

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

*By Dr. Cindy Brown, “The Relationship Strategist.”*

**Are you feeling clogged, bloated, sluggish, depressed, weighed 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 (your thoughts) and self-talk (what you say to yourself consciously and unconsciously). Notice when you allow yourself to think or feel negatively about yourself or what you are doing or not doing. Watch your judgments and for every negative thought, judgment, belief or word muttered to or about yourself, you must whisper “cancel, cancel, cancel” to yourself and then replace it with a positive one instead. **What you say to yourself 24/7 has a big affect on how you feel about yourself inside and out.** Be kind and loving to yourself and see what happens! Like energy attracts like energy! Be positive and loving to yourself and experience positive energy and opportunities coming back to you.

**2. Detoxify your social environment.** Look right now at **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 they share with you.

**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, cleaning-up, organizing, or getting rid of completely? Our environment affects us greatly. Feng shui (the ancient art and practice of placement) practitioner’s 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?** Take an inventory of your surroundings and make a plan to clean it up now.

**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 cardio-respiratory 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 which is 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 about them and go to sleep. This is a technique that has helped many of my clients have a better night's sleep!

**6. Sleep, who said sleep? Sleep your way to better health.** Research shows that most of us are sleep deprived. We don't get adequate sleep in order to de-stress 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, then allow yourself to wake up naturally without an alarm and see how many hours you need.

**7. Clean-up your nutrition.** Focus on eating 5-6 small meals throughout the day, made up of whole fruits and vegetables, grains, fat and lean meats, and less processed and refined foods that contain high fructose corn syrup, sugar, flour etc. The best understanding I have gained about eating and nutrition was from the book ***A Week In the Zone, By Barry Sears***. It helps you understand the biology of eating and how important eating the right amounts of Protein, Fat and Carbohydrates is. It even tells you the exact foods in each category and the portions needed for adequate nutrition. My trainer, Kurt Elder, also has helped me put together a great eating and workout plan to keep me in good shape, [check out his programs at http://www.energyxfitness.com/](http://www.energyxfitness.com/)

These are 7 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.

**Remember: In order to be the person you have never been, In order to have the life and relationships you have never had, You must do what you have never done before: Give me a call 310-202-1610 or contact me so I can support you in having the best life you've ever had!**

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