

SXS WELLNESS NEW YEAR'S NEWSLETTER

NADINE THE NATUROPATH'S TOP 3 FORGOTTEN DETOX ITEMS

When people decide to go on a detox to rid themselves of all their holiday indulgences they often only focus on food and drink. A more holistic approach to detox involves much more and leaves you feeling more rejuvenated than just drinking juice for 5 days!

THE MEDIA

You feel connected, but your cortisol is rising

We often don't pay attention to how much "news" is all around us every day; famine, war, crimes and endless amounts of violence. Even though we aren't experiencing these events, the images and thoughts the news creates in our minds has the ability to affect us negatively. According to a study by the British Journal of Psychology "*Participants who watched the negatively valenced bulletin showed increases in both anxious and sad mood, and also showed a significant increase in the tendency to catastrophize a personal worry*" During a detox try to avoid the news, read a book instead 😊

YOUR SKIN

All those potions and lotions increase toxic exposure

Skin is the largest organ in the body and one of the most important organs of detoxification and elimination. If your goal is to detoxify your body make sure you give extra attention to what you are putting on your skin. Many soaps, creams, make up, laundry detergents and cleaning products are loaded with toxic chemicals. Consider changing over to less harmful products, not wearing make-up during your detox and try daily dry skin brushing before you shower. Click on this link to learn more about [toxic products](#) and click here to learn more about [dry skin brushing](#).

YOUR THOUGHTS

Shift your thought patterns and you will shift your life

The mind is a very powerful thing. When detoxing your body remember to detoxify your thoughts as well. We often don't appreciate how many negative thoughts go through our mind every day. During a detox try to set aside 10 minutes a day to stop the daily routine and just breathe and relax. Click on this link to learn more about [deep breathing techniques](#). Another great way to change negative thought patterns is to write in a gratitude journal. It only takes 1 minute to jot down in a book 3 things you are grateful for that day and 3 things you will be grateful for in the future.

HOW CAN A NATUROPATH HELP YOU WITH A DETOX?

- Detox program based on individual goals
- Unique detox techniques
- Prescribe effective detox herbs
- Warn you against unsafe and ineffective detox programs in market!

To learn more about Naturopathic Medicine book a free 15 minute consultation

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