

health & safety

Happy Mother's Day!

Healthy Gifts from One Goddess to Another

By Karen Herlands

This Mother's Day, as you celebrate being a Mom, take a deep breath of new spring air and feel the sunshine as it begins to warm the earth and prepare for new growth. Now if you take a moment or two, you can have a rebirth of your own vitality and overall good health. Bringing awareness to the choices we make throughout the day can make a huge difference in the way we feel. So, let's get started on some of the very easy ways we can all make energy-making decisions all day long.

Relax. This won't take long. And without a whole lot of effort, you will see that your choices can really be gifts that create strength, happiness, and a healthier, more energetic you!

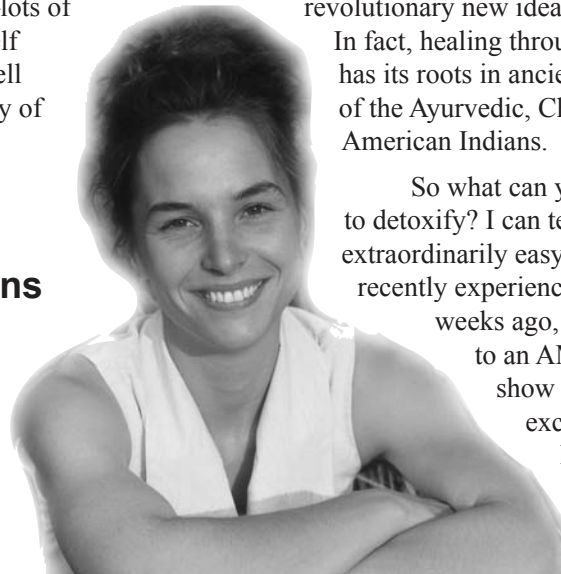
Ever wonder why when you go to the ocean, your body relaxes? It is caused by an abundance of hydrogen ions that, when mixed with oxygen, make water. Remember the chemical compound H₂O? That's water, of course! In our bodies, oxygen burns hydrogen and releases into energy that runs our body. Keeping a healthy stash of hydrogen around causes a burst of energy. If you can't get to the ocean, take a long soak

in the tub. Stop thinking about you what you need to do next and make time for a bit of revitalizing "me" time. AND drink water—lots of it. Hydrating yourself creates energy as well as purifies your body of toxins.

Purify Your Body of Toxins

Let's talk about those toxins for a moment.

We now live in the most polluted environment the earth has ever known. We are continually living and breathing and assimilating residue from petrochemicals, plastics, pesticides, and heavy metals. These occupy the cell receptors in your body and can make you sick.



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Learning how to get rid of this "toxic soup" can improve your overall vitality and quality of life. This is not a revolutionary new idea by any means. In fact, healing through detoxing has its roots in ancient treatments of the Ayurvedic, Chinese and American Indians.

So what can you do to detoxify? I can tell of an extraordinarily easy way that I recently experienced. A few weeks ago, I was listening to an AM radio talk show host who was excited to retell how she had had an "ionic foot bath" treatment that left her astonished and more vital than she could remember. I felt I had to try it, too!

So I called Ami Beach, founder and director of The Colonic Institute in West Hartford, and made an appointment.

When I got to the Institute, I was directed to a soft massage chair and given a detox tea by Jessica Fuentes, who also works at the institute as a certified colon hydrotherapist, Reiki practitioner, and massage therapist. I was instructed to put my feet into a warm water bath. Ami placed an ionic magnet into the water. This is what draws out the impurities from a cellular level within the body and extracted through the skin. Within minutes the water turned from clear, to yellow, to green. Within the allotted half hour, the water turned to pure mud. If I hadn't seen this with my own eyes, I would not have believed it! What made the water so thick and dirty, explained Ami, was that the magnet was drawing out toxins from my cells.

From the different colors of the mucky water, she identified what came out through the skin of my feet. I won't give you the gory details, but if you have ever puffed, I mean EVER had a cigarette, nicotine could come out, mercury from tuna fish, aluminum from deodorant and Tums, over-the-counter aspirin residue, you name it; it is all stored in there—and it all came out.

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After the treatment I became very tired. I guess my body had really released a lot of toxins. But, the next day, I felt a burst of energy and felt no aches or pains like never before. I felt like I was walking on a pillow. This was the easiest, quickest, detox plan I have ever seen or done. Now I feel I can modify the causes of these toxins by being aware of their presence in my body.

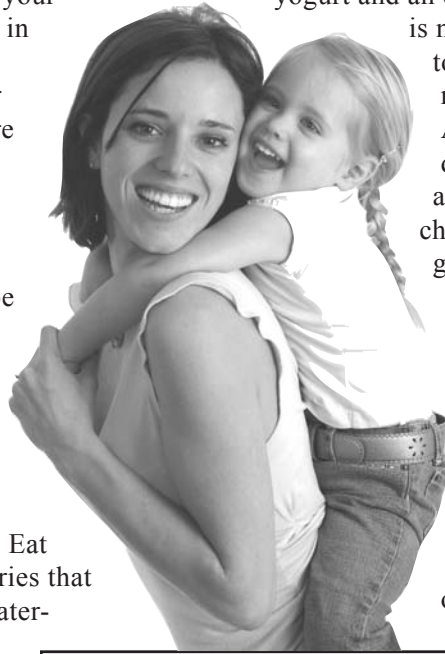
Getting Enough Rest and Watching What You Eat Are Key

On the list of revitalizing techniques is to simply sleep eight hours a night to restore and rebuild the body. The best hours to rebuild strength are 10pm to 6pm. And no late night eating, especially fatty foods, which leave the body bloated and tire the body without giving it the opportunity to use and release the energy.

Before retiring, don't forget to clean off the day's debris from your face to let the skin regenerate and breathe. I use an all-natural plant-based anti-aging skin-care line made by Arbonne. Since product on the skin is going to be absorbed into the body,

I now choose to use vegetarian plant based products in my skin care and make-up. Bringing your attention to what is in your make-up and skin care is another layer of being aware of what goes into "making up" you! Check out online what is in your lipstick. You may be very surprised!

Feeling vital and alive has much to do with eating vital live whole foods—and organic is best. Eat breakfast with calories that count, flour- and water-based foods do not have the stamina to maintain blood sugar levels for energy. Moderate caffeine and cut down on refined foods. Throughout the day, graze every 4-5 hours on high-quality carbs (fiber rich antioxidants.) In layman's terms, this means fruits and veggies. These act as fortresses to attack free



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radicals that cause aging and illness. Add small amounts of lean protein and yogurt and an energy bar when a meal is not possible. Don't forget to add whole grains, nuts, and beans for fiber. And yes, you can have a dessert—but only once a day. Try some dark chocolate; it is actually good for you and very satisfying. Take note of how many packaged foods you are opening and eating and start exchanging them for fruits and veggies. When shopping, start at the produce section and walk the perimeter of the store. This is

where you will find all of your whole foods.

And supplements? Do you need them? Yes! A good high-quality vitamin pill and calcium should do

it. I take my calcium in the form of chocolate. Yum! Adora makes a dark and milk chocolate supplement which

is the best I have found yet. You can buy them at Walgreens or Big Y in the Calcium section of the Supplements aisle. Take two a day.

Last but not least, keep up the energy by breathing deeply, keeping that oxygen coming. Keep that circulation going by doing anything that keeps your body heart rate up for a half hour a day. If you feel yourself slumping during the day, try bringing your awareness to your posture. Start to become aware of the way you sit. If you sit up straight, your body will give you a lot more energy! Try it now. See? New energy becomes unblocked. And for a treat, get a massage occasionally, which is great for circulation and supports the body with many other healing benefits.

Take action and slow down. You will feel better, and welcome the daily challenges of being a caretaker by taking good care of yourself! It's really no secret. But it is a gift.

Keep love in your heart and have a wonderful Mother's Day!

If you would like more information about treatments available at The Colonic Institute of West Hartford, please call Ami Beach at (860) 521-8831, 43 North Main Street, West Hartford. You can also check out their website at www.colonics4life.com.