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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

DETOX FOR BEAUTIFUL SKIN

By John Russell

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Did you know every day an estimated 450 grams (1 pound) of toxins leave the body in sweat, carried out through the skin. This is possible, however, only if the pores through which sweat travels are open. Every day our skin cells regenerate as old ones die and new ones are created. As we age, the process slows down and, as skin cells die, new ones, which replace them, don't appear as rapidly; specifically, this means the dead cells are now pushed off the surface so it's harder for them to shed and they build up. Cosmetically speaking this creates a dull appearance; in terms of detox, blockages are caused that reduce the amount of toxin excreted from the cells.

Detoxing the body to afford the skin its optimal opportunity for beauty consists of the following steps:

Food - these top 10 detox foods have been shown to provide the best all-around nutrients that work hard to get rid of the toxins in your body - apples, avocados, artichokes, beet root, cruciferous vegetables, garlic, kiwi, prunes, seaweed, and watercress. Other honorable mention goes to alfalfa, asparagus, bananas, bran cereals, brazil nuts, carrots, eggs, and tofu. Vitally important is water, which is needed to flush toxins through our system - 8 glasses daily is the standard. You can also eat high water foods like watermelon, celery, cucumbers, pears, and grapes.

Reduce toxin intake - switch to organic foods wherever possible. Always rinse foods before eating to rid them of pesticide residuals. Eat only lean cuts of meat and cut off any noticeable fat.

Avoid sugar at all costs. A recent study at New York State University in Buffalo documented that within two hours of eating 300 calories of sugar (the equivalent of one can of soda and some chocolate), the number of free radicals increased by 140%. The USDA says consumption should never exceed more than 40 grams of sugar a day.

Avoid alcohol, caffeine, and nicotine.

Exercise - two forms of exercise are particularly beneficial in detoxing the body. One - aerobic exercise supports detox by encouraging sweating, increasing circulation, breaks down fat, and stimulates the

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lymphatic system. To get maximum benefits, between 30–90 minutes per session, 3–5 sessions per week. Two - Eastern exercise, the most common are Yoga, Tai Chi, and Qi Gong. Specific advantages to Yoga aiding the detox process are by stretching the muscles, toxins are released, they teach proper breathing, balances inner body energy, and stimulates the lymphatic system. A 20 minute Eastern exercise session, 3 times weekly is thought to be beneficial.

Stress Reduction - not enough can be said about the importance of reducing stress for detoxification. A recent study published in the American Journal of Hypertension found that Yoga reduces blood pressure, which has been induced by stress, can be significantly reduced in as little as three minutes. The important thing is, the less stressed you are, it's less likely you'll turn to the "comforting toxins" like alcohol, nicotine, sugar, and fat. Simple rules for stress reduction are avoid stressful situations, sleep a minimum of 8 hours per night, and use periodic relaxation times during stressful situations. The

top 10 stress fighters are as follows:

Plan ahead - manage your time and your duties.

Cut down on caffeine - get your lift from ginger and peppermint teas, which boost energy and mental clarity.

Practice Yoga - even gentle stretching every day is beneficial.

B Vitamins - include breakfast cereals, whole grain bread, milk, meat, yogurt, eggs, and bananas

Release tension during the day - plan periodic tension release sessions

Eat carbohydrates for lunch - 1½ to 2 ounces of bread, pasta, rice, or potato

Exercise - just 10 minutes of walking a day helps detox

Aromatherapy - 15 minutes daily provides a calm psychological tension reducer

Supplement your adrenal glands - ginseng is the most commonly recommended "booster" in a dose of 500 to 1,000 mg. per day

Good sleep - milk or dairy products and protein contain tryptophan, which help aid deep sleep

Hand wash - most germs enter the body through the nose or eyes when we touch our face. Washing your hands hourly cuts the amount of germs on them and so reduces the risk of pollutants, germs, bacteria, mold, and infection. Valuable nutrients and antioxidants are used up fighting pollutants, etc. and, during the process, allow toxins to increase. In a recent study the US Navy conducted in Illinois, hourly hand washing cut sick days by 45%.

Take a sauna - the human immune system works better at slightly higher temperatures than normal. Europeans have documented a sauna, at least temporarily, increases immunity. Take one whenever possible, 2–3 times weekly is ideal.

Take supplements - a host of nutrients can help repair some of the damage that improperly detoxifying causes. Vitamin B12, as an example, helps rebuild cells in the lungs and Vitamin B3 opens cells that nicotine has damaged. Take a good multi-vitamin that has mineral supplements.

Massage - a massage can be conducted on body specific areas like the liver or kidneys that react positively to stimulation. Kidneys and liver are key organs in the elimination of toxins in the detoxification process. If you have a medical condition, seek advice from a physician before treating

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yourself, some oils can interfere with medical conditions including epilepsy and diabetes. It is important to understand that the skin will reflect the health of the entire body as the circulation system ends up depositing the toxins in the skin cells as we discussed above. A commitment to the seven steps above, in connection with the use of premium natural skin care products, allow our skin to have the glow of beauty we all desire. Skin care products should be botanically based and never include petrochemical or animal/animal by-product ingredients.

IH Distribution LLC sells a premium line of natural skin care products, which are botanically based and are developed for specific skin types. The revolutionary NutriMinC RE9 anti-aging products are especially helpful to those of us who live less than perfect lives and can't daily go without coffee, smoking, sun, late nights, and general living in the 21st century. They also have complimentary nutritional supplements, specifically designed for women, men, and children, and aromatherapy products that were originally designed for the European spa industry.

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Want To Live Longer? Detox Today!

By Jeff Jefferson

Never before has the need to detoxify our body system become more important than today. With the advancement of technology there are now more things that negatively affect our health and our environment.

The air we breathe, the water we drink, even the food we eat is polluted in one way or the other. This is because the air we breathe has carbon byproducts and the water we drink has heavy metals and the food we eat is not as natural as it should be. Most of it is chemically enhanced or genetically modified one way or the other.

All these things make the statement that "We live in a very toxic age" very true!

In order to live longer and healthier there is a growing need to detoxify our bodies. If you don't detox regularly, these poisonous substances from the air you breath, the water you drink and the food you eat will lead to ill-health such as insomnia, gastric problems, poor skin, premature aging due to accumulation of toxins over the years and ultimately untimely death.

You can decide to naturally detox or take herbs and vitamins to detox. A lot of people choose to detox

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naturally because they know the body has its own ability to clean itself up.

Our bodies have natural defenses and resources that work to constantly to clean up our systems, even when we sleep.

Unfortunately, most people's bodies are unable to detox mainly because of poor health. If the body is performing at optimal level, it should be able to detox itself.

As I've mentioned before, because of the polluted air, water and food we eat, it becomes impossible for anyone's body to perform at optimal level. There is always some form of pollution affecting the body one way or the other.

That is why it is necessary to use some detox herbs and vitamins to assist the body in detoxifying itself. These detox herbs and vitamins can help to restore the body to its optimal level, thereby giving it the strength to detox it self.

These detox herbs and vitamins and some healthy habits can really go a long way in helping the body to take care of it self, thereby allowing us to live longer.

So, if you want to live longer and healthier, there is the need to constantly detoxify your system either naturally or with the help of detox herbs and vitamins.

Want to Discover 4 Detox Secrets?



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