

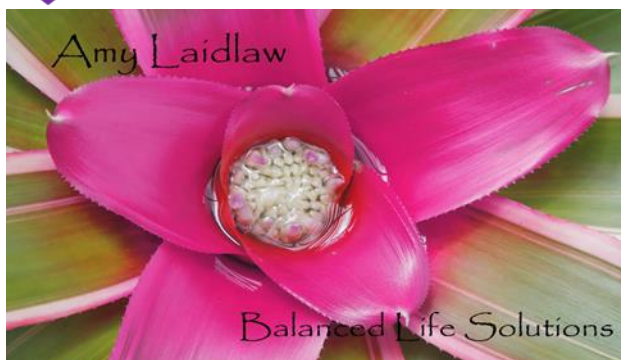
5 Signs You Have Toxins Trapped in Your Body

This is very useful information. I also find it useful to sit in a sauna or steam room on a regular basis to detoxify your body.

[5 Signs You Have Toxins Trapped in Your Body](#)



~Namaste
Amy Laidlaw
Balanced Life Solutions
~Certified Reiki Master Practitioner
~Certified Life Coach
480-331-9613
BalancedLifeSolutions.net



Amy Laidlaw
Certified Life Coach
Certified Reiki Master Practitioner
Certified LaHoChi Master Practitioner

BalancedLifeSolutions.net
Amy@BLShealing.net
480-331-9613

Life solutions for your Heart and Soul