

Become Toxic Free & Thrive

By Brenda Cobb

Toxicity is one of the top reasons people get sick. Toxicity from poor air and water and toxins in food and drugs are some of the culprits and so are toxic thoughts, toxic emotions and toxic relationships.

When was the last time you took a good look at your health, not just going to the doctor, but getting in touch with how you truly feel? It is empowering to monitor your own health and become familiar with your body so you can determine if something is out of balance and needs correcting. Become your own doctor and you'll be ahead of the game.

When people wait until they are really sick and then go to the doctor to find out what's wrong with them many times they are in shock to learn they have a serious disease. If instead, a person learns to listen to and feel what the body is trying to tell them they could avoid serious diseases.

A toxic body is giving out symptoms all the time. Fatigue and headaches are signs of toxicity. Painful joints and aches and pains are signs of toxicity. Skin rashes and itching are signs of toxicity. Stop and listen to what your body is telling you and then take the steps to clean out and clean up.

Drugs are very toxic to the body and can interfere with the body's own ability to heal itself. It's easy to reach for a drug to alleviate a symptom, but every drug you have ever taken is stored somewhere in your body. Taking drugs can be dangerous. They each have long lists of potential side-effects and some of the side effects can even result in death. Television ads make drugs look glamorous with great looking people doing fun things, but that's just advertising. When you consider the potential dangers of drugs, you might ask yourself will it cure me or kill me.

Take this toxicity test and see how you rate. If you have one of more of these symptoms, you're toxic.

1. Low Energy
2. Constipation
3. Poor Skin
4. Itching
5. Depression
6. Mood Swings
7. Poor Digestion
8. Heartburn
9. Acid reflux
10. Indigestion
11. Headaches
12. Bad Breath
13. Allergies
14. Impotence
15. Hot Flashes
16. Insomnia
17. Coated Tongue
18. Backache
19. Obesity
20. Infertility
21. Arthritis
22. Colitis
23. Irritable Bowel
24. Dark circles under your eyes



These are just a few of the many problems that could be bothering you and they are all linked to toxicity. Get busy detoxifying your body so you can experience the great health you deserve.

To rid the body of toxins eat more organic raw and living foods, especially dark green leafy vegetables like kale, turnips and collards. Eat lots of living sprouts like sunflower sprouts, buckwheat sprouts and broccoli sprouts. Drink lots of pure filtered water everyday, at least 1 ounce for every two pounds you weigh. Eat celery for high minerals and apples with pectin to bind the radioactive particles in your body and pull them out.

Clean out your colon with enemas and colonics and put back in a high quality probiotic. This will help you get rid of Candida yeast, worms and parasites. Change the way you think to positive, loving thoughts and work on healing the emotional stuff that is buried deep inside. Get rid of toxic relationships and toxic jobs that hold you back. Don't be afraid to change. Change is good and positive especially when it comes to getting rid of toxicity.

Make this New Year the best you've ever had by focusing on your health and well-being. Good health makes everything better.

Detox Juice

- 1 bunch kale
- 1 bunch celery
- 6 apples

Juice the kale, celery and apples and drink throughout the day. For every one glass of juice also drink one glass of pure filtered water. This will help you detox fast!

Detox Smoothie

- 2 cups kale
- 2 apples
- 4 stalks celery
- 1 cup sunflower sprouts
- 1 cup buckwheat sprouts
- 2 cups pure filtered water

Blend all ingredients in the Vita-Mix into a smoothie and drink throughout the day!

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Ox (buffalo) - You like being productive and are a hard worker, but your efforts will not match your output this year. You also don't like surprises so sudden changes won't fair well with you. Postpone expanding or switching careers or you may make things worse. Be conservative with money. If you have to cut your losses and move on, then do that. Just know that what you reap this year you will sow later so be your natural patient self.

Pig (boar) - Pigs enjoy the company of other pigs, but that doesn't mean the year is all that stable for you. There are some who undermine you. While travel and social opportunities appear, anticipate issues with management or peers. Be conservative with money. While the yang pig is the boar that chases others down in the wild, you need to be defensive and humble. The pig likes to indulge so be mindful of spending and being over optimistic. Ensure your commitments match your capabilities and means.

Rabbit - While rabbits and pigs are compatible, this is not a year to be aggressive. The year is full of obstacles and pressure, but don't resign yourself to doldrums. Share your fortune with those in need as abundance attracts abundance, but spend wisely. Mind your own business or you'll create your own trap. Use caution this year and don't be too quick with personal situations. Don't mistake friendship for love. Stay realistic and humble as these traits will serve you.

Rat - You're a doer and like to see results of your actions faster than the pig (who moves more slowly) allows, and this is a year of change for you. Your patience will be tested as you like visible progress. You may have to switch roles this year. Don't bring the past into the present. The rat likes planning and finances (not the pig's first love). Family and friends may ask more of you than you're comfortable with regarding money and time, and you're reluctant to tap into your reserves. Money luck is good to you unless your motives are questionable (then you'll pay the price). Join forces with those who support your goals and are willing to assist you.

Rooster (chicken) - When you think of the rooster in the barnyard, you're up and at it early and everyone knows it. Beware of spreading yourself too thin trying to tend to the other 11 Chinese astrology animals. This year looks to be a good one for you (expand business or a promotion), but don't let that be at the expense of family and friends. Strut at a slower pace and find humor in that which annoys you. Travel overseas will help your advancement. Competition results in pressure. What you bring in this year can just as easily flow out so watch your expenses. Be diligent with contracts.

Snake - Pigs go after snakes so it's a mixed year for you. Poor judgment can lead to conflict, financial, legal or separation problems. Don't overspend, especially during the spring. You like to plan so do your research before you leap. Snakes move mostly along the ground so may not always see the big picture. This is a year of risks for you so align yourself with big-picture people and proven mentors. The best opportunities during 2007 are far from where you were born. You may feel drained this year and your efforts appear to be more than your gains. Others may not be looking out for your best interests. As a planner, ensure your means match your capabilities.

Tigers - When a tiger's cubs don't survive, piglets are sometimes substituted. As far as relationships go, they are good companions. However as adults, tigers make pigs a meal. So while this looks to be a rewarding year, tigers need to make the harvest last. That's not natural for them. They consume their feast and leave. Approach this year as a realist not a dreamer, and stay humble. Arrogance will undermine your accomplishments.

May you be exceedingly, generously, and joyfully blessed! ©. Check our website for information regarding 2007's Feng Shui article - Year of Mother Earth at <http://www.IntuitiveConcepts.com> - Diana Garber, The Feng Shui Results Lady©