

Small Steps to an Easy Detox



Ready to Break Out of Your Box?



Create a New Future for Yourself



Reduce the *Effects* of Toxins in Your Life

You can make significant improvements in your health with just minor adjustments. Without restrictive diets, expensive programs or shifting to isolation.

How?

By reducing toxins in your life you look after your microbiome.

According to evolving science your microbiome is linked to allergies, autoimmune diseases, Alzheimer's, asthma, arthritis, blood pressure, cancer, Crohn's Disease, dementia, diabetes, eczema, hay fever, heart disease, IBS, multiple sclerosis, obesity, Parkinson's, strokes, wheezing and, of course longevity.

This eBook is designed for informational purposes only, as a starting point to remove toxins which influence your quality of life.

It is based on my own research to find safer products and to recover from aggressive surgery and chemotherapy for Stage IV colon cancer & secondary liver cancer in 2008.

Eighteen months after surgery I was getting sicker and heavier every day.

Through the principles outlined in this guide I regained my health.

I lost over 40 kgs.

I no longer require medications for cancer, chronic bronchitis, chronic back pain or depression.

Today I remain healthy and have not taken any medications since 2009.

I hope this small guide helps you to start your journey towards your health goals.

Help yourself to a Happier and Healthier Future.

For further information please visit my website I Mend Me.com. Links for US and Europe are also provided.

Noela

September 2018



Every New Day is Another Chance to Change



Considering a detox?

Do you want to make *some* lifestyle changes to remove toxins from your body? Is it *worth* the effort? Perhaps you've seen too many stories, restrictive diets, expensive pills and conflicting plans. Do they work?

What if there was an easier way?

Detoxing is a journey

The hardest parts of any journey are the decisions whether or not to go in the first place, and then how to actually start.

How about starting with effective but simple and painless easy ways to remove toxins from your body and your environment before even considering the food you eat?

What are toxins?

Toxins are any substance that can be poisonous or cause negative health effects. Toxins include all metals, chemicals, pollutants, artificial food ingredients, pesticides, poisons, mycotoxins produced by parasites and even some natural products that cause harm to your body.

Remove avoidable toxins

"For the majority of people **their home was probably the most polluted environment** they would ever encounter", Dr Samuel Epstein a prominent environmental scientist. One study sent students with recording instruments in backpacks to measure environmental pollution in cities and along busy highways. The study found the highest levels of pollution were in the students' own homes before their packs were removed and the recording instruments turned off!

You are able to control most of the toxins in your own home and so improve your health.

Your body has the natural ability to remove waste or detoxify itself via your skin, liver, kidneys, lungs, large intestine and sweat glands. Toxins are part of our world but you can help your body.

If your body cannot safely remove a particular waste product, then it is stored in fat to minimize the poisonous effect on you.

Remove toxins and you remove a large unnecessary load from your liver, kidneys etc. This allows your body to concentrate on necessary day to day functions such as your immune system without an overload of unnecessary waste and consequent weight spoiling your waist.

Every day is another chance to change

Small changes can make a huge difference to how you feel. Perhaps your skin will improve, rashes, asthma or headaches disappear. You might start to feel happier, think more clearly or even lose weight.

The easiest way is to change the products in your home. You're going to buy soap, toothpaste and dishwashing liquid etc anyway. Improve your health and that of the planet with a company whose mission is give people the ability to consciously choose safer and more effective products for themselves, their homes, their families and the world.

After nearly 30 years, they are well on their way to creating 10 million healthy homes world-wide by eliminating controversial chemicals in the products we use every day. Living Clean means ethical sourcing, zero animal testing, non-toxic/BPA free containers, environmentally friendly recyclable packaging, GMO-free formulations, no PEGS, SLS or other controversial chemicals. Modere avoids over 3000 controversial chemicals.

For further information please visit my website: IMendMe.com.

As you gain confidence in your power to change your future, investigate other ways to help your body. Choose and action your next small step when you are ready.





Easy painless detox journey

Keep a travel journal to record your progress. Celebrate achievements; however small.

Allow time for your body to cleanse and heal. Change is usually slow. You did not get to where you are ready to even consider a detox in a few days, weeks or even months.

Sometimes it is hard to remember just how far we have come or how much better we feel.

Record how you feel now:

- ✓ Write down ALL those physical aches and pains or ailments such as breathlessness, rashes, dry skin which you have gradually accepted over time. Score each 1-10. 10 being the worst possible you can imagine and zero none at all. Scoring allows you to notice improvements.
- ✓ Set and record your goals for as many as possible.
- ✓ Plan small achievements and celebrate with simple incentives.
- ✓ Take some measurements, date and record.
- ✓ Take photos. Chose clothes such as firm pants or tee-shirts that will allow you to see how much your body changes as you regain control of your health.
- ✓ Review your goals and achievements regularly to record progress.
- ✓ Re-score to measure improvements.
- ✓ Take another photo
- ✓ Celebrate changes with special small gifts to yourself, preferably not coffee and cake!! Perhaps time to do something special for yourself or time with a friend, enjoy a hobby, relax in a bath, walk in the park or on the beach, read a book.



Concentrate on the positives:

- ☯ Drink 2-3 litres good quality water every day. Filter water to avoid chlorine, fluoride, bacteria, heavy metals, hormone and drug contamination. Showering or bathing in chlorinated water is believed to contribute to dry and damaged skin and hair, rashes and even wrinkles! The steam from chlorinated shower water is thought to damage lungs, weaken the immune system and may trigger asthma and bronchitis. Recommended filters maybe found at the [Better Home](#) button on my website.
- ☯ Help keep body alkaline with fresh preferably organic whole foods, fruit and vegetables. Check out which fruit and vegetables are more important to source organically. See [Better Body](#) button on my website
- ☯ Open windows of your home and let fresh air circulate. Even a few minutes every day especially on hot afternoons after work or long cold winter days. Carpets and other floor coverings, soft furnishings, and glues in furniture may out-gas dangerous chemicals for many years. These chemicals either stay in the closed room or may be recycled many times via air conditioning.
- ☯ Change to safer products in your home. Cleaning products, air fresheners, fabric softeners, insecticides, perfumes and other personal care products all contribute. I ONLY use the products at [Better Home](#) on my website
- ☯ Eat healthy fats as your main source of energy not carbohydrates.
- ☯ Healthy fats include natural whole foods such as raw nuts, avocados, eggs, and cold pressed virgin oils such as coconut oil, olive oil, macadamia, almond etc.

- ☯ Oil pull to remove toxins. Swill oil through mouth for 15-20 minutes. Coconut oil is usually most pleasant to use. See [Better Body](#) button on my website
- ☯ Exercise helps your natural detoxification processes breathing(lungs), sweat (skin) and elimination(bowels)
- ☯ Meditation, singing, hobbies and prayer reduce stress. Stress elevates hormones and reduces both physical and mental wellbeing
- ☯ Write a daily gratitude journal to remind yourself about all the wonderful things in your life right now. Try for 3 to 5 different items to enter every day. Some days you may only be able to write that you can see outside or move. Many would be very grateful for those privileges.
- ☯ Uplift your overall wellbeing, improve nutrition and assist your cells with the three synergistically designed holistic products in [Health Collections 1](#) which contains Natural Mineral Drink, Antioxidant and Adult Multivitamin on my website [IMendMe.com](#)





Eliminate the negatives:

- ☠ Read labels to become aware of contents in food items, personal care products in your bathroom, cleaning products and all other household and garden items
- ☠ Avoid toxic chemicals in the home- cleaning products, make-up, personal care products, air fresheners, perfumes, insecticides. Dubious chemicals place unnecessary load on your liver, your natural hormones, gut bacterial balance and immune system. You can find information about and access to the ONLY products I trust at the [Better Home](#) button of my website
- ☠ Marketing terms may only *imply* safety. Only 1 or 2 ingredients are required for a product to be labelled “Organic” or “Natural”. It may also contain ingredients known to be toxic. Hence the actual product is not safe. A product might be marked “Environmentally safe” and be safe for your garden but still contain ingredients that are not safe for you or your body’s microbiome
- ☠ Avoid processed foods. Longer shelf life usually means more additives and less nutrition. If a manufactured Food like Substance require numbers: probably best to avoid it.
- ☠ Avoid dairy, gluten, sugar, artificial sweeteners, margarine, polyunsaturated vegetable oils, fruit juices and pork
- ☠ Avoid deep fried foods such as chips, pies, hot box foods and any fatty foods with long shelf life as usually high in trans fats
- ☠ Avoid preserved dried meats such as peperoni, hams, hot dogs, sausages which usually contain highly toxic nitrates especially sodium nitrate
- ☠ Avoid microwaves. Think of food as information(data) for your body and microwaving corrupts the information
- ☠ Avoid plastic drink bottles & food containers, it interferes with natural hormone balance
- ☠ Never heat food in plastic especially in microwave
- ☠ Completely avoid table salt. Use natural mineral salt such as Himalayan, or grey Celtic salt
- ☠ Open external garage door and close internal garage door when car engine is running
- ☠ Stop smoking or at least smoke outside.

Restore gut health

When you are ready, help your body get rid of accumulated toxins mostly stored in fat. Support your liver and kidneys, restore the balance of good bacteria in your gut to eliminate waste and improve immunity with a [Detox Collection](#).

This collection contains an easy to follow food list, menu plan and recipes plus recommended exercise. The [Detox Collection](#) is designed to make you feel good about your body, your health and yourself – and that's a great place to be!

The Collection contains [Natural Mineral Drink](#), [Adult Multivitamin Plus Botanicals](#), [Antioxidant](#), [Anti Inflammatory](#), [Probiotic](#), [Green Qi](#), [Liver Health](#). To support you there is also a downloadable:

- [Food and Menu list](#)
- [Recipes](#)
- [Exercise Program](#)
- [Weight Management Daily Journal](#)

Either visit my website or buy direct at [Detox Collection](#)

If you would like specific details, click on the picture of each product and you will find an TGA approved Fact Sheet. The Therapeutic Goods Association (TGA) is the government oversight body in Australia.

Further information

For more information to *Help Yourself to a Happier and Healthier Future*, check out my website [I Mend Me.com](#)

Thank you

Many, many people helped me to regain my health.

The website is my way of giving back.

To help you understand how to take control and get your life back on track.

The information can help with chronic conditions such as allergies, Alzheimer's, asthma, arthritis, blood pressure, cancer, Crohn's Disease, dementia, diabetes, eczema, hay fever, heart disease, IBS, multiple sclerosis, obesity, Parkinson's, strokes, wheezing and, of course longevity.

