

Detoxification

EMPOWERMENT! Declare Health Independence Becoming Ultimately Healthy

By: Dr. Skip Hellen

This presentation is designed to empower you with one of the most valuable tools (the knowledge of how to internally detoxify) which is required to gain and maintain the most valuable possession in life Ultimate Health.

What does Detoxification have to do with Optimal Health?

Sense most illness and disease are symptoms of chronic unhealthy behavior leading to toxic buildup at the cellular level, systemic detoxification is a major part, if not the cure for the problem. Personal respect, responsibility and discipline are critically important in adopting new healthy behaviors and lifestyle which leads to personal health excellence.

Cleaning or detoxifying the body is relatively simple. Learning how to move more toxins out of the body than the body takes in. To do this one must understand the principles of proper healthy consumption and elimination.

Consumption

It's best to start by consuming not only consuming less food but consuming foods that encourage internal cleansing (detoxification). Some of the most powerful cleansing foods and consumptive habits are listed below;

More;

1. Water – hydration (1 oz. for every 2 lb. of body weight) (distilled is best, ionized is even better or purified drinking – never drink tap water) (make hydrating a habit)
2. Take at least 10 deep chest stretching breaths daily (make deep breathing a habit)
3. Exercise regularly (modulate the lymph (cleansing) system)
4. More raw, fresh, dark green vegetables with the following;
 - Garlic
 - Ginger
 - Broccoli
 - Lemons
 - Limes

Less

1. Total calorie intake
2. Animal based protein (meat & dairy)
3. Saturated fat (solid at room temperature)
4. Sugar (all)
5. Cooked or Processed foods

There are other much more powerful toxic accumulation and acute acidosis mediation tools and protocols. These tools/protocols are normally used for only the seriously ill and diseased. I cover these tools and protocols in great detail and teach their correct use in my “Mastering the Secrets of Ultimate health” courses.

Nutritional rules of thumb

- Breath more
- Drink more distilled or purified water
- Exercise regularly (3-5 times a week) (jumping or rebounding is best for detox)
- Try to avoid genetically modified foods if possible
- The fresher the food the better
- Organic produce tends to contain less toxins and have higher nutritional value

Things to Avoid

1. Sugar and/or processed foods
2. Caffeine with meals
3. Alcohol
4. Tobacco

Q&A

Remember, specific knowledge, personal responsibility and discipline are the cornerstones of personal health excellence. The best way to achieve worthwhile goals in life is to develop goals, acquire the knowledge required and develop a plan and the discipline to stay the course long enough to overcome all the obstacles along the way.

Perhaps the hardest part of achieving optimal health is changing **unhealthy** behavior habits to **healthy** habits. Self respect and discipline are critical to achieving any goal, especially health goals.

Today we have learned some of the secrets of detoxification for health. Learning all the secrets of ultimate health is a journey and perhaps the most rewarding of all along the journey of life.

4 Critical Components to Optimal Health

1. **Belief** (the body is designed to be healthy – anyone can achieve health excellence)
2. **Knowledge** (acquire the tools/knowledge required to achieve optimal health)
3. **Discipline** (develop the behavior habits required to achieve optimal health)
4. **Commitment** (tenacity – never give up – learn/change/improve until personal health excellence is achieved)

HEALTH ACQUISITION ACTION STEPS

1. Develop a strong sense of **self respect and discipline**
2. Take the “**Declaration of Health Independence**” pledge
3. (**Decide**) Set a goal to achieve personal health excellence (optimal health)

4. (**Test**) Complete the health assessment test (health baseline)
5. (**Education**) Learn how to achieve ultimate health
6. (**Heath Compass**) Buy a pH litmus test kit, start testing frequently – record results
7. (**Manage/Adjust**) Change behavior habits for best results
8. (**Commitment**) Stay the course until achieving personal health excellence
9. (**Mentoring**) the final step of personal excellence is helping others achieve excellence as well.

YOU provide the Courage, Dedication, Commitment and Action
UHRI will provide the EDUCATION/KNOWLEDGE and DIRECTION

To get health help and learn more about **“Mastering the Secrets of Ultimate Health”** and achieving personal optimal health goals, log onto the web site below.

Litmus test kits are on sale for \$10 (events only)
(A must for those who are serious about ultimate health)

www.uhealthri.com

Live long, happy, ultimately health and wise

Dr. Skip Hellen