

All Natural 12 Day Detox



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This program cannot be construed as a recommendation of medical treatment or medication. It is not professed to be physical or medical treatment nor is any such claim made.

There are no medical recommendations or claims for the 12 Day Detox program or for any of the vitamin or mineral regimens described in this program.

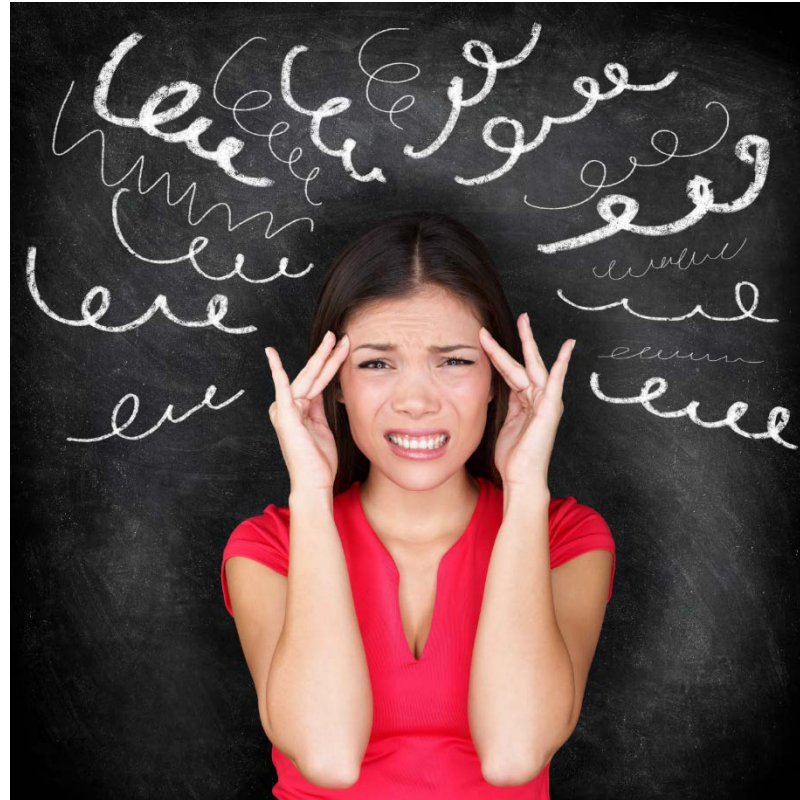
No individual should undertake the 12 Day Detox program or any of its regimens without first consulting and obtaining the informed approval of a licensed medical practitioner. The author makes no warranties or representation as to the effectiveness of the 12 Day Detox.

Stress



Stress is a normal psychological and physical reaction to things that upset your balance. Studies show that most people experience some type of stress throughout the year.

When your brain perceives a threat, it signals your body to release a burst of hormones to fuel your capacity for a response.



The problem comes when we have non-stop stress and the hormonal release is constant.

Signs of Stress



Changes here can be a sign of too much stress:



Concentration

Judgment

Negativity

Anxiety

Worry

Aches

Digestive distress

Nausea

Chest pain and racing heart

Libido

Immunity

Mood swings

Aggressiveness

Overwhelm

Agitation

Isolation

Depression

Eating

Sleep

Procrastination

Addictions

Memory

Stress Relief



Determining the cause of your stress is your first step. After identifying the cause is the time to start working on strategies to deal with them. Often it is as easy as staying away from the neighbor who drives you nuts, or turning off the news. If you can't avoid the stress inducer, the next step is to figure out ways to live with it.

Don't try to do it on your own. Join a group whose members are going through the same stress as you and/or seek help from family and friends. You may also benefit from daily practices that encourage stress reduction. Some of these include mindfulness, prayer, meditation, yoga or just going outside to enjoy nature.

In our world, it is unrealistic to expect stress to disappear from your life. Managing stress isn't a one day thing. With consistent effort, you can learn to manage your levels of stress and increase your ability to handle the challenges that bring stress.

Stress Relief



You can relieve stress by:

- | | |
|-----------------------|-----------------------|
| Laughing | A steam shower |
| Exercising | A warm bath |
| Proper nutrition | Deep breathing |
| Meditation | Focusing on gratitude |
| Yoga | Participating in your |
| Prayer | favorite hobby |
| Enjoying nature | Anything on/or around |
| Reading | water |
| Getting away from the | Running |
| cause | An act of kindness |
| Taking a break | A good night's sleep |



Sleep



Efficient sleep combats stress and expedites the benefits of a cleansing.

To sleep deeply is to sleep efficiently. Better rested people have more energy and aren't reliant upon stimulants such as sugar or caffeine. Your average North American adult only sleeps about 6 hours a night. Most experts recommend 8-9 hours of nightly sleep for optimal health benefits.

Scientists have gone to great lengths to fully understand the benefits of sleep. In studies of humans and other animals, they have discovered that sleep is essential for brain function, metabolism, memory, learning, and other vital functions.

Be sure to get at least 10 hours of sleep each night during your program. You may want to plan for even more rest than that, given the process your body is going through to rid itself of toxins. Allowing yourself 10 hours to rest each night during your detox can be very helpful to staying energized and feeling strong.

12 Day

Natural

Detox