



SIMPLE WAYS TO Detox your Body & our World

YOU ARE WHAT YOU EAT

or what your skin eats!

Many care about buying organic & local food but little thought is placed on what is rubbed, bathed in, or sprayed on the body, on an almost daily basis.

It is important to look out for, and avoid, synthetic chemical ingredients in personal care products:

Parabens (methyl, ethyl, butyl, isopropyl)

Sodium lauryl sulphate (SLS) (& Laureth)

Dimethicone, Deithanolamine (DEA), Triethanolamine (TEA)

Phenoxyethanol, PEG-10, PEGs...

Fragrance & Parfum, which can contain phthalates!

Isopropyl alcohol, Triclosan, Propylene glycol



Synthetic chemicals are something that we come into contact on a daily basis, in the modern world. Some synthetic chemicals are thought to cause ill health; cancer, diabetes, eczema, acne and other conditions. However there is a way of reducing our body's 'Toxic Load' by eating real plants & genuine whole foods and making a few simple life-style changes!

When choosing food, as with skin care, it is important to read labels.

What is MSG? What is aspartame?

There are many great resources to assist you in detoxing your home but it is important to start simple. *My top tips are:*

Turn your cell phone off at night, use corded ethernet cabled internet.

Avoid foods in a box that make elaborate health claims.

Eat butter rather than margarine or vegetable oils

Use on your skin only products you'd be happy to eat!

Avoid synthetic perfumes, washing powders, drier sheets & air fresheners!

Value sleep, that is when our body repairs and detoxes.

Look after yourself, caring for yourself is not selfish, it's essential!

ACTUAL ORGANICS

Tel: 1.360.450.5655 ActualOrganics.com Book your wellness consultation today!

As for butter versus margarine, I trust cows more than chemists.

~Joan Gussow

Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity. ~World Health Organization, 1948

Detox your bathroom and under the kitchen sink, too!

We can buy all manner of cleaning products and they can have known toxic ingredients. It is crucial to think about what ingredients we are using in our homes as a cocktail effect of synthetic chemicals, mostly unregulated, are available to us and, studies show, detrimental to health.

Bicarbonate of soda & vinegar makes a great eco-friendly house cleaner, why not add a drop of lemon essential oil to create a fresh, natural scent?

Sleep is vital for health and peace of mind.

We need sleep, turn the computer off two hours before bed!
Read a library book, start to relax an hour before going to bed.
A warm bath can help relax the body.
Lavender essential oil can calm the mind & body- one drop on your pillow
Take a glass of water to bed, drink first thing in the morning to stay hydrated.

DETOX EXERCISE

One of the best ways to detox the body is *get moving*, sitting tapping computer keys is not really moving many parts of your body. Therefore a brisk walk, to work, or at lunchtime is a great way of increasing the circulation and getting the lymphatic system working efficiently.

Body Brushing assists lymphatic drainage and clearing of toxins through the lymph (a major detoxification) system of the body. Daily Body Brushing is worth it!

Exercise also helps the bowels move too, effective elimination on a daily basis is crucial. If you have elimination issues adding sauerkraut to your diet as well as Celtic sea salt can help. I like [Fast Tract](#) probiotic liquid. Drinking water helps to hydrate the body & assists in detoxing -not too much though!



Rub a clove of garlic on your foot and over time the breath smells! Thus what we use on our body is absorbed through the skin. I wanted to find products that were good enough to eat, with [Miessence](#) they are!

As an independent rep I offer my clients organic skin care with certified organic ingredients, and many products are certified organic to food grade standards. Our skin is precious and thus 'real skin care' is important.

Miessence also makes certified organic perfumes which are therapeutic grade certified organic essential oils in a jojoba oil base. They are true [artisan perfumes](#).

As a Miessence rep I do benefit from sales of certified organic skincare.

"Life begins with a healthy digestive system." Joanna Runciman

