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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!

Detoxify Your Way To Health And Beauty

By Elizabeth Gilley

How many times have your brain felt so sluggish that you can't even think clearly? How many times have you felt so tired that even climbing a single flight of stairs takes a lot from you? Or how about those times when you felt so unpretty that even your best outfit can't lift your mood? You've tried every known trick to stay fit and scoured every shelf in the health and beauty aisle for that wonder product that could revive you but still to no avail. Why not try looking at home and the produce section of your grocery? What am I talking about? I'm talking about detox.

Detoxification is not merely sweating buckets on the gym or starving yourself with a water diet. It is a holistic approach to health and beauty. It encompasses everything from diet, fitness, and your sense of well-being. Try it for a weekend and start the new week with a renewed and more revived you. Detoxifying your way to health and beauty is possible with a few things which you could conveniently find in your home. With a loofah or brush, scented candles, aromatic oils, herbal tea, and a free, me-time weekend, you're all set to rejuvenate and renew yourself.

Start on a Friday by eating light (think salads and fruits) and drink lots of water the whole day. At night, slowly dry-massage yourself with a loofah or brush with slow and long strokes. Move in one direction: upward and towards your groin. Refresh yourself with tea or water then soak in a bath of warm water and drops of aromatic bath oil. Light some scented candles while gradually adding cool water within a half hour until your bath becomes slightly cold. This is the beginning of your new health and beauty routine. This process is done for the stimulation of the blood vessels. Dry yourself and dress warmly for bed.

Begin the next day by drinking hot lemon water. Go for a walk while breathing deeply. Give yourself a steam bath or go swimming. You could also ask your partner or therapist for a massage. Again, end your health and beauty detox regimen with a dry-massage brush and bath. Spend your Sunday, doing the whole process but add another activity. Make a list of people or things, such as your work, that are toxic to you (read: bad vibes). Assess how you should deal with them to lessen their toxic effect. After this, pamper yourself or do meditation exercises.

Detoxify Your Way To Health And Beauty

Be reminded though that you may experience excessive sweating, slight headaches, and skin rashes. These are signs that your body is releasing toxins and that they are temporary. Detoxifying is effective, safe, and inexpensive enough to be part of your weekly health and beauty routine. Just remember to avoid this during your period, pregnancy, and sickness. Lastly, talk to your doctor if you encounter any problem while detoxifying.

For more valuable information on Health and Beauty issues, please visit

<http://www.eknowitall.com>

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 breathe, 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 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?

<http://rapid-detox-and-diet.info>

<http://detox-and-health-tips.info>

<http://detox-diet-pills.info>



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