



*Beautifully
Empowered*

**Detoxing For
Busy People**

Everyday Detox Tips
For The
Modern Lifestyle

www.beautifullyempowered.net

What is Detoxing ?

The process of cleansing your Body, Mind & Spirit. There are many variations on cleansing and detoxing programs – anything from 30 day, 7 day and weekend cleanses. These are fantastic options if you have the time to commit to a specific program with the help of a health professional.

The focus of this guide is to give you tools & strategies to detox your body, mind and spirit on a daily/ongoing basis. With this information you can pick and choose what works for you as needed and realize that you can still receive the benefits of detoxing in a busy world!

3 Areas of Focus:

Body – What we eat and how we treat our body with food & physical activity

Mind – Is your mind on overdrive with too much to do and too much stimulation? Our minds need downtime as well.

Spirit – How do you connect with something greater than yourself? What feeds your spirit and have you connected with that lately?

5 Areas of your life where you can incorporate these **Everyday Detox Tips For The Modern Lifestyle:**

1. Food & Drink - Fruits and vegetables naturally carry toxins out of the body. Have a salad at lunch time, crunch an apple for a snack, or make a veggie stir fry for dinner with the family. Add some veggies wherever possible. Many stores now have lots of veggies washed and ready to eat. Ideally, Organic is best because you are trying to eliminate toxins.

Fruits/Veggies- Trader Joes in my new best friend for certain health foods on the go. Check out their assortment of organic mixed greens, apples, and more!

Smoothie/Green Drinks – Great way to load up on fruits and veggies the easy way, especially good for those that need an alternative way to get their veggies.

Glorious Greens – Dark leafy greens are your friends! Loaded with vitamins, minerals, fiber, folic acid, chlorophyll and so much more. Add them to your salads, soups, rice dishes and into your smoothie or green drink. Your energy level will skyrocket and your organs will thank you!

Teas – Plenty of teas are available that help to cleanse the liver, kidneys and gallbladder. Our internal filters need to be cleaned as well. Look for Detox or Cleanse on them label and drink a few cups per day.

Broths – Boil some kale, swiss chard, spinach and collard greens together and make a delicious vegetable broth. Sip between meals, on the go and whenever you need a shot of vitamins, minerals and incredible cleansing benefits.

Herbs & Spices – Add some turmeric to your soups, broths, rice dishes, eggs and more. A powerful anti-inflammatory and natural liver detoxifier, this spice belongs in

every spice cabinet. Reach for the cilantro & parsley – Both have powerful cleansing and anti-inflammatory properties. Sprinkle on salads, rice dishes or virtually anything you are eating. Adjust to your taste buds.

2. Environment – To truly detox and cleanse our mind and spirit it often requires a change of scenery and environment. Sometimes we can walk or drive there and other times we can create it in our own space with thoughts and tools available to us. Consider the following:

Sound sensitivity – Step away from the source of loud or disruptive noises

Change of scenery – Find a vista that soothes and inspires

Harsh people and thoughts – Remove yourself from this environment whenever possible

Get some spirituality - Attend a church group, take a nature hike, connect with source

Meditation – Going inward on your own or with the help of guided meditation

Mantras – Set an intention and make it your mantra for the day

Chanting – Great way to clear the mind by repeating a meaningful, positive phrase

Emergency Energetic Boost Suggestion – load your “Emergency Songs” play list onto your smartphone/ipod . This works great for sagging energy, inspiration, to create serenity or to block out chatter.

3. Movement/Breath

Daily Exercise – Great stress reliever, increases positive endorphins, helps fight depression and maintain a healthy weight. Plus, a good sweat is a fabulous way to release toxins from the body.

Breath work and Energizing movements – These are some of my favorites:

Deep Belly Breathing

Sun Breath

Basic stretching/Breathing – Swaying Mountain stretch

Cross Crawls

Breath of Joy

4. Technology/Media/Digital Detox – This can put us into a state of feeling like we are ON 24/7 with no break from the buzz and pull of the electro-magnetic fields. In order to truly detox and get restful sleep on a daily basis, try to implement the following:

5 minutes breaks away from all technology

No tech during dinner

Remove all tech from the bedroom... yes, even the smartphone on vibrate!!!

Allow time to come down from TV and other media devices before bed

Weekends unplugged – the entire family!

Set boundaries – establish a routine for how often you check your phone/email

- Set an auto responder with your parameters and stick to it
- Check FB/Social Media by logging on only. Don't have everything automatically delivered to your phone.

Alternatives: reading, star gazing, fire pit, game night, outdoor exercise and fresh air. Breathe in some new experiences.

5. Bath & Body – Each of these therapies will open up the pores, and release toxins from the body via the largest organ...our skin.

Baths – long, steamy soak is just good for mind, body and spirit.

Stearns – Have access to a steam room at the gym? Stay in until you sweat profusely.

Dry Sauna – Enjoy the dry heat. Again, stay in until you sweat profusely. Follow with a cool shower.

Skin Brushing – Get the brush at your local health food store. Sloughs off the top layer of skin to help purge toxins.

Hot/cold alternating shower therapy – Don't have access to sauna/steam? Alternate between very warm/hot water and cool/cold water in your own shower. This process mimics the effects of the sauna/steam experience.

Always drink plenty of clean, filtered water after sweating profusely.

My Favorite Self Care Tip to allow your body time to recover from your daily activities and super busy days? A great way to renew/reset/restore is a soak in the tub with soothing music, candles and a combination of bath minerals and oils. I love to combine some anti-stress bath gel with bath salts infused with eucalyptus and other beneficial herbs & minerals. My muscles relax and my sinuses are cleared at the same time.

If you don't have a bathtub, make some time for stretching and climb into bed with a hot water bottle (or two) to soothe those tight spots and provide some warmth and comfort as you drift away.

My sincere hope is that you find this guide both useful and empowering! These are the tools that I use EVERY DAY and I'm so happy to share them with you.

Is it time to stop trying to do this alone?

Is it time to take the next step?

**With me by your side, we will create your most
VIBRANT, HEALTHY & DELICIOUS Life!**

Contact me today for your **Free 30 Minute Discovery Session!**

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