

# DETOX

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## guide





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# YOUR AMAZING DETOX PROGRAM

Before you begin this transformational journey, let's cover the basics:

- 1. Download your materials.** Take some time to read through your guide which has all the information you need about your program. It also includes the detox support tools to help reduce unwanted detox symptoms.
- 2. Review your suggested meal plan.** You have 14 days of suggested meals. After Phase 1 (the pre-detox/prep week) you'll prepare foods from the suggested plan for Phase 2 (the detox and elimination phase), which is seven days long and Phase 3 (the transition phase), which is also seven days long.
- 3. Create your shopping list.** This is provided for you and is broken down by phase. You simply check off the boxes for the items you need to purchase. You will see meals repeated since batch cooking makes prepping for your detox easier. Cook once, eat twice!
- 4. Get in the mindset** of self-care, self-love, and letting go of the things that aren't serving you.
- 5. Remember there is no perfect detox.** This detox is created in such a unique way that allows you to personalize it to fit your needs (i.e. adding more protein to a meal, adding snacks or swapping out meals based on your needs). Your detox may look different than someone else's and that's okay!
- 6. Please note the detox is grain free.** If you feel you need to add grains, please add low glycemic grains such as pseudo grains like quinoa, amaranth and millet.



- 7. This program is vegetarian** but you can add clean proteins to the detox. If you do not want to have a vegetarian detox, we highly suggest low mercury fish.

## HOW DOES DETOXING WORK?

A detox is simply a way of cleansing the blood and liver so the toxins inside your body are removed and your clean blood brings more oxygen to your organs. The cleaner your blood, the healthier your whole circulation system. The body also needs to eliminate toxins from the liver, intestines, skin, kidneys, and lungs. Removing the toxins is the first step to reaching maximum health.

I look forward to supporting you in this divine journey and remember to take a deep breath and know this journey is to release what does not serve you.



# WHY A SEASONAL DETOX?

Many of my clients ask me why I believe in seasonal detoxing. Mother nature gives us the foods we need to nourish, regenerate and thrive during every season.

During this winter season, you will nourish the kidneys, bladder and adrenal system.

Winter also supports the bladder. If your bladder is overburdened as waste comes through your urinary tract system, you may have an overgrowth of yeast or experience chronic bladder infections.

Winter is a time to support your adrenal system. The adrenal glands, which sit on top of the kidneys, affect kidney function and produce important hormones including:

- Cortisol, which helps regulate blood sugar, metabolism and your body's stress response
- Aldosterone, which regulates blood pressure
- Adrenaline, which prepares the body to respond to a "fight or flight" situation

## **When your adrenals are stressed, you can experience:**

- A weakened immune system
- Low stomach acid



- Irritable bowel syndrome
- Waking up multiple times during the night or inability to stay asleep
- Constant sugar cravings
- Bags under the eyes

So, let's boost your immune and eat seasonally.

# YOUR PROGRAM CONSISTS OF 3 PHASES

|                |           |                    |
|----------------|-----------|--------------------|
| PRE-DETOX/PREP | (Phase 1) | 4 Days             |
| DETOX          | (Phase 2) | 7 Days (Days 1-7)  |
| TRANSITION     | (Phase 3) | 7 Days (Days 8-14) |

**Let's examine each of these phases in much more detail.  
You may also extend each phase to make the detox 28 days.**

## THE PROGRAM PHASES

### PHASE 1: PRE-DETOX/PREPARE

**4 Days**

During Phase 1, you are preparing your body for detoxification.



1. Start to remove caffeine from your life.
2. Remove processed foods and review the **DO NOT EAT LIST** in preparation for your beautiful journey and detoxing your body on a deeper level.
3. Buy your probiotic. I have made suggestions in the guide for my favorite probiotics.
4. Buy a cultured food so you can add probiotic and enzyme-rich foods to your diet.
5. Buy mason jars or BPA-free containers for soups and salads. I have made the meals easy for anyone to make, even if you are super busy.
6. Detox your home. Read labels for makeup, hair products, and cleaning products. Go toxic-free as much as possible to allow your liver to detox.
7. Buy organic when possible. Check out Trader Joe's, farmers' markets, local CSAs or join a co-op. Even in the supermarket you can buy frozen fruits for smoothies and frozen organic vegetables for soups.
8. Buy a tongue scraper.
9. Buy castor oil for your castor oil detox and cellulite reducing pack and Epsom salts for your detox bath.
10. Buy a skin brush on amazon. This is a good one.  
<https://www.amazon.com/Yerba-Prima-Tampico-Skin-Brush/dp/B00016R1IA?th=1>

## PHASE 2: DETOX

(DAYS 1-7)

Phase 2 is the detox portion of the program. I have found it's easiest to review the detox Do Not Eat List to see what foods are not included in this phase of the program.



1. Hydrate. I have found drinking half of my body's weight in ounces is beneficial. For example, if I am 100 pounds, then I would drink 50 ounces of water. I suggest adding your cranberry concentrate with mint leaves or have an alkalizing water with lemon, lime, or chlorophyll. Add 1 tablespoon of chlorophyll to 20 ounces of water.
2. Decide on the protein of your choice to add to your lunch and dinner. You can find simple recipes for additional protein in the Recipe Guide.
3. Refer to your daily protocol for your physical and emotional detox tools.
4. Make sure to snack if you feel hungry. Snacks can be found in the Recipe Guide or you can have fruit, a nut-free trail mix, sunbutter on flax chips, or buy kale chips.

## PHASE 3: TRANSITION

**(Days 8-14)**

Phase 3 is the transition phase. During this phase, you will add back in foods that are allergenic. Refer to your suggested meals for what foods you will be adding back in during this phase.

You may experience a reaction to these foods after not eating them for a while and you may or may not notice. Pay close attention to how you feel physically and emotionally. Use your food diary or journal to document your food and wellness. Look for imbalances such as:

- Weight gain
- Digestive imbalances or mucus in the stool
- Headaches
- Sinus congestion



- High or low energy levels
- Skin color changes or skin rashes
- Interrupted sleep or inability to stay asleep
- Joint pain, inflammation, or swelling in the fingers
- A dry cough or tightness in the chest
- Lower back pain
- Dry eyes
- Clogged ears
- Bad breath

## THE MOST COMMON FOODS THAT CAUSE SENSITIVITIES ARE:

- Dairy products (lactose and casein)
- Wheat (and other gluten-containing foods)
- Eggs (whites particularly)
- Corn
- Peanuts
- Tomatoes
- Shellfish
- Citrus fruits and juices
- Sugar
- Chocolate
- Coffee
- Black tea
- Alcohol
- Soy
- Artificial sweeteners
- Yeast



Make sure to use the detox support tools and refer to your daily protocol during this phase to minimize detox reactions.

**NOTE:** You can extend phase 2 if you need more time cleansing your body and you can extend phase 3 if you need to slow down the process of adding foods back in. Please listen to your body, as there is no right or wrong way when it comes to detoxing.

## FOOD RE-INTRODUCTION SCHEDULE

Here is your food re-introduction schedule for reference. Follow the meals laid out in the Suggested Schedule, Meals and Shopping List document.

**DURING DAYS 8 & 9**, you will reintroduce nuts.

**DAY 8:** Ginger Broccoli Cashew Stir Fry

**DAY 9:** Walnut Taco Salad

**DURING DAYS 10 & 11**, you will reintroduce soy.

**DAY 10:** Edamame with Roasted Carrot Cauliflower Hummus

**DAY 11:** Carrot Parsnip Soup with Garlic Lemon Tempeh

**DURING DAYS 12 & 13**, you will reintroduce dairy.

**DAY 12:** Vanilla Orange Yogurt Bowl

**DAY 13:** Kefir Smoothie

**DURING DAY 14**, you will reintroduce eggs.

**DAY 14:** Winter Spinach Salad with Eggs



# DETOX EAT LIST

## (ALL PHASES)

- **Non-dairy milk:** almond, coconut, flax, hemp and sunflower
- **All fruits and vegetables** (except white potatoes, corn)
- **Healthy fats:** coconut oil, flax oil, grape seed oil, almond oil, sesame oil and olive oil
- **Seeds:** pumpkin, sunflower, sesame (black and white), pine nuts, hemp, chia and flax
- **Drinks:** organic coffee (suggested Phases 1 and 3 only), coffee substitutes (such as chicory or root blends, like Mountain Rose Herbs Herbal Coffee, Dandy Blend, yerba mate, green tea, or herbal tea), filtered or distilled water, mineral water, coconut water, lemon water elixir, fresh green juices, and smoothies
- **Sweeteners:** honey, raw honey and stevia
- **Detox tea suggestions:** Traditional Medicinals Brand – Dandelion Root Tea, Peppermint, Daily Detox Tea, Nettle Tea, or Smooth Move Tea – or try Chaga Tea Tincture made by Longevity Warehouse if you desire a deeper cleanse and liver support
- **Cultured foods and drinks:** coconut water kefir, Kevita, Kombucha (if no candida present), fermented vegetables (homemade or store-bought)



# DETOX DO NOT EAT LIST

## (PHASE 2)

(If you see \*\*, then you will be adding this food back in during Phase 3)

- Dairy products (lactose and casein)\*\*
- Wheat (and other gluten-containing foods)
- Eggs (whites particularly)\*\*
- Corn
- Peanuts
- Nuts\*\*
- Tomatoes
- Shellfish
- Sugar
- Chocolate
- Coffee
- Black tea
- Alcohol
- Soy\*\*
- Artificial sweeteners
- Yeast



# APPROVED PROTEINS

## ANIMAL-BASED

(DURING ALL PHASES OF DETOX)

### **MEATS** (nitrate-free & organic is best)

- Chicken, pasture-raised
- Turkey, pasture-raised
- Bison, grass-fed
- Beef, grass-fed
- Lamb, grass-fed
- Elk or venison

### **FISH, SEAFOOD**

- Canned fish (sardines, anchovies, wild salmon) but look for BPA-free cans if possible
- Fresh or frozen fish, such as wild Pacific salmon or non-fatty white meat fish, like Pacific cod, trout, sea bass, mackerel, Dover sole, or albacore
- Shellfish, such as wild shrimp or scallops

\*Make sure the fish you are eating is low in mercury. A list of low-mercury fish can be found here> <http://www.nrdc.org/health/effects/mercury/guide.asp>



# PLANT-BASED

## (DURING ALL PHASES OF DETOX)

**NOTE:** These are simply suggestions for vegan options.

- Seeds: 3 tablespoons hemp seeds, ¼ cup sunflower seeds or ¼ cup pumpkin seeds
- ½ an avocado
- 1 cup of green peas
- Coconut meat
- Sprouts
- 2 tablespoons of chia seeds
- Nutritional yeast: 1-2 tablespoons, if tolerated
- 1 scoop NeoLife protein powder can be added to your smoothies, soups or even mixed into a dip
- Miso soup
- Detox-approved beans: Add ½ cup mung beans, lentils, or adzuki beans to your meals. These beans are easier to digest. See below for how to soak grains for detox approval.

**NOTE:** Grains, nuts, beans and even seeds (including flax and chia) can cause problems because they contain phytic acid. Phytic acid is a compound that comes from the phosphorous found in plants. For some people with thyroid or hormonal imbalances, too much phytic acid can inhibit the thyroid, hamper digestion, and leach vital minerals from the body. Phytic acid can also interfere with digestion and metabolism. Stay in tune with your body over the next 14 days and use your food diary/journal to see how phytic acid affects your unique body.



## HOW TO SOAK GRAINS TO REMOVE PHYTIC ACID

1. Add the grains, beans, seeds, or nuts to a bowl of warm or room temperature water.
2. Add 1-2 tablespoons of lemon juice or Bragg's raw apple cider vinegar.
3. Soak the grains, beans, seeds, or nuts for 12-24 hours.
4. Leave the bowl sitting on your countertop.
5. Empty the grains, beans, seeds, or nuts into a colander, and rinse at least six times to remove any remaining phytic acid.

Cook the grains, seeds, or beans as usual, or store the seeds or nuts in your fridge for 1-2 days.



# DAILY PROTOCOLS

Follow these daily protocols during your detox to get the most help in this short amount of time:

## **UPON RISING:**

- Do oil pulling
- Do tongue scraping
- Drink lemon water elixir
- Dry brush your skin before you shower
- Contrast showering for improved detoxification and lymphatic circulation
- Take a probiotic

## **BREAKFAST:**

- Coffee substitute (note that if you drink coffee alone and it irritates your stomach, you can drink the coffee with your meal)
- Breakfast of your choice

## **MID-MORNING:**

- Detox tea if desired (see detox tea list)
- Snack of your choice

## **LUNCH:**

- Lunch of your choice

## **AFTERNOON:**

- Drink the cranberry cleanser
- Snack of your choice

## **DINNER:**

- Dinner of your choice



### **MID EVENING:**

- Use castor oil pack 3 times this week to enhance detoxification of pathways
- Take an Epsom salt bath on alternate nights when not doing the castor oil pack, if possible, to enhance detox pathways

# YOUR GUT AND YOUR HEALTH

80% of your immune system is located in your gut and 95% of your serotonin (happy hormone) is manufactured in your intestines.

Eating probiotic-rich foods and drinking probiotic-rich drinks are vital. I take a probiotic regularly and I encourage you to take one, too, but always check with your doctor first.

### **Here are the probiotics I recommend:**

1. Neolife Acidophilus
2. Renew Life 50billion
3. Custom Probiotics CP-1
4. PB Assist

Get a great probiotic at Neolife, Vitamin Shoppe, Whole Foods, or on Amazon Guide.



**Here are ways to get probiotics from foods and check the Recipe Guide for ways to make cultured foods:**

- Cultured vegetables
- Coconut water kefir
- Coconut yogurt
- Coconut milk yogurt or Kefir
- Inner-eco probiotic drinks
- Body Ecology probiotic drinks
- Bubbie's cultured foods
- Cultures for Health cultured and fermented foods

# NATURAL TIPS FOR BODY DETOXIFICATION

Too often we feel tired or run down. The beauty of a detox is you can reset your body without fasting or depriving yourself. There are simple tools and tricks you can do daily to recharge and help your body release toxic waste.

Here are the best natural tips for body detoxification.



## EAT WHOLESOME AND ORGANIC FOODS

Your body can be full of toxins that may affect your health so you must learn how to apply discipline when it comes to your eating habits. Eat fresh fruits, and vegetables as part of your regular diet and choose organic produce whenever possible. Add the rainbow to your diet daily. If you have trouble adding a variety of vegetables, then drink a juice. Access great juice recipes in your Recipe Guide or buy one from Whole Foods, Trader Joes or a local juice shop.

With a natural detox diet, you will notice positive changes in your mood, your cravings, your skin, your hair, your nails and your immune.

## CHANGE YOUR LIFESTYLE

To have an effective body detoxification, make time for you. I suggest making a list of what you need to do daily to keep yourself healthy.

This is my list:

1. Eat right
2. Drink my way healthy (lemon water elixir, chlorophyll, detox teas and juices)
3. Morning meditation
4. Journaling at night
5. Move my body daily. (Yoga, running, walking or rebounding)
6. Gratitude
7. Daily detox: tongue scraping, oil pulling and skin brushing



## DRINK PLENTY OF WATER

Water is vitally important during the detoxification process. Water helps the toxins move through the liver and quickens the elimination process. For some, drinking eight glasses of water is enough while some experts recommend drinking half your body weight in ounces of water. For instance, a 100-pound person would drink 50 ounces of water. No matter how much you drink, keep your water bottle filled and with you throughout the day. Once you feel thirsty, you're already dehydrated.

## MANAGE STRESS

Have you heard of the Law of Attraction? In the most basic terms, it means whatever energy you put into the universe is what comes back to you. For example, when you are in a negative state of mind, negative things can come your way. Or if you are in a positive frame of mind, you can receive rewarding and positive results. For most people, being stressed puts them in a negative and fearful mindset, which is unhealthy for one's psyche, so always aim to lead a balanced, stress-free life.

Some easy ways to manage stress is to practice deep breathing exercises, yoga, or meditation. These can be done in your home and only take a few minutes of your time. Consider asking for help when you need it, whether it's doing household chores or helping with the kids' carpool. Also, getting a good night's sleep will help limit your stress level.



# THE PHYSICAL DETOX

I cannot stress how important the following detox support tools are. Trust me...I know life gets busy. But when you feel those unwanted symptoms, your body is sending you a clear message that it needs some support.

Using these tools will help minimize your detox symptoms, which can sometimes be unpleasant. Don't underestimate the value of these tools. I promise, you will thank me later!

## OIL PULLING

Oil pulling is one of my favorite tools and so easy to do. Oil pulling removes unwanted bacteria and yeast from the mouth, which supports a healthy body. You can use coconut oil or sesame oil. To do this, put 1-2 tablespoons of oil in your mouth and swish the oil for 5-20 minutes. Then, spit the oil into the trash to avoid it hardening and clogging up your sink. Rinse your mouth with water and sea salt, then brush your teeth. You want to do oil pulling on an empty stomach. If you are doing both oil pulling and tongue scraping, I suggest you start with the oil pulling.



## TONGUE SCRAPING

I suggest scraping your tongue daily in the morning and before bed. This method removes the mucus and toxic build-up in your mouth. Use a tongue scraper or a spoon to reach to the back of your tongue and pull forward, scraping off the white film and repeat. My favorite scraper is Dr. Tung's Tongue Cleaner. You can buy this on Amazon or at your local natural food store.

## SKIN BRUSHING

I cannot say enough about skin brushing except that it is easy and your kidneys will thank you for it. You can skin brush in the morning before your shower and at night. Skin brushing supports your lymphatic system, kidneys, and liver. ***It has been known to reduce toxins by 25% in the body.***

### HOW TO SKIN BRUSH:

1. Skin brush with a dry brush (made for this purpose) before you shower or bathe. My favorite is made by Yerba Prima, available from Amazon or your local natural food store.
2. Always brush toward your heart with the flow of the lymphatic fluid.
3. Begin at the soles of your feet, and then move up your legs, brushing in a circular motion.
4. Brush your chest and shoulders toward your heart in long strokes, then start at the fingertips and brush toward your body. Use small, circular strokes in your armpits.
5. Move in a circular motion counterclockwise on your stomach to respect the direction of digestion and encourage detoxification.



## CASTOR OIL PACK

This is my favorite! Please do not be afraid by the instructions because once you master the castor oil pack you will never look back. Buy castor oil from Amazon.com or your local natural food store. There are two ways to do a pack:

1. Rub castor oil on your stomach, liver (right side) and upper abdomen. Some people prefer to soak a cloth, towel, or old shirt in the castor oil, wrap the pack in plastic wrap (BPA-free preferred) and then apply over the desired organ. You can lay a hot water bottle or a heating pad on the top of the pack and relax for about 45 minutes as you release toxins.

OR

2. Lay on a towel and rub the castor oil on your stomach, liver (right side), and upper abdomen. Then re-apply every 15 minutes until you've reached the 45-minute mark.

## CONTRAST SHOWERING

This is so easy to do and requires no extra purchases! In the shower, alternate between hot and cold water to support lymphatic drainage. The hot water brings blood flow to the skin's surface while the cold water brings blood flow inward to the organs. This is beneficial for detox and circulation. I recommend three minutes of hot water, one minute of cold, three minutes of hot, etc. You can repeat this for 15 minutes always finishing with cold water.



## REBOUNDING

Rebounding (jumping on a trampoline) is one of my favorite activities. This simple practice detoxifies and regenerates your body, massages the lymphatic system and supports healthy circulation, which means more energy. As you are rebounding, you can say positive affirmations to make the most of your experience.

You can find an inexpensive rebounder on craigslist. My favorite company for rebounders is the urban rebounder.

## ENEMAS/COLONICS

Please do not be scared by this one! Enemas are a beautiful way to clean out toxic waste, such as bacteria and yeast, from the colon. If the colon is backed up, you will experience poor digestion, weight gain, acne, and bloating.

If you prefer a colonic done for you, find an experienced Colon Hydro Therapist in your area. I suggest doing a home enema when you have some alone time on the weekend. They can be done in the morning upon waking, as this supports liver detox.

For more information on enemas:

**Coffee enema:**

<http://www.drwilson.com/articles/COFFEE%20ENEMA.HTM>

Probiotic retention enema:

<http://blog.listentoyourgut.com/tips-for-jinis-probiotic-retention-enema/>



## JUICE FASTING

You will find delicious juice recipes in your Recipe Guide. Juicing is a great way to cleanse the body and go deeper into your liver detox. You can juice and have 6 juices a day with smoothies or soups if you feel hungry.

During your detox, you may exchange a breakfast for a juice, or drink a juice for a snack as well. Do whichever best suits your body's needs. If you do not have a juicer, add 1 tablespoon of chlorophyll, wheatgrass, or spirulina to 20 ounces of water with lemon and consume 1 to 2 times a day.

# HOW TO CLEAN YOUR HOME WITHOUT TOXIC PRODUCTS

What does cleaning your house have to do with detoxing your body? If you remember a few pages earlier, I mentioned that part of the detox process was to eliminate chemicals from your daily life as much as possible. Take a quick look under the sink or where you keep your cleaning supplies. Are these toxic to your health? Manufacturers create different products for polishing wood, cleaning glass, cleaning tile, combatting soap scum; you name it, there's a chemical product to combat the problem. Cleaning your house is never that hard because of the vast array of commercial cleaning products.



But, do you think all these products are safe? What if you combine products in the same, tiny space; is that safe? Many of these home products have dirty secrets, such as most of these cleaning products contain hazardous chemicals and ingredients. Some chemicals found in your cleaning products are dangerous to your nervous system and lungs. Not only are we detoxing your body but we should detox your home as well for maximum health.

**Here are some of the common cleaning tips without using toxic products:**

## USE LEMON

Lemons are best used for lemonades but instead we are going to make a non-toxic household cleaner. You don't need to buy a deodorizer because the natural scent of the lemon will give your home a fresh and fantastic scent. Simply combine  $\frac{1}{4}$  cup white vinegar, 2 Tablespoons baking soda, 4 cups of hot water, and  $\frac{1}{2}$  a lemon. Pour this concoction into a spray bottle and you have an all-natural cleaner for your countertops. Not only is this recipe all-natural but it's extremely inexpensive to make. Lemons can also be a natural alternative to bleach and they can also remove stains.



## BAKING SODA

Baking soda helps in absorbing bad odors in your home. Place an open box inside your refrigerator to absorb bad food odors and put some down the drain of your kitchen sink then flush with hot water on a regular basis. You can also use the baking soda in cleaning your sinks and bathroom floors. Combine ½ cup of water, 1/2 cup of dishwashing detergent, 1-2/3 cups baking soda with 2 tablespoons of distilled white vinegar. Stir the mixture until all the lumps are dissolved; then pour it into a clean spray bottle. Spray the floor or sink and scrub. Always rinse off the baking soda residue before the floor dries, using clean warm water. Again, this is a safer and more inexpensive way to clean your sinks and floors.

## OLIVE OIL

Believe it or not, olive oil is an amazing alternative for cleaning your wood furniture. Combine 2 cups olive oil with 1 cup lemon juice or vinegar. Gently rub the mixture onto your wood furniture and wipe with a clean cloth. It will help the wood to shine like its original appearance. It also prevents rattan and wicker furniture from cracking and can add shine to most stainless-steel appliances.

## SALT

Pouring salt down your sink drains with hot water is another way to clean the drains and rid them of any odors. Clean stained cups with a mixture of salt and dish washing soap. Clean refrigerators with a mix of salt and soda water. Make a paste of salt, cream of tartar, and water when cleaning rust spots. Salt can also



be used in washing out spills of wine in your tablecloth or on your rugs. The salt sucks out the stain and leaves a clean surface.

Cleaning your house without using toxic products is possible. Make your own all-natural products or search for commercial products that help in promoting a green-home environment. They are non-toxic and environmentally-friendly.

**Choose to live natural and avoid using toxic products inside your home and your body will thank you.**

# THE EMOTIONAL AND SPIRITUAL DETOX

## HOW TO BALANCE YOUR CHAKRAS

Balancing your chakras is very important to be a mental, physical, emotional as well as social well-being. Even more important, it is essential to have a more balanced, healthy as well as happier life. With this, you must learn how to balance your chakras in the best possible way.

It is a fact that your energy is necessary to complete your tasks on a daily basis. It helps a lot to attain your goals and missions of your life. Therefore, you must make sure that it is always balanced to make the most out of it. Thus, improper



balance of your chakras can affect you mentally, emotionally, physically as well as spiritually.

**The following are the important things that you should consider to be able to attain the life that you desire.**

## CHAKRA MEDITATION

When you are about to perform a chakra meditation, it is advisable to have 2 healing directions. It is divided into two: focusing on the level of cause and focusing on the levels of effects. With chakra meditation, you can attain peace and harmony within yourself which can result in a more relaxed body, mind and soul.

## PRACTICE AFFIRMATIONS

One of the most effective ways to keep your chakra in balance is applying some affirmations. It is important to strengthen and renew the damaged part within ourselves. When you keep on using affirmations, you can also produce affirmative results. Therefore, you must apply the power of positive thinking to live the life that you want. Meanwhile, the following are some chakra affirmations that you can use.

**The Root Chakra-** I am full of humility. I accept who I am.

**The Sacral Chakra** – I am beautiful, strong, and live a happy and healthy life.

**The Solar Plexus-** I am contented to what I have. I accept that I have strengths and weaknesses.



**The Heart Chakra** – Love is the answer to fear and hate. I give and receive love unconditionally.

**The Throat Chakra** – My thoughts are affirmative, and I always express myself in a clear and truthful way.

**The Third Eye Chakra** – I am intelligent, and I understand the meaning of every life situation.

**The Crown Chakra** – I am complete and united with the divine energy.

## BALANCING CHAKRAS THROUGH MASSAGE

Massage is also considered as one of the best ways to support and balance your chakras and move the lymphatic system. A great lymphatic massage can improve your health and give you more energy. Massage can also be very efficient to release the tension and stress in your body and mind.

## CLEANSING THE SOUL

With your very hectic schedule, you suffer a lot from stress and tension. When we hold stress, our bodies are not at peace.

Cleansing the soul is very important to have a well-balanced life that you desire and deserve. Here are my sure fire ways to cleanse the soul on a daily basis.



## LAUGH MORE OFTEN

As what we often heard, laughter is the best medicine. It can relax both your body and mind and can feed your soul. Everyone experiences suffering on some level. It only takes a shift in mindset to look at suffering as a way as way to let go and find grace. When I feel sad or stressed, I find ways to laugh. I call a friend or I watch a comedy and right away I can feel a release. Laughter will lighten the soul and spirit.

## SPEND TIME WITH NATURE

With your busy schedule at work and other daily activities, you forget to relax. I create space in my day to step outside and be with nature. Take 15 minutes a day to go outside and get some Vitamin D on your face. I love having a cup of tea and standing outside watch the birds and taking a few deep breaths.

## SPEND QUALITY TIME WITH THE PEOPLE YOU LOVE

It is a fact that extreme joy and excitement can be felt when we are with our loved ones. Cleansing the soul is about tapping into the gratitude you have for the people in your life. The people in your life see you and accept you for who you are. Create time in your day to connect with people face to face or via phone. Don't text or Facebook personal message, take the time to have a real connection. When we connect, we release stress. My favorite times are playing with my grandson, having lunch with my son or daughter or hiking with my husband.



## MEDITATION AND PRAYER

When you pray, you get relaxed and establish a connection with your higher purpose. Prayer is a simple meditation. Pray from your soul. Ask yourself what do you want to let go of and what do you need more of?

Prayer is a beautiful way to connect to soul. I often pray for forgiveness and thank God for my many blessings. What feels in alignment for you?

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