

***“Your success and happiness lies in you. Resolve to keep happy, and your joy and you shall form an invincible host against difficulties.”***

***- Helen Keller***

I love this quote because it's a good reminder that you are in control of your own success and your own happiness. It's especially important for those of us who often feel like we're a human punching bag and that others are in control of what happens to us. We must decide within ourselves that we CHOOSE to be happy and hopefully that joy will come to us. Once we CHOOSE happiness, it should shield us from the pain and sadness of difficult events that come into our lives.

Spring is finally here...though the cool temps outside are a reminder that winter doesn't quite want to let go. But what I love about spring is that it's a time of renewal. So I figured this would be a good time to talk about how to renew our bodies and start to eliminate the negative habits we picked up over the winter. Read on to find out how. I'd love to help you get there.

Yours in health,



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### **Easy Ways to Detox Your Body**



It's so easy to overindulge over the winter...on food, on alcohol, on sweets. We're typically less active, so we don't burn as many calories as we do in the warmer months, when we can get outside and do all the things we love. For me, that's going on a long hike in a quiet place, preferably one with water. Solitude in nature centers me and sings to my soul. It's my best personal detoxifier. But there are many ways to detoxify. This list is just an appetizer, so if you want dinner and dessert, please contact me.

**Drink plenty of filtered water.** The best way to flush toxins out of your body is with water, but don't use tap water. It's full of its own set of toxins like chlorine and fluoride. I filter my water with reverse osmosis, which is in my opinion, the best filtration system for getting toxic elements out of your water supply. A good way to determine if you're getting enough water is to divide your weight by 2. The result is how many ounces of water you should be drinking each day.

**Add lemon to your water in the morning.** I try to drink 8 ounces in the morning before I do anything else. I recommend squeezing a piece of lemon or adding 1-2 drops of organic lemon essential oil to your glass of water. It tastes great and will get you going for the day.

**Scrape your tongue.** Believe it or not, a lot of stuff builds up on our tongue and this is often the cause of bad breath. Ayurvedic medicine, an ancient practice from India, believes it's an easy and important way to detoxify your mouth. If you scrape your tongue every day, it will remove any type of build-up, which can store bacteria. Scrape your tongue daily from back to front 10-15 times. Combine this with oil-pulling (ask me how) for an amazing mouth detoxifier.

**Eat more organic leafy greens.** Greens such as spinach, kale, cilantro, celery and parsley contain important nutrients, lots of fiber and something known as chlorella, which is known to help cleanse the blood. If you don't like eating these terrific items raw, add them to a soup or smoothie, or sauté them in some coconut oil. Organic cilantro is one of the best detoxifiers out there. I add a ton to my homemade guacamole.

**Use essential oils.** My February 2018 newsletter (*all my newsletters from the last 3 years are on my website*) provided some very basic information on why essential oils are so good for us. I use them now in so many things. Experiment with different ones, as I have, to boost your health and detoxify your body. One of the most potent essential oils out there, frankincense, can be used to ground and center the mind and body. Peppermint helps refresh the mind. Lavender calms the mind and oregano oil can help with viruses and bacteria.

**Do some breathing exercises.** It's easy to take shallow breaths, especially when we're upset and that's not the best way to breathe. A great breathing exercise I recently learned and now try to do daily is this: 1) Inhale for the count of 4, 2) hold it for the count of 4, 3) exhale for the count of 6, 4) hold that for a count of 2. Do this 10 times at least twice a day and you'll be amazed by how much more relaxed you'll feel.

**Exercise.** This is a no-brainer for me. Exercise clears the minds and benefits the body. Sweating helps with the body's detoxification process. Aerobic activity puts more oxygen and endorphins into your body, which is a win-win. An additional benefit of exercise is that it helps alleviate mild forms of depression by releasing those feel-good endorphins throughout your bloodstream.

**Clean out your kitchen and bathrooms.** Take a good look around these rooms and start to read labels on the products you use every day. My September 2017 newsletter told you about all the dangerous chemicals lurking in every-day products. Pay special attention to the products you put on your skin, which is your body's largest organ. I now make my own lotion, shampoo, dish and laundry detergent to help my family avoid the toxic chemicals in the products sold in most stores. I have quite a few recipes for these types of products. Contact me if you want them.

**Brush your body.** We all brush our hair, but not many people have heard of brushing the body. There are special brushes designed just for this purpose and the best time to brush your body is right before taking a shower or a bath. Start at your feet or hands and then work your way toward your heart. Like tongue scraping, body brushing is one of the centerpieces of Ayurvedic medicine because it helps stimulate the lymphatic system.

**Make a gratitude list.** Making a list of all the people and things for which you are grateful is one of the key ways to detoxify the mind of negative thoughts and help you let go. Tune into people, events and things in your life that you most appreciate. Are you and your family healthy? Do you have a roof over your head and plenty of healthy food in the refrigerator? Is your paycheck larger because of the recent tax cuts? Are you grateful that I've given you a list of ways to help detoxify and improve your health? Make a list and add to it daily as you think of others. Review the list often.

As I close this month I'll leave you with this thought. Take the time to connect with someone who means a lot to you. Reach out to that person, even if it's just by text, and tell them you're thinking about them. Give a complement to a stranger standing in line behind you at the grocery store. You'll make their day. Most people don't see a link between health and interacting with other people, but it truly is related. In my younger days, I had a bad habit of "hermitizing" myself, but now I try to reach out. There's a well-known study out there called the "Alameda County Study", which followed people for 10 years. It found that those with the fewest social ties were THREE TIMES MORE LIKELY to die over a 9-year period than those who had the most social connections. One of the most amazing things about the results of this study was that they found it didn't matter whether people had pre-existing medical conditions, problems with their weight, alcohol, drugs or even smoking. What mattered was their connections. Reach out and then spend the coming month taking one, some or all of my suggestions and start the important process of detoxifying.

Have a wonderful month.