

My Ageless Brain™ Detox

Summary

Cleansing and detox is an ongoing process in nature and our body and the change of seasons (especially Spring) is the ideal time to help this natural process. Nature is never more fresh, vibrant and blissful than in the Spring. As Nature is waking up in an ebullient display of bright green shoots and glorious blossoms, our bodies are also renewing themselves from within.

This renewal can be smooth or show itself as signs of purification. Perhaps you, have noticed sluggishness or congestion, skin breakouts, irregular digestion or that your allergies are kicking in? Your Body Purifies in Spring too! Not to worry! These are typical signs that your body is trying to purify itself. Just as snow begins to melt and flow in Nature during the spring, the channels within our bodies also expand from the warmer temperatures. This allows toxins that were trapped deep within our tissues from the cold winter to flow into the bloodstream and out of the body through the liver, kidneys and bowel.

Why It's Important to Support Your Body During This Time

This is an important time to give our bodies extra loving attention and help them through this very valuable, and delicate---purification process. If we don't treat our bodies properly during these seasonal transitions, we are more likely to suffer from upper respiratory problems such as colds, sinusitis, bronchitis or allergies, or flare-ups in any kind of chronic condition.

The Spring Cleanse Supports Health All Year Round

On the other hand, if we support our bodies, in its natural cleansing process now, we can create better health throughout the whole year. As a special bonus, your natural beauty will shine ever more brightly as the cleansing process clarifies your skin, and you drop unwanted pounds by improving digestion, energy, and overall vitality in a genuine way, from within.

Your 5 TIPS for Detox Preparation - Get Started Now!

- ****Drink** boiled warm to hot water throughout the day to help open the circulatory channels and flush out toxins. **** Super Tip!**
- Strictly avoid any cold or iced drinks, ice cream, frozen yogurt or other colds foods and drinks. Favor warm, cooked, freshly prepared foods that are light and easily digestible, such as a more vegetarian diet, of soups, vegetables and a lightly-cooked grains like cous cous, quinoa and barley.
- Cook at home as much as possible.
- Use a pinch of turmeric--a superstar purifier for the liver - in your cooking along with fennel, coriander, cumin and fenugreek.
- Try to get more rest, especially by going to bed early to take advantage of the body's natural cleansing cycle from 10 pm to 2 AM.

