

How Do I Determine The Right Protocol for Me?

It is very important that each individual determine for themselves how they want to go about the process of detoxification. There are several different ways to detox and selecting the modalities that feel right for you at this time ensures success. A wholistic and balanced approach will yield better results.

Nutrition

What you put in is the most important part of understanding what to take out. Detoxification is a necessary daily event in maintaining good health. There are 5 excretion pathways for toxins to leave the body – bowels, urinary system, lungs, lymph, and skin. The liver does much of the back-up work converting toxins into excretable substances. If any one system is not working properly, or if the toxic burden is high, the other systems must work even harder.

You can reduce your body's toxic load by lowering the amount of toxins entering your system. This means drinking only pure filtered water, using non-toxic cleaning products, using non-toxic skin care and personal products, avoiding exposure to chemicals, plastics, medications, and irradiated, chemically treated foods.

The body's ability to detoxify is dependent on the proper amounts of many important nutrients. Junk food, refined sugar, hydrogenated oils, refined foods, and chemical additives do not supply the necessary nutrients. In fact, we can call them "anti-nutrients" because they further deplete the body. It takes more nutrients to process those foods than the foods provide. The body's detoxification pathways will function best if a diet of organic whole foods is consumed daily. This means consuming organic vegetables and fruits, antibiotic and hormone free meat, fish and dairy products and whole grains. Our bodies need to be detoxifying everyday. The life style choices we make should support this process. *Cindy Roberts 970-498-0207 csrenergy@aol.com*

Fasting

Exercising caution and being under the guidance of an experienced medicine person or holistic health care practitioner is advised. Fasting is a unique experience and should be tailored to your own body chemistry. There are many different protocols to follow and finding the right one is very important in maintaining balance. I have witnessed people going overboard and spending years trying to right themselves. I believe it should be seen as a means of clearing out the body systems and starting fresh. Reintroducing food gradually and listening to the reactions of the body on all levels will help you determine what to avoid in your diet. Your body will send you the information you need to create a healthy and balanced diet that is right for you after the fasting.

From a spiritual perspective it is a time for self-reflection and emptying out of the self. It is essential to create space away from your responsibilities in the world. The idea is to release those attachments if only for a short while. Fasting from food is not about depriving oneself, but rather, about filling up on energy, essence and connection to vibration as a source of sustenance. Transcending the "needs" of the body allows us to experience ourselves more freely and expansively. It also provides an opportunity for us to really connect with the messages our bodies are giving us, including the message that it is time to end the fast. Prolonging a fast to prove something is evidence of the ego, not a true measure of discipline.

Exercise

All systems go is the idea behind exercise. When we are in motion our body has a chance to optimize its natural functions. All of the organs, lymph and endocrine systems work harmoniously. Exercise stimulates the release of toxins through the circulation of blood. Our bodies produce natural gases that are toxic. When we stretch our muscles we release these toxins through the skin. Cardiovascular exercise stimulates the lungs to release toxins as well. Working up a sweat is another natural processes for the release of toxins.

A little bit goes a long way. Stressing the body by demanding too much of it reduces our ability to detox naturally. Walking, swimming, biking, hiking, dancing, skiing, jogging with very good shoes carefully fitted, and playing in recreational sports are all good ways to keep things moving smoothly.

Yoga

Yoga can contribute to your detoxification process. Practicing the asanas (postures) and breath work combine to utilize many of the body's systems. Combining them will help to flush out impurities and to revive your body with prana (life force energy). Yoga also combines stretching, strengthening, balance, endurance, and calm with a unique blend of poses and breath.

Sabré teaches a yoga class for women on Thursday mornings 9:30-11 at the Masonic Temple, and a class for seniors there as well. My Aspen Club Seniors class is 1-2:15 on Thursdays. I also have mini-workshops on Saturday morning 10-12:30 once every 4-6 weeks.

Sabré Page 970-282-7724

Ecstatic Dance

Heartbeat Dance offers sessions once a month at the yoga studio at Pulse. These sessions are based on the Fifth Wave philosophy- freedom of movement orchestrated by vibrational patterns in music. Allowing ourselves to flow naturally with the tempo and beat of the music moves energy through the body to a crescendo and down into a cooling period. Dance releases endorphins and allows us to connect with the more primal aspects of ourselves. It can really aid in the release of emotional and mental stress. *grace@ezlink.com 498-8422*

Bodywork

Reflexology

Reflexology is specifically designed to serve as a detoxification process. It operates on four principles. **Relaxation, Circulation, Stimulation and Integration.** The primary focus of a treatment is to reach a state of deep relaxation that induces homeostasis. Without mental distraction and stress the body returns to the original blueprint for healing and can allocate resources where they are most needed. Circulation is necessary for the function of all cellular activity in the body. Poor circulation results in calcium and uric acid deposits in the feet and stagnant energy and toxins filling space in the vital organs. Poor circulation effects blood pressure, complicates problems of diabetics and contributes significantly to dementia. Physical manipulations help stimulate circulation throughout the body. This moves energy, nutrients and oxygen to where they are needed. Stimulation of the reflex response found in acupuncture points is at the heart of reflexology. There is a map of the entire body found in the feet, hands, and ears. When these acupuncture points are activated the organ or gland has a reflex response. The contraction of the organ is like squeezing a sponge. Reflexology literally flushes the system from the inside out. Circulation then moves the stagnant energy and toxins through the filtration systems. Integration is creating synergy of mind, body and soul. Energy is the basis of all life and a vital factor in healing. Reflexology uses the principles of meridian lines and an

Eastern philosophy about energy fields. Working with intention allows us to shift the energy patterns in the matrix of the life field or aura. Reflexology is extremely grounding and helps connect the client to earth energies that bring balance on every level of being. Responding to the natural rhythms of the earth aligns our body, psyche and energy to optimize our health. *Suzanne Rougé 308-1415*

Massage Therapy

Massage is one of the oldest, simplest forms of therapy and is a system of stroking, pressing and kneading different areas of the body to relieve pain, relax, stimulate, and tone the body. Massage also stimulates blood circulation and assists the lymphatic system (which runs parallel to the circulatory system), improving the elimination of waste throughout the body. When the circulation and metabolism are stimulated the body's own processing improves. This in turn improves the elimination process, helping the body to rid itself of waste and toxins. In other words, this helps the body to detoxify itself. Massage has the potential to restore the individual physically, mentally and spiritually.

Katie Baughman 391-5954 katydid594@aol.com

Hot Stone Massage

Hot Stone Massage - a wonderful way to achieve deep relaxation and pain relief! Let my warm, smooth, oiled & fragrant stones make your muscles feel like melted butter! Hot Stone Massage combined with essential oils, energy balancing and specific techniques for pain relief is guaranteed to leave you feeling deeply relaxed, de-stressed and feeling great! Reflexology options with hot stones are available.

Phenomenal Touch Massage™

Imagine a therapeutic massage (with or without hot stones) while you are gently rocked and moved by the therapist. This combination of massage with acupressure, energy balancing and gentle assisted stretching is especially great for 'working out the kinks' in the neck, shoulders and back. Other options included at no extra charge - Neuromuscular Therapy for Pain relief (headaches, sore neck, back, arms, legs or feet) is customized to your needs in every session. I am also a certified Reiki Master and include Reiki Energy Balancing with your session. Reflexology and Aroma therapy options can also be included in any session. More information at

www.callmary.net 970-204-1794 b.axelrod@comcast.net

Network Chiropractic

Network Spinal Analysis is an approach to wellness that applies low force contacts to the spine to cue the nervous system to release tension from the body and develop new strategies for living and healing. Tension is a place where toxins are held and ultimately where disease manifests. Toxins may be stored in the muscles, bones, nervous system tissue, connective tissue and organs. By developing strategies to release tension in your body, you are naturally releasing toxins and keeping your body from building up new tension and stress. Releasing tension and creating new ways to handle stress aids in detoxification and improves your quality of life.

Dr. Lisa Carlet 420-9196 Optimal Life, 314 E. Mountain Ave., Ft. Collins

Healing Touch is an energy based biofield therapy which uses hands on the body as well as in the energy field to balance and clear, for optimal flow of life force energy through the body. A technique called Magnetic Clearing is specifically helpful for clearing toxins from the body. In this technique, you can imagine the hands are like magnets and the toxins in the body are like iron shavings that are released from the body as the hands pass over.

Lauri Pointer, CHTP/I (970)484-2211 www.Lauri Pointer.com

Colonic

Colonic involve a gentle flush of waters administered by a machine. This is a more invasive treatment and needs to be done under the supervision of a clinician.

We could actually compare the function of the colon in our bodies to a sewer system in a large city. Just imagine for a second what would happen if the sewers in our area became clogged by some debris. Undoubtedly, within a short time the whole neighborhood would be filled with filth and an unbearable stench. This is the same process that occurs in our bodies when the elimination system is not functioning properly. When the colon is clean and healthy, we experience an overall well-being. When it is congested with stagnant waste, poisons back up into the system and pollute the inner environment. This is called autointoxication or self-poisoning. Every cell of our body is affected by self-poisoning. When the toxins accumulate in the nervous system, we feel irritable and depressed. We feel weak if they back up into the heart, bloated if they reach the stomach and our breath is foul if they reach the lungs. If the poisons try to escape through our skin, rashes and blotches develop, or we look pale and our skin appears wrinkly. If the toxins make it to the glands, we feel fatigued, lethargic, our sex drive may cease and we appear to look much older than our actual age.

Gentle Waters 970-482-6322 Laporte