



Detox Demystified

Life used to be simple. We had less choices in what we could buy, where we could travel, where we could eat, what we could drink and writing letters was the normal way of 'keeping in touch'. The local shop or market was where we bought our food, the local pub was where we met our friends and people rarely went abroad on holiday.

These days life has changed so much it bears no resemblance to how it was just twenty years ago. Nothing is as it appears, not much is the same.

We have bread made in industrial quantities which is full of chemicals and preservatives.

We have milk from cows made to produce an average 22 litres a day and who are on anti-biotics all their lives.

We have vegetables grown with the help of herbicides and pesticides, fruit sprayed with the same, and animals fed on grains with chemical additives.

In short, to feed the expanding population, food production is now an industry filled with chemicals to sustain the demand.

We are not starving, **but we are starved of essential nutrients.** We accumulate toxins through inadvertently not knowing what is in the food we eat, in the air we breathe and the water we drink.

This way of eating and living comes with a big price!

Diagnosing an illness should lead to appropriate treatment. However, the typical medical diagnosis is descriptive, not **causal**, e.g. don't find out what made the patient ill!

Arthritis means "inflammation of the joint" – and does not offer any hint at what causes it.

Multiple Sclerosis means "sclerosing tissue found in multiple places" – no clue as to why the problem is there and not even distantly offering help in regards to finding a relevant solution. .

We are stressed! Stress is the biggest causal factor of health catastrophes that I know of.

So - in my world two big things promote health regardless..

We need to detox every so often. At least twice a year, we need to give our liver a chance to catch up with the clearing up and clearing out and to focus on what is good for our body, mind and soul. .

What signs do you have that makes a detox essential?

Take a critical look in the mirror! Do you have dark circles under your eyes? Are your eyes a bit bleary and blood shot?

Is your tongue like a furry white carpet? Does it have ridges and dents down the centre? Is your tongue swollen with teeth indentations down the side, a sure sign of food intolerances? Is your skin dry and scaly, a sign of Vitamin C deficiency, or greasy and red, especially around the nose, a sign of Vitamin B2 deficiency?

Do you crave sugar, refined carbohydrates and get that massive drop in energy around 3 o'clock or maybe 4 o'clock that has you reaching for the sweets and biscuits?

If you are slow to heal do you have a zinc deficiency?

Hair loss? Dandruff? Eczema? Excessive ear wax? Excessive thirst (especially in hyperactive children)? Pre-menstrual symptoms of any sort? You may have omega 3 essential fatty acid deficiency?

Weight gain, especially around the hips and thighs, or a bird shape (fat tummy/skinny legs).

What does this do to your health?

In the presence of abundance we are losing the plot with our health. There is a new word to describe what is happening to our health, our weight gain and our body shape.

Obesogens!

If you haven't heard of Obesogens you will start to hear about them soon. They are the number one cause of the massive change in body weight and shape.

New research shows that certain chemicals in our food—even seemingly healthy picks, such as lean meats, fish, fruits and veggies—could be encouraging your body to hang on to fat.

Some of these toxins disrupt the function of our hormones.

Some alter our gut micro-biome, causing an imbalance of good and bad bacteria,

The imbalance can lead to confused hunger cues, a slow metabolism, and an increase in fat cells and fat storage, all of which can lead to weight gain.

Worse, these Obesogens have also been shown to increase the risk of heart disease, diabetes and high cholesterol,

Eat Clean and get well!

In a two week programme you will be given the opportunity to take a close look at your environment, probably for the first time, to identify the possible causes of Obesogens.

You will be able to follow a carefully constructed programme which will monitor in a 'before and after' record, all the improvements to your health.

You will be given ideas and where to shop on line for clean foods, be given menu planners and recipes that are so easy you won't find excuses not to try them!

Whilst this isn't technically a weight loss programme, findings from pilot studies show that 96% of people lost weight and inches following this programme. (Yes, you take size and weight measurements before you start, but they are for your benefit and don't have to be shared with anyone else).

There may be some side effects, after all, if you are coming off lots of toxic substances unbeknown or known to you, there may be a headache or two that can be resolved by drinking lots of pure water. (My advice, use the 'clean out week' to reduce caffeine/alcohol and then stop in the two week programme). Your health is worth it!

There is a week to prepare – the CLEAN OUT WEEK – and then you start on a detox that could just save your life from needless niggling ongoing health problems.

How do I start?

Just give me a call or send me an email to discuss your goals and how to achieve them.

Cynthia Sillars recover@cynthiasillars.co.uk. Mobile 07599520406 – leave a message and I'll call you back.

Make this the year you demystify your health, your energy and happiness.