

# Susan's Healthy Living



## DETOXIFY, CLEANSE & REJUVENATE YOUR BODY & LIFE

by **Susan Smith Jones, PhD**

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Excerpt from Susan's new book—*WALKING ON AIR*

### Take Charge of Your Health & Life

Whether you're embarking on an annual New Year's Day fresh start health regimen, or a spring cleanse, or a quarterly change-of-season detox program or, perhaps, a one-day-a-week energy and vitality booster, here are 10 simple tips to give you the very best results. It's not difficult to look and feel years younger than your age. It's simply a matter of choice.

When you look in the mirror, are you feeling and looking your very best? If not, maybe it's time to take better care of your body and embark on a detox and rejuvenation program. In case you're not aware, there is an epidemic sweeping America that I refer to it as "internal toxic pollution." Many people suffer from chronic disease and loss of health not only as a direct result of unhealthy conditions environmentally, but internally as well—within the human body. We often think of health as the absence of disease. But, is this truly health? Are we healthy one day and then all of a sudden sick the next? There's a plethora of evidence that demonstrates to us that health or sickness is a process that develops over a period of time (often years) and is based at the cellular level.

Our bodies are made of over 70 trillion cells. Cells of the same ilk join together to form organs, tissue, bones, blood, etc. Each cell is constantly in the process of dying and being replaced. Each cell receives nutrition and also expels waste and toxins, which must be eliminated from the body in a timely manner. When the cells are deficient in nutrients or are overpowered with toxins and waste, cellular malfunction begins and thus the slow decline in the level of health until one day a disease state is recognized by the manifestation of symptoms.

There are thousands of toxic chemicals all around us. There are pesticides in our foods, chemicals in our water and pollutants in the air we breathe. Even common cosmetics are full of chemicals. We drink, eat, breathe

and live in a soup of quotidian, toxic chemicals. One of the greatest health secrets is that you have control over the pollution in your body. If you keep a balanced and clean internal environment, you won't succumb to the toxic build-up so prevalent in most people's bodies. Those who cleanse regularly look and feel younger, are much healthier, and live a longer life than those who ignore the need to internally cleanse.

### Are You Toxic?

The following are some of the possible symptoms of toxic build-up in the body: constipation; chronic yeast infections; brittle hand and toe nails; frequent colds; weight gain; acne, dry or pale skin; mood swings or depression; low sex drive; lack of concentration; impaired short term memory; sleeping problems; frequent headaches; chronic urinary tract infections; arthritic bone pains or rheumatism; allergies, gas, bloating, flatulence; general weakness; and frequent/chronic fatigue or lack of energy, just to name a few.

Our modern diets are to blame for many of our most common ailments. Many people are digging their graves with their knives and forks and are making life and death decisions every time they sit down to a meal or snack. Disease often occurs as a result of an unhealthy lifestyle, which causes the body to become sluggish, congested, acidic and polluted. Antibiotics, excess sugar, carbonated beverages, chemical food additives and over-the-counter

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drugs can alter the acid/alkaline balance of the intestinal tract, often killing beneficial bacteria and creating the perfect environment for harmful microbes to grow. Without the “good” or “friendly” bacteria to keep them in check, these “bad” bacteria can eventually overrun our body and severely depress our immune system.

Mucoid plaque is a slimy gel-like substance that covers the inner lining of the intestines and bowel. Plaque harbors toxins and interferes with nutrient absorption. The colon is known to hold up to 30 or more pounds of old matter and can be packed with undigested foods and disease promoting bacteria.

Additionally, parasites are a toxic menace and can wreak havoc in your body. When faulty digestion keeps food from being properly processed and sent out of the body, undigested food can remain in the body and create fermentation and putrefaction. This can cause parasites and germ life to develop. Parasites thrive in an unhealthy, unclean colon. If the bowel contains partially digested proteins, sugars or starches, it can harbor an alarming variety of parasites. These parasites can range from microscopic organisms to tapeworms 15 inches long.

### **Benefits of Cleansing**

So what can internal cleansing do for you? Here are some of the most commonly reported benefits of cleansing and detoxifying the body: flatter abdominal area; relief from bloating and constipation; clearer thinking; greater sense of well being; stronger immune system; improved digestion; better sleep; youthful appearance and healthier skin;



more energy and confidence! Simply put, internal cleansing can dramatically improve the quality of your overall health. It’s also one of the best ways to break any bad food habits you might have such as always salting foods, being addicted to white sugar/white flour products and sodas, etc.

When the colon and liver are clear of excess toxins and waste, it frees up energy to be used by the rest of the body. It also helps the liver and intestinal tract to manufacture nutrients as well as absorb them from your food much more efficiently. This supports the healing, repair and maintenance of your entire body.

The late Dr. Bernard Jensen was considered a worldwide authority on colon, tissue and whole body cleansing. You can find his entire program in his bestselling book *Tissue Cleansing Through Bowel Management*. This book has guided millions of people through cleanses and brought remarkable healing results. Everyone should read this book; you’ll be inspired to embark on a personal cleanse program after you see the photographs in this book of what comes out of the body (and into the toilet) as the result of embarking on a whole-body cleanse.

### **When to Cleanse and What to Expect**

Almost 40 years ago, I met and began studying with Dr. Jensen and living a natural lifestyle. During these past four decades, I have embraced the following cleansing schedule. One day a week, 2-3 days monthly, 7-10 days with each change of season, and 30-40 days every two to three years, I engage in some kind of detox/cleanse program to preclude a toxic build-up in my body and to keep me vibrantly healthy. In addition, for over 30 years I have also created custom-tailored cleanses and health programs for my clients worldwide, designed for their personal needs. In other words, I’m passionate about the healing power of whole-body cleansing.

Depending on how toxic your body may be, and how long you choose to cleanse, during your detox, you may feel a bit more tired than usual. If that’s the case, just make sure to get more rest. Some people report feeling more energy; others have broken out with rashes on the skin, but these go away in a few days; some experience a slight fever or headaches (that’s a sign that your body is house-cleaning); most people release lots of mucus during the cleanse; others experience mood swings or depression. At the end of a detox program, most will feel “lighter” and more peaceful; certainly you’ll feel in more control over your body and experience an increase in self-esteem and confidence.

### **The Body’s Largest Organ—Your Skin**

Weighing in at approximately six pounds and covering an area of about two square yards, your skin is the largest organ of the body. Not only is it an organ, but the skin is also a major area for the elimination of toxic wastes from our systems. It has been called our third kidney because it works closely with the kidneys to help release uric acid.

Our body must eliminate large amounts of waste products from our systems daily or we will die. The bowel, lungs, kidneys and skin are our four channels of elimination. Each of these organs ideally should release two pounds of toxins per day. Therefore, our skin is responsible for getting rid of nearly a fourth of our bodily toxins every day. If the skin is not doing its job, the kidneys, lungs and bowel will have an extra load to deal with.

Skin brushing is one of the finest ways to detoxify the skin and promote good circulation. While I discuss the healing power of dry skin brushing (as well as restoring youthful, joy-filled vitality) in my new bestselling books *THE HEALING POWER OF NATURE FOODS, HEALTH BLISS* and *BE HEALTHY~STAY BALANCED*, here's a brief summary.

Make a commitment for 30 days of skin brushing. After one month, your skin will feel and look about 10 years younger with daily dry skin brushing. Your brush should be made from natural vegetable fibers, not nylon or other synthetic material. Brush your entire body (except your face and private areas) *before* you shower or bathe. Brushing the skin dry rather than wet is very important because it does a much better job of removing dead skin cells and toxins. I use a special smaller, softer brush for my face and neck. **My favorite skin brushes are available through Bernard Jensen International, [www.bernardjensen.com](http://www.bernardjensen.com), 1.888.743.1790.**

### Your Personal Cleanse

There are many aspects to internal cleansing that are too numerous to mention in this short article. But as a brief summary, whether it's a 1-Day or 30-Day Cleanse, here are many of the things I embrace as part of my detox program. See how many you can incorporate into your next cleansing program. You can find more detailed information on everything mentioned in my books and in the Jensen books recommended in this article.

**1. Plant-Based Food & Fresh Juices:** While on a cleanse, adopt a plant-based diet with as many raw or "living" foods as possible. I also drink organic detox teas that I purchase from my local health food store. High water content foods—especially fresh fruit and vegetables—are easy to digest. Emphasize any leafy greens because the greens are very detoxifying and rejuvenating. These fresh, colorful foods take stress off of your digestive system. For short cleansing programs, you may want to consume only raw food or just drink fresh vegetable juices. Everyone should have a good home juicer so you can make fresh juices. I've tested all of the juicers on the market. With juicers, you get what you pay for. To learn more about my favorite health product recommendations, please visit **my website and click on *Favorite Products***.

**2. Neti Nasal Cleansing:** The practice of nasal irrigation, known as Neti, has been used by practitioners of Yoga and Ayurveda in India for thousands of years. Many people in America practice Neti cleansing on a daily basis to keep their sinuses clean and improve their ability to breathe

freely. Most find it a soothing and pleasant practice once they try it. Dr. Oz has discussed the benefits of nasal cleansing on the Oprah Show a few times. Why cleanse your body and ignore your nasal passages? I highly recommend this practice daily, whether cleansing or not. **To order my favorite Nasal Cleansing Pot by *Ancient Secrets*, please visit: [www.ancient-secrets.com/neti.cfm](http://www.ancient-secrets.com/neti.cfm) or call: 1.877.263.9456.**

**3. Sunshine & Air:** Enjoy approximately 10-20 minutes of healing sunshine on as much of your body's skin as possible; avoid the mid-day sun. During your cleanse, breathe in fresh, clean air. This is the perfect time to do your deep breathing practice several times each day.

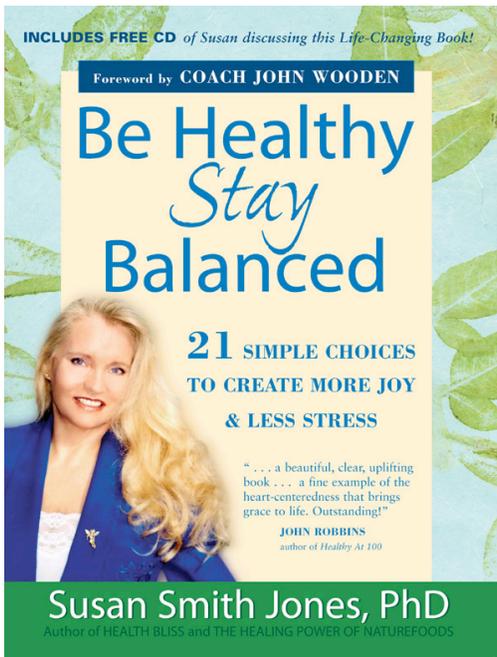


**4. Water:** Drink at least 8 glasses of purified water daily, in-between meals. When your body is fully hydrated, you can more easily flush toxins out of your system. To learn more about my favorite water filtration system, please visit: **[www.SusanSmithJones.com](http://www.SusanSmithJones.com), click on *Favorite Products*, and check out *Ionizer Plus***. I would not be without my purified, alkalized water. **(1.800.794.5355)**

**5. Meditate & Rest:** Find time for quiet reflection and relaxation during your detoxification program. This is not the time to fill your life with unlimited activity. Instead, choose to slow down, smell the flowers, keep a gratitude journal and simplify your life.

**6. Simplify & Read:** When I'm doing a cleanse, long or short, I will often find simple ways to de-clutter my surroundings. In other words, I cleanse my body, soul and environment. This is also an excellent time to read books on how to take better care of your body. Any of my books are perfect to read to inspire and motivate you to live your very best life. In fact, you'll find more rejuvenation,

cleansing, weight loss, anti-aging and balanced living tips in *BE HEALTHY~STAY BALANCED*. To order copies for you and your friends, please call: 1.800.843.5743 PT.



**7. Exercise:** It's important to workout during a cleanse. If you're feeling tired, do some yoga stretches or other simple movements. Make sure to include aerobic activity such as walking to help with your circulation.

**8. Hot Baths, Sauna & Massage:** A hot bath or sauna is also an excellent way to facilitate the removal of toxins through the skin. (Visit my website and click on Susan's Favorite Products to find out about my favorite sauna and other health products.) Also, during a cleanse, schedule in time to get a massage. Find a massage therapist who knows how to do a lymph massage, which will also help flush the toxins out of your body.

**9. The Master Antioxidant:** Glutathione (GSH) is a tripeptide (three amino acids in one molecule) that's critical to our 70+ trillion cells. As the body's premier antioxidant, it functions as an immune booster and a detoxifier of numerous toxic chemicals and heavy metals like mercury. It helps your body repair damage caused by stress, pollution, radiation, infection, drugs, poor diet, aging, injury, trauma and more. I take **MaxGXL** daily to keep my body energized and rejuvenated; I wouldn't be without it. For more information or to order this salubrious supplement, visit: [www.4HealthBliss.com](http://www.4HealthBliss.com) or my website and click on *Maximize Health*.

**10. Internal Cleansing Products:** Whether you cleanse for 1, 3, 7, 10 or 40 days, I encourage you to supplement your program with the best internal cleansing products. The ones I always use and highly recommend are created by the world renowned natural healer and author of

*Health is Your Birthright*, Ellen Tart-Jensen. Her products are the result of years of experience working with Dr. Bernard Jensen. For more information or to order her products, please contact: [www.bernardjensen.org](http://www.bernardjensen.org), 1.888.743.1790 PT.

Keep in mind that the secret to vibrant health and youthful vitality is in cleansing the body and mind and then adopting a lifestyle that includes positive, grateful thoughts, natural foods, pure water, fresh air, sunshine and exercise. Learning to cleanse the body and mind is an essential part of healing. When the body is burdened with toxic waste material, it will be tired and have low immune function. When the body is clean, it can absorb more efficiently the essential nutrients it needs to heal, repair and maintain good health. So the next time you hear the expression, "Cleanliness is next to Godliness," you may understand better that it conveys an extremely important aspect of health and rejuvenation: The more cleansed you keep your miraculous body, the more room you'll have to be filled with Light.

For more information, or to order copies of this popular 3-book Hay House series, *RECIPES FOR HEALTH BLISS, NATUREFOODS & NATUREFOODS*, as well as Susan's other titles, for yourself and to give as gifts to family and friends for any occasion, please visit her website or call: 1.800.654.5126 PT or 1.800.843.5743 PT

