink a lot of water. Another tip is to replace most of your bread, pasta, processed and other high-sugar intake foods with affordable, simple meals like salad with a can of wild-caught salmon – and it’s also affordable, plus the cans are easily stored.

Processed food is expensive, besides being high-carb and “empty” calories. You can save money by using eggs. I add boiled eggs into a high-carb frozen lunch when I cannot afford wonderful proteins like goat’s cheese. Skipping juice in favor of freshly-cut fruit has far more vitamins. The pulp is also valuable and slows down the insulin spike that juice causes. If you skip the junk snacks that look and say “healthy” in favor of snacks that have better ingredients (Active X” and “The Organic Food Bar” come to mind) your dollars count far more. A really healthy diet containing organic fruit and vegetables, mercury-free fish, and hormone free meat, still needs to be rounded out with probiotics (yogurt or kefir) and omega 3. Omega 3 is best obtained from eating fish, but the Zone diet carries one packed with very high omega 3, for around \$40 a month. (Email if you want more info! [nature-to-you@sbcglobal.net](mailto:nature-to-you@sbcglobal.net) ) Only a doctor is qualified and insured to be able to design a safe program, and I am not making health claims as a professional; but don’t be afraid to go out and find answers. Not all “experts” stay current or look into what affects your health. The more you know, the better your quality of life can be.