

Mindful



Health

# Newsletter

Vol. 1 • Issue #9

**H**ow far would you go for your health? Would you confine yourself to a liquid diet if you knew it would help you lose weight? Would you sign up for colonics to cleanse toxins? Would you take laxatives to eliminate water weight?

Everyone could benefit from some sort of detoxification regimen but it is important to do so in a gentle manner. It is easy to overtax your organs when you are ridding yourself of toxins. How do you know if you need to detox? If you answer yes to these questions you could benefit from a cleanse.

## **SYMPTOMS:**

- Frequent, unexplained headaches, joint pain, aches or back pain?
- Chronic respiratory problems or sinus infections?
- Food allergies or digestive problems like constipation, bloating or gas?
- Abnormal body odor or bad breath?
- Dizziness or abnormally poor memory?
- Acne, brittle nails, or unexplained weight gain?
- Depression or insomnia?
- Environmental sensitivities especially to inhalants?

**Come visit my website at  
[www.mindfulhealth.biz](http://www.mindfulhealth.biz)  
for more information.**

If you answered yes to some or all of these questions you could benefit from making a few changes to your diet and to your lifestyle. The following methods are gentle ways to make small changes. Oftentimes people try to "force" a detox through supplements and fasting and this puts a strain on your system.

Here are some simple steps to make small changes:

**1-**Eliminate dairy and red meat for at least a week. Hormone free, plain yogurt with active cultures is ok. (example: Stonyfield Farms)

**2-**Drink water with a lemon first thing in the morning

**3-**Give your lymphatic system a cleanse by getting a massage, exercising or by using a dry skin brush. (Look for the dry skin brushing instructions on the next page)

**4-**Practice Deep breathing exercises. This helps to expel toxins. Breath in and fill your lungs and exhale to a count of ten. Repeat at least 5 times.

**5-**Drink 8-10 glasses of water throughout the day but do not drink as much with meals because it dilutes digestive enzymes.

**6-**At the end of a shower make the water cooler to help with blood flow.

***Schedule an appointment with me if you want more detailed detoxification advice. There is so much more I could tell you!***

Confused about all of the health theories that are out there? Looking for some answers?

Do you want to have a unique program tailored to your lifestyle and needs? Why not consider a compassionate health and nutrition program made to work for you? Call Nicole Glassman at (212) 452-3491 for a free consultation or e-mail her at [Nicole@mindfulhealth.biz](mailto:Nicole@mindfulhealth.biz)

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## DRY SKIN BRUSHING

- 1-Buy a natural, not synthetic, bristle brush with a long handle that does not scratch the surface of the skin.
- 2-Brush the skin dry before a shower or bath at least once a day.
- 3-Do not wet the skin while brushing.
- 4-Start with the soles of the feet and then move to the ankles, calves and thighs, then to the abdomen, buttocks, hands and arms.
- 5-Always brush the skin in the direction of the heart.
- 6-Do circular, counter-clockwise motions on the abdomen.
- 7-Do lighter strokes on the chest area. Women be careful around the breast area.
- 8-Brush each part of the body several times.
- 9-Take a warm bath or shower then follow with a cool rinse to cause the blood to flow and to stimulate the lymphatic system.
- 10-Wash your brush in warm water and let it dry.



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