

Cleanse and Renew Body, Mind, and Emotions

Many people believe extreme detoxification is best, and seriously damage their metabolic rate, digestive strength, and overall health by doing so. Often these same people return to making harmful, even toxic, choices that compromise their physical, mental and emotional health. Extremes do not create good health, balance, stability, and harmony.

Seasonal transitions are key times of stress when you need to simplify your diet and life. In particular spring and fall are auspicious times to embark on a focused cleanse to help your body discharge excesses from the previous seasons. Including foods in this guide will minimize stores of fat, salt, cholesterol, chemicals, and other toxins and eliminate the need for extreme detox.

It's more effective to make cleansing and regenerative foods that get rid of toxins, and practices for mental/emotional clearing, part of your daily routine. Good health, including a clear, focused mind and balanced emotions will become sustainable. You'll spend less time and money on doctor visits, pharmaceuticals, supplements, and managing your health challenges.

Benefits of Daily Cleansing Foods and Practices

- rid your body of excess fats and toxins
- restore and improve overall health
- lose excess weight
- spiritual development
- better mental clarity and focus
- greater emotional harmony
- initiate better habits
- your personal reasons....write them down

It's important for you to identify how you want to experience your health. Having a clear vision makes it far easier to make choices that will actualize your vision. Write it down and commit it to memory. Your mind has a profound influence

Food

The food you eat is creating you in body, mind, and emotions. It is one of the most significant ways that you affect your health. Most people continually recreate the same health challenges by making the same choices that caused them.

The foods described in this guide gently cleanse and renew at the same time, and contribute to ongoing balanced health. They can be used as the foundation around which other parts of your diet can revolve.

Vegetables are alkaline and gently cleansing. Eat a minimum of four cups of a variety of vegetables daily, nearly all cooked. Many people's health condition warrants eating up to ten cups daily. Eating many more vegetables will decrease, even eliminate sweet cravings.

Dark Leafy Greens such as bob choy, kale, mustard greens, turnips greens, dandelion greens, and others are best eaten daily. They are too tough and fibrous to eat raw and will harm your digestive system when not cooked. [Learn ways to cook them here](#)

Benefits: cleanse the arteries, support healthy cholesterol and blood pressure; a healthy liver; clear stagnancy; help to remove mucus from the lungs; helps to eliminate gas and bloating support mental focus and alertness, and much more.

Include cooked **root vegetables** every day. They improve digestive health and will leave you feeling grounded. Choose carrots, onions, turnips, daikon, burdock, rutabaga, beets, and parsnips, each having specific health benefits. [Roasted Root Vegetable Recipe](#)

There are many other vegetables to choose from and, depending on your condition, some should be emphasized and others eliminated. Vegetables can be made into soups, stews, stir fries, casseroles, and a variety of other dishes. Get creative and continually increase the variety and amount you eat.

Sea Vegetables

Sea plants detoxify, eradicate phlegm, remove radioactive and toxic metal wastes, cleanse lymphatic system, soften hard masses, promote healthy skin, lower cholesterol, improve metabolism, and much more. Eating small amounts of them every day is an effective way to cleanse and renew your health. Just as there is a variety of plants from the earth, there is a variety from the sea each having specific therapeutic properties.

Wakame - eat 1/8 to 1/2 tsp of wakame flakes every day. Reconstitute in room temperature water for 3-4 minutes and simply add to soups and/or vegetable or whole grain dishes. Wakame is very high in calcium and rich in niacin and thiamine. [Wakame Recipe Here](#)

Kombu is one of the most completely mineralized foods and it greatly increases the nutritional value of all foods prepared with it. It is a natural fungicide and helps eradicate fungal and candida yeast overgrowth; improves digestion and lung health; benefits kidneys. Available packaged in dried strips.

Using kombu - simply break off a small piece about 1-2 inches and add to soups, whole, unrefined grains, and some vegetable dishes. Cooking kombu with beans and legumes helps you digest them better. The kombu will soften and should be eaten but does need to cook 20-25 minutes to be edible.

Kombu and wakame are just two of a variety of sea vegetables. I mentioned them here because they are really simple to use and doing so will cleanse your body on a regular basis. At some point you may be interested in some of the others—arame, dulse, hijiki.

Buy sea vegetables from a reputable health food store. Avoid buying from an asian store or anywhere else when the ingredients are not listed in english. Should only be one ingredient. High quality sea vegetables are available online from Natural Import Company.

A good option is to use sea vegetable condiments daily. Here are a few.

[Eden Shake](#)

[Triple Blend Sea Seasoning](#)

[Kelp Granules](#)

Whole, Unrefined Grains

Whole, unrefined grains are nutrient dense complex carbohydrates. They satisfy hunger and keep you satisfied without cravings for a long period of time; provide energy and endurance; calm nerves, encourage deep sleep; promote healthy digestion and elimination, clear thinking, emotional harmony, good memory, and balanced metabolism. Their high fiber content helps to cleanse the colon. Refined versions flood your bloodstream with sugar, causing spikes in blood sugar, weight gain, irritability, and many digestive disorders.

Some cannot identify **whole** grains. Misleading advertising markets highly refined foods as whole grains. Refined cereals, flour, white rice, pasta, crackers, energy bars, and protein powders are **not** "whole" grains no matter what the label says. They lose nutrients, become congesting foods, and do not promote good health. Please don't lump refined grains with whole, unprocessed grains. They are worlds apart in terms of good health.

Opt for brown rice, quinoa, millet, sprouted rice, basmati rice, wild rice, buckwheat groats, whole oats, and others. Cook them with a pinch of unrefined sea salt or a small piece of kombu to alkalize the grains and help you digest them better. Eat them every day.

Cleanse and Renew Mind and Emotions

Your mind profoundly influences your health, happiness and life's experiences. Your personal truths guide every choice you make, even if you don't know what yours are. Personal truths are created by thinking the same thoughts over and over and over.

Pay attention to your mind. Your thoughts are feeding you. Persistent negative, anxious, worrisome thoughts are toxic and are self creating, especially those with strong emotions behind them.

Ask yourself these important questions regularly to help you transform the harmful negatives

1. What is the fear behind these thoughts?
2. Are the fears rational?
3. What's the worst that could happen?
4. What do I want instead?
5. What new choices can I make?

Emotions are a guidance system alerting you to whether you are in or out of balance. They are a response to your thoughts on any given subject. Stay aware of your feelings. Be present with them.

Long held unresolved negative emotions harm the health of vital organs contributing to many health problems. Residues from negative emotions such as anger, resentment, guilt, and others are stored in your liver and will eventually cause physical health problems.

Practices for Healthy Mind and Emotions

- Start your day thinking about, even writing down, how you want your day to go.
- Stay present. Get your mind out of the past and the future. Your power is in this moment.
- Speak your truth to others. Avoid telling others what you think they want to hear rather than what you really think. This necessitates learning and practicing good communication skills, and being comfortable with yourself.
- Say no to things you don't want to be doing. If it's too difficult for some things, then make those things something you **want** to do, rather than "have-to's".
- Forgive others and yourself on a regular basis. Figuring out the positives that have come from every experience makes forgiveness easier. [Gratitude for Problems Transforms Them](#)
- Let go of the past. Holding on causes a build-up of damaging emotions.

- Review your day in the evening. How did you do and what did you learn?
- End each day by writing down five gratitudes. Do your best not to repeat.

I do understand that some of these practices are not easy. Start with what's easiest. With persistent self-reflection you will be successful at quickly recognizing unhealthy thoughts and feelings that compromise your physical health. Seek professional help with this from a counselor, social worker, or psychologist. If you're drawn to Attitudinal Healing, a modality that finds causes of and solutions from a mental, emotional, and spiritual (nothing to do with religion) perspective, consider [Holistic Life Coaching](#).

Breathe Away Toxic Thoughts and Emotions

Practice long, slow, deep belly breathing (diaphragmatic breathing) 5-10 minutes several times daily. Doing so is cleansing. You can learn this from a yoga instructor or search for a video online.

Imagine breathing in peace, well-being, balance, wholeness, or any quality that you want more of in your life. On the exhalation, breathe out problems, tension, worries, fears, or anything else you want to release.

Deep breathing raises oxygen levels and allows your brain to function better while promoting a positive mental outlook. When fully oxygenated, your lungs, immunity, energy, and moods will improve.

Sleep

Not getting enough can leave you feeling tired and worn out causing you to be less productive and taking longer to complete tasks. Several studies report that not getting enough sleep predisposes you to obesity. Lack of sleep makes you five times more likely to develop depression. Your odds of anxiety or panic disorders are even greater. And it may lead to type 2 diabetes according to some research.

Sleep is a time your body renews and regenerates. Your body's energy goes to work to heal and repair what needs to be healed. Your immune system identifies harmful bacteria and viruses and destroys them during sleep. Your mind is quiet so there is no mental resistance going on. Adults need 7-9 hours of sound sleep.

Benefits of 7-9 Hours of Sleep

- When you awaken, you'll feel energized, alert, sharper, and more focused throughout the day.
- You'll be less moody.
- Memory will be better.
- Stress levels and inflammation are lowered during sleep.

- Healthier immune system.
- Blood pressure goes down during sleep giving your heart and blood vessels a rest.
- Likely to have less food cravings during the day.

To Improve Sleep

1. Get on a regular schedule and go to bed at the same time every night, no later than 11 p.m.; earlier is better. Turn off all electronics two hours before bed, especially if you have chronic insomnia issues.
2. Determine if it's time to buy a new mattress and pillows. These can make a big difference in your ability to sleep well.
3. Keep your bedroom dark and quiet.
4. Practice deep breathing and relaxation techniques before bed. Meditate.
5. Stop eating 2-3 hours before going to bed (3 hours best). Eating close to bedtime causes your body to be active during the night in an attempt to digest food. This will interfere with your sleep.
6. Exercise every day. Brisk walking is very effective for releasing physical, mental, emotional toxins that interfere with good sleep.
7. Sleep supplements can be helpful but the problem is they generally do not target the cause, and many contain synthetic fillers and a list of chemical ingredients, and have side effects. If you want professional help choosing the appropriate safe, effective sleep aid for you, [contact me](#).
8. Take short naps during the day if you haven't gotten enough sleep

Renewal is strengthened by living a life that you love with passion, fulfillment, peace and joy. Find things that you are passionate about and do them. Figure out what gives you that deep sense of fulfillment and engage in those things. Experiencing these qualities regularly will negate many toxins.

Implement some of these suggestions daily to get a positive momentum going. Soon—and it may take a few months—they will become a part of your daily routines essential for vibrant health.

Since 1985 I've helped thousands of clients and seminar participants reverse health and weight issues; create emotional harmony; and balanced, peaceful, happy lives they love.

If you'd like an experienced Holistic professional to help you on your journey, I'm here for you. I'll meet you where you are and walk with you on your path to vibrant health and joyful living with compassion, respect, and an effective plan. Visit wholehealthresources.com for more Holistic resources.

Health and Peace to You,
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