

You're Not as Clean as You May Think

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Most of us spend lots of time keeping things clean. We vacuum, dust, wash clothes, etc. But it isn't just the outside of our bodies and environment that must be kept clean - we need to clean the inside as well.

Every day, as you consume foods and beverages, your body burns them for energy and creates waste products. The elimination of these by-products is so important that your body has many different systems for breaking them down and expelling them. Were it not for the incredible efficiency of your lymphatic system, liver, kidneys, colon, and sweat and oil glands in the skin, your body would literally suffocate in its own waste in just a couple of days!

Just like a chimney, furnace, car or other mechanical device, when your body starts to get "dirty", its efficiency diminishes. If one or more of these detox systems of the body diminishes by even 10 or 20%, a gradual, cumulative negative effect on your body begins - affecting your energy levels, your emotional well-being and your over-all feelings of health and wellness.

This is why whole body cleansing is so important. You can think of the body as a house with 5 chimneys - the lymph system, liver, colon, kidneys, and skin. If any one of these chimneys is clogged, the others help to take up the slack. So, if your colon is plugged, you might develop skin problems or diarrhea as the other systems make up for the failing system.

What causes the clog in the first place? Problems often begin because of toxic buildup in the body. Toxicity occurs because we are exposed daily to thousands of chemicals - many of which weren't even in existence 100 years ago. These chemicals can be found in water, foods, medicines, personal products, cleaning products, and in the air we breathe.

The key is this: your body *CAN* handle small amounts of toxins - that's why we're equipped with our detox systems to begin with! Small amounts of chemicals one at a time wouldn't pose a problem for our systems. But when we are exposed to many toxins every day, combined with poor nutrition and deficiencies caused by over-processed foods - detoxification systems become overwhelmed. As the body begins to get backlogged with toxins, it becomes irritated - inflaming and damaging various tissues and organs.

The FDA has recently confirmed what alternative health practitioners have known for years - that all chronic and degenerative diseases begin with an inflammatory process - including heart disease and cancer. These diseases are the end result of damage from un-eliminated toxins and nutritional deficiencies. When your body can't flush the toxins, it tries to find some way to store or neutralize them in order to protect vital tissue from further inflammation and damage. Fat deposits, cysts, growths, and weakened organs and tissues can all wind up as toxic waste facilities.

Taking care of your physical body and supporting it with whole, fresh, unprocessed foods; all natural, chemical free personal care products; environmentally friendly cleaning products; high quality supplements; and exercise is an important ingredient in creating the life you desire. When your physical body is dis-eased or in pain, it is very difficult to focus your thoughts and feelings on positive intentions and clear goals for the life you desire and deserve.

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