

“7 Steps to Detoxify Yourself and Your Life NOW!”

By Dr. Cindy Brown, “The Relationship Doctor.”

Are you feeling clogged, bloated, sluggish, depressed, weighted down, fuzzy and/or stuck in a rut? If you answered “YES”, you need to do something different in order to improve those symptoms and regain your former healthy life. Did you know it takes at least 21 days to break a habit? Will you take the 21-day challenge and detoxify yourself and your life? **Here are seven steps you can begin to take today that will put you on the path to a healthier body and life.**

1. Clean-up what you say to yourself and what you think and believe about yourself. Monitor your mind and self-talk. Notice when you allow yourself to think or feel negatively about yourself. Watch your judgments and for every negative thought, judgment, belief or word muttered to or about yourself, you must whisper “cancel, cancel” to yourself and then replace it with a positive one instead. **What you say to yourself 24/7 has a big affect of how you feel about yourself inside and out.** Be kind and loving to yourself and see what happens☺!

2. Detoxify your social environment. Look at right now who you are hanging around and socializing with most often. Are they positive, healthy and supportive people AND supportive of you and your goals and dreams? If they are not, you may need to do some social house cleaning. Clean out those relationships that drain you and toxify your energy and mind. You are the sum total of the 3 people you hang around. Create a posse’ that is positive in mind and spirit, healthy in body, mind and spirit, AND both like you, AND can help you improve because of their intelligence and gifts.

3. Cleanse your home and work environments as well. What is toxic at your home, or at the office? What in your home or office environment needs repair, or cleaning-up or organizing, or getting rid of completely? Our environment affects us greatly. Feng shui (the ancient art and practice of placement) practitioners believe the way we keep our environment even dictates how successful we will be financially, as well as in our relationships. In the practice of Feng shui they determined that certain areas of your space correspond to certain areas of your life: wealth, love, family, health, etc. They look at not only visual harmony but energetic harmony as well. Where can you bring harmony back into your home or office environment?

4. De-stress and detoxify your body by getting active everyday! The Surgeon General’s recent report on health and physical activity, recommends we have 30 minutes minimum exercise a day. The report also points out that the best weekly routine involves both cardiorespiratory endurance activity (cardio) almost everyday,

combined with strength developing exercise (weight lifting) at least 50% of the time. This will help with the development of lean muscle tissue good for fat burning and also it protects and strengthens your bones, to prevent falling and injuring yourself, as you get older.

5. Clear-up your mind by meditating and/or journaling. It is a good habit to get into, to create a daily ritual of meditation, sitting quietly and tuning into your inner voice and body, letting go of the day, and allowing spirit to cleanse you. Journaling each night is also a great way of working through the stress and issues of your day. I recommend to my clients a nightly practice I call "mind dumping." In your journal, or on note paper, write down everything you are thinking about and is in your head. I often make lists of things I have to do, so I can stop thinking and go to sleep. This is a technique that has helped many have a better night sleep!

6. Sleep, who said sleep? Sleep your way to better health. Research shows that most of us are sleep deprived and we don't get adequate enough sleep in order to distress our bodies and replenish the cells that die on a daily basis, thus compromising our immune systems and our cognitive functions as well. Everyone needs different amounts of sleep depending on their age, health, weight, and daily activity and stress levels. To find out how much sleep you need allow yourself to wake up naturally for a few days once you have had at least 2-3 days of at least 8 hours a day of natural uninterrupted sleep.

7. Clean-up your nutrition. Focus on eating 5-6 small meals throughout the day made up of whole fruits and vegetables, grains and lean meats, and less processed and refined foods. Or try the *Master Cleanser* By Stanley Burroughs (or lemonade diet) as I did, to clean out the toxins and mucus that had build up in my intestines and colon. It is basically a liquid diet of special lemonade, and you fast from solid food for a minimum of 10days. Even though you are not eating, you have a lot of energy from the lemonade and the detoxification process. You can read all about it in his small paperback book. Make sure you drink adequate enough water each day as well 8-10, 10 oz glasses, to flush your body and keep it running smoothly.

These are a few steps you can take immediately to begin to detoxify yourself and your life for better health NOW! I hope you find them useful and helpful.

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