



BYRON BAY
DETOX RETREATS



byronbaydetoxretreats.com.au

5 Secrets To Detox

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Did you know? There is over 150,000 chemicals now registered for use in Australia with 75% of these never being tested for human safety and the environment.

This increased toxic burden creates havoc on our bodies and can manifest in to many illnesses. Find out what you can do to assist detoxification and prevent disease.



Avoid Exposure

Avoid exposure by choosing the food we eat, the environment we live and work in and what we put on our skin.

What you can do to decrease your toxic exposure:

- Eliminate bad habits such as drugs, alcohol and smoking.
- Avoid processed foods, sugar, high intake of red meats and refined carbohydrates.
- Choose [organic foods](#) where possible as this will decrease exposure to pesticides and herbicides.
- Avoid chemical toiletries and cleaning products and choose [natural alternatives](#).
- Do you know that anything you put on your skin only takes 20 seconds and gets absorbed straight in to the blood stream.
- [Avoid using plastic](#).

Alkalise

Did you know that most diseases cannot survive in an alkaline environment and a diet high in acid is known to increase inflammation and illness!

Ways to alkalise:

- Include more leafy green vegetable such as kale, broccoli and spinach which are high in chlorophyll a detoxifying agent and stimulate the liver and kidneys. The antioxidants in these foods also help fight bacteria, viruses and remove toxins.
- Add to your diet green juices, green smoothies and superfoods such as spirulina and chlorella which also clean the blood and clear the skin.
Byron Bay Detox Greens - www.byronbaydetoxgreens.com.au
- Include alkalising apple cider vinegar, lemon and lime.
- Alkalising helps fight free-radical damage and inflammation and supports healthy cellular regeneration within your body.





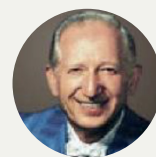
Open The Channels

The skin, bowels, kidneys and lungs are the major organs of elimination. There are ways we can support these organs in order to decrease the toxic load.

What we can do:

- The Skin - through [dry skin brushing](#), saunas, ice bath therapy, saltwater and exercise.
- The Lungs - through deep diaphragmatic breathing, exercise, using air purifiers and spending time in nature which is oxygen rich.
- The Kidneys - by drinking at least 2 liters of clean alkalised water daily. Celery, parsley, and herbal teas such as nettle and red clover will also assist in flushing out the toxins from kidneys.
- The Bowels - carry anything from 2-6kg of toxic waste. Its important to have daily regular bowel movements or for rapid detox use [colonic hydrotherapy](#).

“ The colon is the most neglected and forgotten organ of the body. Colon health emphasizes prevention rather than cure. It is the most important step in maintaining or regaining vital health.”



Dr Bernard Jensen

Fasting

Proven throughout history for physical, mental & spiritual rejuvenation, fasting promotes cleansing & healing. If we are to get the poisons out of our body we must fast. By fasting we give our bodies a physiological rest. This rest build Vital Force. The more Vital Force we have, the more toxins are going to be eliminated from the body to help keep it clean, pure & healthy
Patricia Bragg.MD.

Fasting Benefits:

- Increase autophagy-cellular housekeeping & renewal.
- Promotes detoxification by breaking down fat reserves & mobilizing & eliminating stored toxins.
- Decreases PKA enzyme linked to ageing and cancer.





Meditate

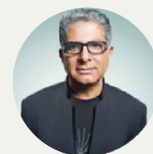
Just as we clean our bodies it is also important to clean and detoxify our minds

Our mind is the master to the rest of our body and when we can get to a good positive mental state, our physical health improves too.

Stress produces a lot of acid in the body and keeps us in the sympathetic nervous system “fight and flight”.

We need to be in our parasympathetic ‘rest and digest’ state for optimal detoxification. Meditation, yoga, mindfulness and being in nature are nourishing practices to calm and clean the mind.

Meditation is a vital way to purify and quiet the mind, thus rejuvenating the body.



Deepak Chopra



Detox & Feel Alive!

Natalie & Byron Bay Detox Retreats Team



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