

ROADMAP TO HEALTH

Your body is constantly fighting toxins.

Help your body out.

Household Cleaners
Plastics
Preservatives
Antibiotic Residues
Personal Care Products
Smog
Off-Gassing
Cosmetics
Heavy Metals
Mold
Trans-Fats
Pesticides
Artificial Flavors



positive motion
get healthy. feel better.

get healthy.

Minimize Toxic Exposure

- Buy the "dirty dozen" organic and wash all produce appropriately
- Know that your organic is *really* organic with USDA Organic label
- Wash and soak (and peel if appropriate) your fruits and veggies
- Choose nontoxic, clean personal care products and primarily use natural household cleaners
- Buy humanely-raised, quality meats (you are what your food eats)
- Avoid plastics and never heat in them!

Eat Clean and Consciously

- Restore a healthy relationship with food and foster consciousness
- The majority of your diet should be anti-inflammatory foods (see back)
- Don't skip meals, and especially never skip breakfast
- Eat balanced, macro-nutrient meals (quality protein + good fats + complex carbohydrates in each meal)
- Choose nutrient dense, low calorie foods over calorie dense, nutrient deplete foods
- Practice portion control (smaller dishes, no eating out of containers, eat slowly and while not distracted)

Exercise and Move Fluidly

- Find an activity you enjoy doing to get your exercise—it should not feel like drudgery or work, it should be fun and restorative
- Learn to have better posture and movement through balance classes at Positive Motion Health
- Enjoy a myriad of benefits of regular exercise, including weight loss, mood improvement, increased life span, and better sleep quality

Detox/Cleanse Quarterly

- Your body has pathways to remove toxins naturally
- Toxic exposure minus your body's ability to detoxify and excrete equals your total toxic load
- Use supplements to help your body detoxify and excrete, such as *Detoxification Factors™* and *Blue Heron™*
- To improve excretion, use a skin brush, sweat regularly (exercise and sauna), and drink plenty of water

Get Healthy Sleep and Reduce Stress

- Get into a regular sleep routine and make it a priority
- Develop a bedtime ritual and maintain a consistent time to get in bed and to wake up
- Get eight hours of sleep per night (kids need more, 10-14 hours/day)
- Establish an electronic-free zone at least one hour prior to bed
- Try to meditate for just 10 minutes a day, every day (www.headspace.com)

Be Sure to Drink Enough Water

- Your body cannot work properly without being hydrated
- Drink half your body weight in ounces each day (for example, if you weigh 150 pounds, you need to drink at least 75 ounces per day)
- Consume more water if you drink caffeine or alcohol, if you are in a hot climate, or when you sweat during exercise or effort
- Make your water fun—add fruit, sparkling water, stevia drops, or herbal teas

feel better.

It's not a question of **if** you have dangerous toxins in your body, rather it is **what types** and **how much**.

The Facts

Environmental Working Group (EWG) researchers tested umbilical cords of U.S. newborns for 400 different toxic chemicals and found 287 known chemicals, of which 180 are known carcinogens and 207 are toxic to the brain and nervous system.

Recent Environmental Protection Agency (EPA) analysis of human fat tissue samples showed numerous hazardous toxins in 100% of the samples tested.

Urinalysis has shown Bisphenol A (BPA) in 95% of Americans.

The Side Effects

Toxins in your body can effect you in many ways, from troubling symptoms to an increased susceptibility to develop pathologies, including:

- Nerve damage
- Heart disease
- Body aches
- Low energy
- Autoimmune disease
- Parkinson's
- Recurrent infections
- Cancer
- Diabetes
- Obesity
- Depression
- Asthma
- Allergies
- Anxiety

The Good News

Your body has the ability to detoxify, but sometimes becomes overwhelmed and needs some help. Follow these **six simple guidelines** to help your body detoxify and regain optimum health.

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