

NELSON HEALING CENTER
253 N 1st Avenue
Sturgeon Bay, WI. 54235
920-559-0492

DETOXIFICATION INTO A NEW AND IMPROVED YOU!

Toxins are anything interfering with our natural homeostatic state of balance and health. They can contribute to a wide range of conditions; such as exhaustion and depression, which are of epidemic proportions. Much is due to lifestyle issues.

10 signs Detoxification is needed:

- stuffy head and sinuses,
- fatigue
- indigestion, GI-upset, bloating.
- trouble sleeping.
- food cravings.
- low libido
- difficulty concentrating
- joint discomfort
- weight gain
- emotional distress
- depression, anxiety
- physical aches and pains
- insomnia
- mood swings

The body is self regulating and it heals itself daily. As we support it, it does what it does naturally, let your body be the judge through experiencing **Clear Change Program**. In February/March & October/November we will have a 10% discount on the Detoxification Programs.

Having a healthy, vibrant and happy life is up to you. We are committed to help you purify and energise yourself from the inside out!

3 Tips to Doing Detox Right

Nowadays, detoxing is on everyone's mind, especially when living in increasingly toxic environments and experiencing negative health effects.

If you think that a detox might be right for you, there's a way to do it right and ensure you are safely achieving the results you are looking for.

Here are three easy tips to keep in mind to make the most out of your detox:

- 1 Do it at least twice a year. Your body is always detoxing—nonstop, 24/7—but it may not be doing it in the most efficient way because of nutrient deficiencies, stress, and even genetic factors. Based on my experience, I believe people can benefit from doing a dedicated detox protocol twice per year at the change of seasons (typically in February/March and in September/October). These types of detoxes will be a bit more rigorous than a gentle daily detox and should involve dietary changes, as well as the inclusion of specific supplements and some lifestyle changes. They may also be 10 days long for those who are relatively healthy or 28 days for individuals who require a more thorough inner “reset.” In addition to the biannual detoxes, I also think it is helpful to do some daily detoxing by eating your best, taking supportive nutrients, and reducing your stress to the best of our ability.

- 2 Ensure proper nutrient intake. There is a common misconception that a detox must be a stringent fasting regimen. Often, it is associated with intermittent or complete abstinence from food or the consumption of fresh juices in place of food. What many people do not realise is that proper detox is just the opposite—specific nutrients are required to effectively eliminate toxins. Most people, even when eating a healthy diet, undoubtedly have some degree of nutrient insufficiency or deficiency. The degree of detoxing required is limited by the required nutrient that is in the lowest amount. Therefore, it is essential to get a complex array of macronutrients—like protein, carbohydrates, and fats—as well as vitamin and mineral cofactors—not to mention the protective, antioxidant phytonutrients. Taking shortcuts to detox by not accounting for nutrition will only short-circuit your detox pathways, so it's imperative that you are taking the right supplements in combination with a nutrient-dense diet.

- 3 Choose a safe detox. There are a variety of so-called detox methods available—everything from the extreme fasts to juice fasts to eating specific foods and taking certain supplements. With so much on the market, it seems like everyone has a detox program to tout. But they are not all equal, and some may not be adequately, scientifically formulated to provide appropriate nutritional support for your body's metabolic detoxification pathways. Some may even be unhealthy and lead to negative symptoms. With that in mind, an appropriate detox may also provoke some changes in the body that could lead to subtle symptoms, like causing a bit more tiredness or discomfort from caffeine withdrawal. Unfortunately, many detox programs haven't been researched extensively. Fortunately, the [Clear Change Program](#) from Metagenics is based on researched protocols with actual human subjects. They are not only shown to be safe but effective too.

In summary, if you feel tempted to try out the latest detox program, keep this checklist in mind. It's designed to help you know how often to do a detox, the importance of targeted nutrients, and, most of all, how to ensure your chosen detox is safe and based on good science. **Clear Change** is a medically designed detoxification system; with a 10-day or 28-day detoxification booklet included; and a complete food buying list, recipes and email support through the program. **Nelson Healing Center** carries all these health supplements at 253 N 1st Avenue, Sturgeon Bay, WI. Call for your free consultation at **920-559-0492 for Clear Change Detoxification Program.**