

# Detoxification ~ The Key to Good Health

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## HAPPY NEW YEAR! AND HAPPY VALENTINE'S DAY!

It's traditionally the time of year where we start thinking about taking care of ourselves again after all of the hurriedness, stress and diet changes we experience over the holidays. Time to get back into a routine, one that includes habits and activities that nourish and support the health of our bodies like eating well, drinking enough water, stretching, exercising, meditation and receiving bodywork, to name a few.

Almost everyone is familiar with the phrase detoxification—or detoxing—but many don't really understand how vital this process is to your health. Here are some basic points you should know:

To simplify, detoxification is the process of your body cleaning out any substances that aren't needed or shouldn't be in your body. And in today's world, the incidence of exposure to unneeded or unwanted substances is substantial. Air and water pollution; pervasive chemical use; insecticides, pesticides, and antibiotics in our food; excessive use of sugar, caffeine, alcohol, various drugs and medicines—there is little doubt that we

are all exposed to many things that are to some degree toxic to our bodies.

So what takes place within your body that makes this such an important health issue? Physically, you maintain a healthy condition when your system gets adequate exercise, fresh water and nourishment. When unnecessary substances “invade” the body, they must be collected and removed. If the volume of toxins is too high, these substances will be stored in your body. This opens the door to illness and degenerative disease.

Signs of toxicity include headaches, constipation, bloating, fatigue, and skin conditions (rashes, etc.), to name a few. To cleanse your body of toxins and wastes requires more than regular bathroom visits—your body relies on the liver, kidneys, skin, lymphatic and circulation systems working in harmony



**Remember your sweetie on Valentine's day with a gift certificate for massage!**

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to keep your system clean and functioning properly. For instance, your skin disposes of many toxins through perspiration, and your liver removes wastes from the blood. If your digestive system is sluggish, the waste putrefies and creates toxins that can be recirculated within your body.

**One of massage's greatest benefits** is its contribution to the detoxification process. While massage is improving your circulation, increasing your flow of lymph, and encouraging all your various systems into more efficient operation, it is helping your body toward more effective elimination of toxins and waste.

In her book *Purify Your Body*, Nina L. Diamond has this to say about massage: "Research has shown that bodywork treatments strengthen your body's immune system, enabling you to resist and combat disease... By directly stimulating your body's systems, all forms of massage and bodywork are valuable tools for literally helping your body clear its toxins and toxic accumulation

So while you're enjoying your next massage session, you can appreciate this added health benefit!



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## DRINK PURE WATER!

Water is a vital ingredient to good health. Unfortunately, far too many people just don't drink enough water.

In her book *Your Natural Health Makeover*, naturopathic physician Dr. Lauri Aesoph gives the following reasons to include adequate pure water in your daily diet:

- 1) Water, (not soda or juice) makes up 70% of the adult body
- 2) Water helps clear the body of waste material
- 3) Water helps fight constipation and aids digestion
- 4) Water helps lubricate joints
- 5) Water aids cell function and is an important solvent in the body
- 6) Water vapor in the lungs helps control oxygen concentration there
- 7) Water helps control body temperature
- 8) Inadequate water intake may result in fatigue and general body aches

If you are one of those people who has a hard time drinking enough water, you can try this: Make a commitment to drink only water for several days. (You should be drinking about 8 eight-ounce glasses every day.) Notice how you feel and what changes you experience. Hopefully you'll be ready to continue making water your main source of liquid.

It's true that you should drink water following each massage session because your body is busy eliminating toxins. If you don't get enough water, these toxins will stay in your system—often causing some physical discomfort—and you've lessened a major benefit of your massage.

Drinking enough water is one of the easiest and most important steps you can take to improve your health, so make it a priority!