



LIFESOURCE INSTITUTE NEWS

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To Detox or Not To Detox That Is The Question?

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STAY ON TRACK

- * **Sex drive studies show completing a detox program will stimulate one's sex drive also shown too ensure better performance soon after the program is completed.**
- * **Skin issues** this is another great time to consider a detox. Especially if you have skin problems, outbreaks and allergic reactions, with unwanted things like coughing, sneezing, and in general breathing symptoms due to an excessive amount of toxicity in the body.
- * **Toxins are everywhere** if your starting to exhibit any of the above including large amounts of stress, feeling moody, or just being weighted down with brain fog, it is also a good time to detox.
- * **Last the COVID pandemic** has changed many things, yearly physicals, the amount of in house time, and most eating habits, some of these changes have not been for the best. Please consult health care professionals use tele medicine so not to let possible problems with your health linger and get worst.
- * Remember during this time of COVID we are all here for each other the coaches and counselors at LIFESOURCE INSTITUTE will help you to bridge the gap between mind, body and spirit. Don't worry about cost if that is the only hold back, we can work with any budget. Blessings, and may you all remain safe.
- * **Disclaimer:** As a service to our clients or readers, LIFESOURCE INSTITUTE provides access to our library of archived newsletters. None of the content on this site, regardless of date, should ever be used as the substitute for medical advice from a doctor or qualified clinician.

The question that many ask is why detox and how often should we do it? We are all different some are exposed to more toxins than others, and common sense would tell you the answer. WebMD "states you will want to limit sugary, fatty, and processed foods all together, and replace them with whole foods such as vegetables, and fruits. People struggling with these issues like diabetes, heart disease, high cholesterol, and high blood pressure, are all different and the aforementioned signs and symptoms can pertain to your body only, and not a one size fits all approach."

The body does have a way to detoxify itself. Your bodies liver does a fine job breaking down most of the fat and toxins that enter

into it daily, but if you are not careful in monitoring the number of toxins entering the body, you can cause a severe backup, which retards the bodies resource in removing more of these toxic chemicals, in the air you breath, the water you drink, and in the majority of the food we eat. The critical part to gain from this paragraph is that if the body could not effectively remove and detoxify itself, you would not be around to read this Newsletter. Remember, with all the harmful exposure to toxins from the foods we eat the air we breathe, our fragile bodies can handle but so much.

Keep your daily aerobic activity to at least thirty

minutes to continually help with detoxification of your body and your cardiovascular health experience as well. Are you eating processed foods, or are you eating healthy fruits and vegetables? Are you refraining from too much alcohol and sugary drinks like soda? The best way to track your progress is to make a journal online or handwritten your choice entirely.

If you follow these above healthy tips, you would not need to detox more than a few times a year. It will be essential to detox at least quarterly if you are feeling exhausted, both physically and mentally. This would be a great time to check with your doctor. If you find after your check-up, all is well. Then this might be the time to detoxify your body.

MUST READ: CLEAN, GREEN & LEAN BY DR. WALTER CRINNION

ASK THE COACH?

Q: COACH BERNARD: I HAVE READ THAT EATING RIGHT FOR YOUR BLOOD TYPE IS THE WAY TO GO. WHAT IS YOUR TAKE ON THIS SUBJECT? ANNA. G. NC.

A; GREAT QUESTION: ANNA, I PERSONALLY HAD THIS SITUATION HAPPEN TO ME, I AM AN A- POSITIVE AND DID NOT KNOW I LACKED THE ENZYMES TO BREAK UP THE RED MEAT I WAS PUTTING IN MY BODY ON A REGULAR BASIS CAUSING A SERIOUS PROBLEM WITH MY DIGESTIVE SYSTEM. I WAS TOLD BY A LEADING GASTROLOGIST THAT IF I CONTINUE EATING RED MEAT I WOULD DEVELOP CANCER BECAUSE OF THE UNDIGESTED MEAT THAT WAS ROTTING IN MY DIGESTIVE TRACK. I STARTED WITH THE BOOK "EAT RIGHT 4 YOUR TYPE", THEN WENT ON TO READ "COOK RIGHT 4 YOUR TYPE", BOTH BOOKS WERE VERY HELPFUL. IF I CONTINUED EATING MEAT THAT COULD NOT BE DIGESTED PROPERLY WHAT KIND OF PROBLEMS WOULD I HAVE TODAY. ANNA, HOPE THIS HELPS. COACHES AT LIFESOURCE INSTITUTE CAN LEAD YOU DOWN THE ROAD YOU ARE LOOKING TO TRAVEL DEALING WITH BRIDGING THE GAP BETWEEN SPIRITUAL AND PHYSICAL WORLDS WITH THE INTENT OF HEALING BOTH MIND, BODY AND SPIRIT. PLEASE CONTACT BERNARD@LIFESOURCEINSTITUTE.COM IF YOU NEED FURTHER. THANKS AND KEEP SENDING IN THE QUESTIONS ON THE SUBJECT OF MIND, BODY AND SPIRIT.