

Detox Made Easy! - 5 Steps For The Newbie Cleanser That Work!

By Fiona Johnston On April 15th, 2011 Tweet Share 3 Like 16



The key to a healthy body is ensuring your inner terrain is clean and toxin free.

Most people set themselves a New Years Resolution to eat better in the coming year, but lets face it, eating better is not going to dump years and years of unhealthy living. I don't just mean alcohol, nicotine and medications, I am talking processed and junk foods, environmental toxins and stress. Yes, stress causes the body to age and opens the door to sickness too. You can have the healthiest diet in the world but

if our life is a stress mess, then your health will be also.

Did you miss the boat this New Year when it came to detoxing?

Is the thought of cleansing in the cold months of winter more than a little daunting, unless, of course, you live in warmth and sunshine?

Spring is in the air and the idea of shedding some winter layers is an exciting proposition in our home. If spring is a time for purging, and creating a fresh clean space around us (I always think cleaning windows is a spring time event!!) then perhaps we should be thinking about purging on the inside too.

Instead of waiting until your body is CRYING out for help why not take the time to nurture your body in a totally new way.

Cleansing Facts

Cleansing can add years to your life, hmm, cleansing for longevity. I like that!

Cleansing creates a more youthful glow - Hmm, loving the idea that I will look younger and not older as time inevitably moves on.

Cleansing when done correctly reverses symptoms of dis-ease and dis-comfort, clears skin, removes aches and pains, creates regular pooping, fresh breath, removes body odor, lifts depression and creates weight loss because toxins or acids are removed from the tissues and cells all in a short while so you are left feeling bouncier than the Energizer bunny!

Now I know just the word DETOX can have you running out of the door but really think about this for a moment - How do YOU clean up internally?

While you may not be ready for a full on cleanse, you might like to incorporate these top 5 tips that will start you on your journey.

1) WATER - If cleansing is about getting rid of the acid/toxins then we should start with flushing them out. Drinking plenty of pure alkaline water will flush those pesky blighters out. Aim for at least 4 liters of water a day. Peeing every 30 minutes is your indicator that you are releasing toxins. Code Words: PEE LIKE A RACE HORSE!

2) GREEN vegetables are key when it comes to purifying the blood, building a lean body.

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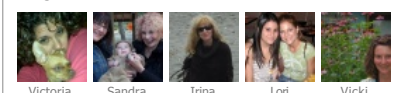
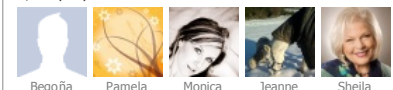
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They are bursting with vitamins and minerals. To get anywhere near the quantity of green vegetables we need, supplement with a good quality dehydrated, raw, green vegetable powder. Just one scoop is filled with nearly 5lbs of vegetables - Imagine what effect that is going to have on your elimination process. Code Words: GREEN POOP!

Fruit is filled with sugar, and most people are over run with yeast which leads to all kinds of symptoms. Find a greens powder that is 100% vegetable so you won't be feeding the yeast with food it craves - sugar! Barley, Wheat Grass or other vegetable mixes are a super option. A big squeeze of fresh lemon or lime adds a refreshing zing and alkalizes you. 3 scoops a day will be enough to create big changes in your health.

3) RAW. For beginners, the simple introduction of all raw foods is enough to have you detoxing like a professional. Eat salads with lots of interesting greens like spinach, dandelion, baby beet leaves, frisee and swiss chard. Add avocados, tomatoes, celery, fennel scallions, what ever else you can see in the produce aisle. Making vegetable smoothies or soups also rests your digestive system. Try our daily smoothie. <http://www.purelyhealthyme.com/blog/alkalizing-recipe-1-goddness-of-greens> It is salty and sour rather than sweet. Starting your day with a breakfast green smoothie like this will change the way you feel and do breakfast for ever. If you need a little sweetness, add half a green apple or better still a carrot to begin with.

If you think you are going to be hungry, add some raw nuts and seeds or raw nut butters to your salads. Almonds and hemp seeds are best. Code Words: NOW I'VE GOT ENERGY!

4) LAXATIVE - There are only a few points where you can excrete the toxins. The colon and kidneys being 2 of them. Taking an all-natural laxative is essential for keeping things flowing. Magnesium as well as unrefined salt are two incredible ways to encourage the body to purge. Extensive studies have shown that unrefined sea salt like Celtic Salt is filled with a high concentration of important Trace Minerals and helps to lower blood pressure, and provide energy to every one of your cells.

Steer clear of table salt. It is poison to the body and will raise your blood pressure. If you are looking to really flush the colon 2 teaspoons of unrefined Celtic salt in just 4 - 6 oz of pure water will have you flushing within the hour and keep you that way for a good hour. It is imperative to drink at least 1 - 2 liters before flushing so you stay hydrated. This should never be tried without proper hydration. Code Words: LET IT FLOW!

5) SWEAT ! Did you ever look to see exactly how much skin you have? Yup, there's quite a bit there and for some, there is more than you want! - Well guess what, every teeny tiny pore on the skin is an exit point for acids. Daily, Go for a power walk, jump on the bed with your children or go and dance with the vacuum cleaner - Move your body in a way you love and allow your body to sweat. It is a myth it has to be painful to be good! Code Word: GET HOT AND SWEATY BABY!

Incorporating these key points, when you first start your detox journey will change the way your body process everything. Moving into this gently is an excellent way to prepare you for a full on cleanse some time down the road and I have to tell you, once you have completed a cleanse you will have all your friends and neighbors extremely envious at how incredible you look.

Up for a real challenge? Join our on line World Wide Cleanse event, where you will be guided, every day on how to complete a successful cleanse. You will find recipes, videos, charts, daily motivational pod casts, a forum to have ALL your questions and concerns answered by me, and of course complete support, as you cleanse your body daily. There really is not better on line cleanse available today and it is open 365 days a year.

For more information on how to reverse any and all of your health challenges, email me Fiona@purelyhealthyme.com You can also read more about our World Wide Cleanse here <http://www.purelyhealthyme.com/cleansing-divas-world-wide-cleanse>

Fiona Johnston is a holistic lifestyle coach and author of 3 Ebooks, During her online World Wide Cleanses and Ultimate Health Bootcamps, she shows people how to reverse their health challenges and supports them daily during the process, motivating them always.

Fiona is a Strategic Interventionist, allowing her to look at the human behavior of her clients, finding their inner conflicts that stop them achieving their goals. Once these inner

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conflicts are resolved, her clients live in happiness, love, health, vitality, abundance and fulfillment, each and every day.

Fiona has learned from the teachings of people like John Assaraf, Tony Robbins, Cloe Madanes, Dr. Robert O. Young, Stu Mittleman, and Sang Whang as well as a host of others leaders in the wellness community.

Please share your thoughts by leaving a comment below.

Thank you.



Categories: Health

11 Responses



Annmarie Lepore

April 19, 2011 at 11:51 am

Hello Fiona,

Your fast program has come along at a perfect time for me. I am in the process of letting go of numerous destructive patterns in my life. I have been working on healing for many, many years, but I am now seeing many amazing fruits from my labor.

I recently did a fast organized by a holistic nutritionist- it was a liquid fast for 3 days of different kinds of vege and combination of fruit juices. Mostly vege smoothies.

My question is- I have been quite constipated for many years. I was concerned during the fast that I was still constipated and not having daily bowel movement- 1 every few days. I wondered how the toxins being released from my body were being excreted and if the fast was more harmful to me because of this.

It is very exciting to be doing a fast with others throughout the world.

Annmarie Lepore

Reply



Fiona Johnston

April 22, 2011 at 1:34 pm

Hi Annmarie,

Thank You so much for your thoughtful response. Lets see how we can help you.

Cleansing is a science. In order for the body to release you have to set up the terrain so it can so it well.

If you are not drinking enough water, then you are not encouraging frequent urination – how much to do you drink a day.

Next, you must use some kind of releasing agent, whether it is salt, or a magnesium based product and even herbs like Senna (or mixes of herbs) This is really important because quite often the body will not release unless encouraged. Unfortunately constipation leads to dis-ease and of course dis-comfort so it is imperative we get that right.

Bottom line, there are only a few exit points so if you were not peeing every 30 mins, sweating, pooping, and or heavy breathing like when exercising, those toxins were not being released.

Actually one of the first signs of the detox is the healing crisis – this can be a little uncomfortable but should not be unbearable – that means the detox is too strong and too quick.

Let me know what you think and how you get on.

Outstanding Day to YOU!

Fiona

The Cleansing Diva!

Reply



Annmarie

April 25, 2011 at 9:15 pm

Hello Fiona,

Thank you for your response. During the cleanse I was drinking 2 quarts of water/day in addition to the vege smoothies

Lepore

water/day in addition to the vege smoothies.

I don't see how I could manage peeing every 30 min during the work day??

I have tried Miralax for constipation, but it was not effective. How much Magnesium would you recommend?

I recently started taking a Calcium and Magnesium supplement (combined)- with hopes it would relieve the constipation. I have been taking the dose stated on the bottle. Calcium- 2,000mg/ day and Mag- 1,000mg/day. I have taken it for a few days- no great results yet. I was thinking of taking an additional tablet which would total- Calcium- 3,000mg/day and Magnesium- 1,500mg /day. I have waited till I find out if those amounts are recommended or not,

I became very concerned because after the cleanse I noticed the joint in my middle fingers were significantly enlarged- not sure if it is related to the cleanse- but i did wonder where all of the toxins were going.

My doctor said the changes in my fingers were arthritis. I also had a re occurrence of gout- which i had for the 1st time several months ago.

Thank you for your help.

Reply



Fiona Johnston

April 26, 2011 at 2:04 pm

Hi Annmarie,

Thank You...ahaaaa, I can see your first challenge. I know it sounds like a lot and the idea of peeing every 30 mins is shocking but what would you say if I told you it actually works and that water intake is needed so you don't suffer from constipation anymore...Would you think twice about it?

I used to drink less than 8 oz of water a day so I understand your challenge and I had to work towards this goal of water intake myself.

As a test, if you are up for it – start your day with 1 liter of water, before you eat, shower, anything.. then 2 hrs later have the second liter. Then you won't be peeing all day, just initially and tell me, after a week of doing this, what happens. You can then sip on 2 more liters through the next 8 hrs – I am sure you can manage that if you simply do it as a short term goal.

Actually, the peeing every 30 mins only happens for the first few days while your body gets used to the change in fluid intake.

You should not have to take any laxatives to get pooping on a regular day, I PROMISE you the water will work when you have taken enough in. Remember, constipation is a direct result of lack of fluids in the intestine to push everything through and then over time the fecal matter gets impacted and then oh boy, we have more constipation, pain, gas and bloating and of course little rabbit droppings if we are lucky.

Clay when hydrated is a fabulous option (I will be doing an article on that soon) as well as the Magnesium I was referring to which is Magnesium oxide – we have clients use 400mg twice a day or my favorite product that we use on our cleanses called pHlush (it ain't called pHlush for nothin')lol this is a magnesium and herb mixture that is very powerful and yet gentle on the intestines. All natural of course.

The tablets you are taking are like asking your body trying to absorb a rock! – I know we are advised that these things work but at that dosage, if you are not pooping yet, then that is a sure sign you are not absorbing and you are totally dehydrated. Go and

get a glass of water now Annmarie and take some gulps. I will stop typing while you go!!!lol

Another form of magnesium you can take which is really lovely is the magnesium oil. – We call this trans-dermal therapy (another article I will write about soon) You simply add it to your bath water or a foot bath every day for 3 weeks and watch the changes.

By the way, if you are looking to get more calcium that can be absorbed into your system, Bentonite clay is great for that – you drink it, and it is loaded with other minerals too.

Gout is excess uric acid and the arthritis is simply the calcium deposits and inflammation – No labels are necessary for any disease, they are all just acid build ups and are just waiting to be released.

Oh, one last thing – drink more smoothies or eat more salads to keep hydrated through your meals too.

Get back to me when you can.
Fiona

Reply



Marie Wingfield

April 19, 2011 at 12:25 pm

Great and very valuable information – I thoroughly believe in detoxing and eating raw – its just getting down to doing it !! I feel wonderful and so energetic when I do!! Goodluck with your World wide Cleanse – Blessings – Marie Wingfield – Caracas – Venezuela

Reply



Sandra

April 19, 2011 at 4:11 pm

great information very educational I am going to detox now

Reply



Fiona Johnston

April 22, 2011 at 1:22 pm

LOVE that!

Reply



Willow Larksong

April 19, 2011 at 5:06 pm

Willow here. Hi ! Thanks for all wonderful advice. The most powerful and gentle animal on earth is the sweet

elephant and it is a vegan ! Being over 86 years (young), i have had plenty of time to prove that eating fresh raw

fruits and lightly steamed veggies, along with drinking pure water and juices, as well as expressing kindnesses and gratitude have kept me young and healthy. My hair is a shining, silvery white and brings me many compliments. It is kept short. I have no wrinkles anywhere. There are two things that age one very quickly, destroying beauty. They are

cigarette smoking and having mean, jealous, revengeful, unforgiving thoughts or acts totally toxic, but eating and enjoying natural fresh foods, faithfully, will detoxify those, too..... and,..... It brings Romance to your life, just ask me about it !!!

Reply



Fiona Johnston

April 22, 2011 at 1:27 pm

Hi Willow

What truth you speak. I loved reading your post and agree wholeheartedly with what you say. In fact in one of my courses, I teach people how to let go of past negative patterns and stop thinking from their heads and start thinking from their hearts. People transform in a matter of minutes and life is never again the same!

I am called the Cleansing Diva because it is not just cleansing from the foods, it is cleansing from negative relationships and negative emotions. I am extremely lucky to see such transformations.

I encourage you to keep loving yourself and the world the way you do. I bet you are a role model for many.

Outstanding Day to YOU!

Oh, tell me about the romance then.

Reply



Annmarie Lepore

April 25, 2011 at 8:42 pm

Hello Willow,

You are an inspiration to me. My mom is the exact opposite of you- negative, angry, resentful- she is also 85 yrs old.

I have never met someone in your age group who believes in eating the way you do.

Your uplifting spirit comes thru even in your writing !

Tell me- have eating fresh foods really brought romance into your life ??

Reply



Fiona Johnston

April 19, 2011 at 11:29 pm

Hi Marie,

Thank You!

Yes, we have cleansers in right now, shedding junk, shedding pounds and shedding negative emotions – they are definitely happy!

What would it take to get you back on track so you can feel wonderful and energetic EVERY DAY?

Fiona

The Cleansing Diva!

Reply

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