

ALIVE! Detox to Thrive™

In this e-book you will:

- Become aware of hidden toxins in the home, personal care and cleaning products, food and within the body
- Learn about alternative, safe products to use
- Create new habits to eliminate toxins from your body and your life.

AND Receive

- 3 ways to reduce exposure to potentially cancer-causing personal care products
- 3 habits to change to ingest fewer toxins from food
- 3 items to get rid of in the home to reduce the toxin burden
- Supplement ideas for detox and overall health



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Introduction

My mission is to inform, bring awareness and inspire you to find and eliminate as many toxins from your life as you can. Ultimately, I want everyone to feel good every day, feel energetic and alive.

While giving healing session to my autistic clients, I noticed how toxic their bodies were and how much confusion existed around proper detoxification. Then, it seemed not only autistic people were toxic, but I was seeing it in everyone! I began to make the connection between the exposure to seemingly “normal” things in daily life and faulty body function.

So, while much focus on detoxification centers around what we eat or shouldn't eat and what herbs to take, if habits don't change, the toxic insults continue, using the body's precious energy to detoxify excessively. A vicious cycle of toxin intake/detoxification/energy depletion ensues.

The aim in ALIVE! Detox to Thrive™ focuses on stopping the toxic insults, creating life-changing behaviors that become habits and freeing up energy for life. This handbook has been a companion to the previously taught ALIVE! Detox to Thrive™ webinar and only scratches the surface of what's important to know. For a more thorough and in-depth program of actions, alternatives and healing, consider enrolling in our [8-week ALIVE! Detox to Thrive™ series](#), which supports people in all aspects of detoxification. We help people thoroughly go through their homes, cleaners, consumer products, food choices and body to get them feeling better than they've ever felt.

The program is ideally suited to a group. So get your group together – your family, friends, colleagues –and support each other throughout the process. Or, partake in the program solo and get the support you need to clean up your life – inside and out!

I wish you success in your detox journey and optimal health for a long life!

Many Blessings,

Luminara Serdar

Toxins in Everyone

You may ask, what do toxins have to do with me? Or be thinking, I live a pretty wholesome life, how can I have toxins in me? I used to think this way – until I began digging deeper into the workings of the US chemical companies, our agriculture methods, agendas of pharmaceutical companies, governmental regulations and health studies correlating chemical exposure to sickness. I discovered how insidious and pervasive chemicals are in our daily lives.

And I've worked with enough clients who one day were healthy, then the next day they weren't – because the toxin load in their body went over the maximum for healthy functioning.

In 2004, umbilical cord blood from ten newborns chosen at random throughout the US were tested for 413 toxins. The blood was positive for 287 chemicals, approximately 200 per person. [Watch](#) an awesome 22 minute presentation about this study.

The toxins found included:

- 28 waste by-products – stuff coming out of smoke stacks, incinerators, tailpipes;
- 47 consumer product ingredients like Stainmaster™, pesticides, flame retardants, Teflon™
- 212 industrial chemicals and pesticide breakdown products that had been *banned for 30 years prior to the testing*.

Most of these chemicals by themselves have been found to cause cancer, birth defects, hormone disruption, infertility, immune system and nervous system toxicity. There is no research showing what they do synergistically in the body.

So, if a newborn baby is this toxic, what about you?

Consumer Protection Myths

Aren't there governmental agencies designed for our protection? Originally, that was the intention of some protection agencies, but regulatory loopholes abound.

Common myths regarding synthetic chemicals in the United States:

1. **The EPA, FDA and USDA protect Americans from chemical hazards.** FALSE. These government agencies TRY to keep Americans safe, but are limited in what they can do and mostly run by the large corporations that make money from using toxic chemicals. There are always loopholes around legislation.
2. **Toxic or harmful ingredients are listed on the label.** Yes, and NO. Products list active ingredients, but inactive ingredients are not required to be listed; many of these are toxic also. Cosmetics, laundry detergent and other cleaners with “special formulas” are not required to list everything on the label.
3. **Toxins are only harmful in large amounts.** FALSE. I can tell you from my years working in a molecular biology lab and purposefully using carcinogens that even a small amount can do a great amount of damage, especially if it targets the DNA, causing gene mutations. A very small amount of lead can cause a great deal of disruption in the body.

One more myth: The only toxins that affect me come from chemicals outside the body. FALSE. Some of the most toxic chemicals in the body can come from *within*. These include toxic body flora and the chemicals they produce, dental amalgams (the silver fillings that contain mercury), and endogenous toxins, regular body chemistry in the wrong concentration or location, causing disruption of other chemical signaling.

Hidden Toxins in Everyday Life

Many of us live our lives blissfully ignorant of the hidden toxins around us. I say “hidden” because they are silent, unseen, undetectable by the rudimentary 5 senses we have, and considered a completely normal part of our day. They're normal until we dig deeper, investigate the roots of chronic illness, such as allergies, autism, autoimmune disease, pain, headaches, respiratory issues, digestive problems, cancer, and the list goes on. Any time the “cause” of the disease is unknown, we can assume toxins played a role. Only then do most people pay attention to what has been building for years in their bodies.

Sensible questions to begin asking yourself include: What are they, where do they come from, how do I know I've got them? And what can I do about it to keep myself and my family healthy?

Let's take a look at the morning in a typical American household.

6:30am Your alarm clock goes off. Perhaps you used your iphone as an alarm. Your body could be sensitive to the electromagnetic frequencies emitted from the phone, electric alarm clock or any of the other electrical devices in your bedroom (maybe a TV, ipod, computer or cordless phone), possibly disrupting your sleep, thus your healing processes.

You get up out of your bed that contains several chemicals your body absorbs during the night, including toluene, a chemical linked to birth defects and emitted from the comfortable polyurethane foam in your bed; a stain-resistant chemical called perfluorooctanoic acid, fire-retardant chemicals linked to learning disorders and thyroid dysfunction; antimony, an element linked to heart and lung problems. Let's not forget the fire-retardant chemicals that are required by law for all US-made and imported mattresses. One needs a special doctor's note to purchase anything chemical-free.

You head to the bathroom along your stain-master'ed carpeting, again, containing more chemicals and probably pathogens, dust mites, sloughed hair and skin.

EXPOSURE: electromagnetic frequencies, volatile organic compounds, toxic metal, halogenated organic compounds, potential pathogens

6:35am You brush your teeth with toothpaste that contains a warning label to call poison control if a child under age 6 ingests more than the amount used to brush your teeth. Sodium fluoride in your toothpaste is linked to enzyme disruption and thyroid problems. Sodium lauryl sulfate, the chemical that makes your toothpaste – and shampoos and soaps – foam, has been linked to organ and reproductive toxicity. This can be contaminated with dioxane, a carcinogen, during the manufacturing process. Triclosan, an antibacterial agent that's registered as a pesticide with the EPA, is linked to organ toxicity and possibly cancer. If you gargle with mouthwash (maybe also containing a warning label), it's inactive ingredients may contain formaldehyde and ammonia as well as several artificial lab-made flavors and colorings, with a few plastics leached from the bottle.

Perhaps you've had a morning sniff of an air freshener and toilet deodorizer containing

dichlorobenzene, known to cause organ toxicity.

EXPOSURE: toxic organic compounds, halogens, carcinogens, hormone disrupters, organic solvents, plastics

6:40am You hop into the shower. Depending on where you live and your water source, you might be exposed to chlorine, fluoride, lead, copper, radioactive alpha emitters (elements such as radon, uranium and radium, all of which are linked to cancer), by-products from the chlorination process trihalomethanes and haloacetic acids, that are linked to bladder and colorectal cancer, miscarriages, and other reproductive issues. Traces of herbicides and pharmaceutical drugs may also be present in the water. If your shower is hot, your pores open up, allowing these chemicals easy entry through the skin.

The shampoo, conditioner, body wash or shower gel and soap you use may contain coloring agents, dyes, artificial preservatives and fragrances, propylene glycol (a lubricant and suspected carcinogen), sodium lauryl sulfate (already mentioned, potentially carcinogenic), triclosan (the antibacterial agent).

EXPOSURE: heavy metals, radioactivity, halogens, carcinogens, hormone disrupters, allergens

7:00am By now you are drying and applying your antiperspirant to keep you dry throughout the day. It probably contains aluminum zirconium, toxic to the nervous and reproductive systems, a chemical called BHT, believed to be a hormonal disrupter and neurotoxin and various artificial chemicals that create the fragrance. You get another dose of propylene glycol which helps the deodorant go on nicely but is linked to irritation and immune toxicity.

Use body lotion and you add to the toxic chemical load that gets absorbed through the skin.

EXPOSURE: toxic metal, hormone-disrupters, allergens, skin irritants, neurotoxins, organ toxins

7:05am Time to get dressed. You pull on the freshly dry cleaned skirt or pants. The clothes carry the cleaning chemical perchloroethylene (perc), a chemical linked to liver and kidney cancer. You may even smell the perc. It's also shown to affect developing fetuses. If your clothes are not dry-cleaned, are they made of natural organic fibers such as cotton, hemp, wool, bamboo, rayon? Polyester and other synthetic fibers may off gas in your closet, filling the air with small plasticizer fumes as well as flame-retardant chemicals. Do you use mothballs? They contain the pesticide dichlorobenzene, which causes organ toxicity. And if you get dressed where you keep your clothes, such as in a walk-in closet, closed or well insulated space, the concentration of chemicals is higher and most likely not well ventilated. Off-gassing of the paint, carpet, rugs and furniture may add to the chemical soup.

EXPOSURE: carcinogens, plastics, volatile organic compounds, organ toxins, hormone disrupters

7:15am Time to apply makeup and perfume – blush, mascara, lipstick, eyeliner, eye shadow, etc. You expose your skin to parabens, triethanolamine, BHA, lead and other heavy metals, artificial colors, which have been shown to mimic estrogen and contribute to breast tumors; are toxic to body organs, nervous and immune systems, known and suspected carcinogens, hormone disrupters, and linked to allergies. Artificial scents in perfumes and colognes are made in a laboratory; gone are the days of toilet water with natural flower scents. No one really knows what some of these man-made chemicals do inside the body individually, let alone in synergy.

Cosmetics manufacturers are not regulated in any way and do not have to disclose what goes into their products. But The Environmental Working Group maintains a database called skin deep, where you can look up data about toxins and chemicals in cosmetics.

Ewg.org/skindeep/

EXPOSURE: carcinogens, heavy metals, skin irritants, allergens, hormone disrupters, organ toxins

7:25am It's time for hair styling, where you may use gels, mousses, hair spray, or other products (like colorants) that contain the same or more toxic chemicals as your other products. These ingredients may affect the nervous, reproductive and immune systems.

EXPOSURE: carcinogens, hormone disrupters, skin irritants, volatile organic compounds, organ toxins, birth defects

7:30am Breakfast. You reach for that cup of coffee or maybe a diet soda with caffeine to jump start your day, give you energy. You receive a temporary energy boost, but the cycle of energy boost to energy lull – the highs and lows – can affect energy-promoting and detox hormones, kick your natural cycle out of whack, making it dependent on chemicals for energy. Caffeine also increases the rate at which you lose nutrients because it is a diuretic, causing more frequent urination and loss of minerals.

You grab a bowl of cereal and milk, both being laced with chemicals and preservatives. Even if you eat organic cereal, the processing it's gone through strips the nutrients from the grains, which is why it is “fortified” with synthetically made vitamins and minerals, not all of which the body can absorb. Even organic milk is pasteurized and homogenized, breaking the natural shape of the milk proteins into something unrecognizable and indigestible and allergy-promoting. If you're going to have milk, yogurt and cheese products, you're better off going with raw milk.

You may make yourself a sandwich with lunch meat to take to work or school. These foods can be loaded with additives and preservatives including nitrates, antibiotics and synthetic hormones. You wrap your sandwich in plastic wrap containing vinyl chloride, a known carcinogen to brain, liver and lungs. You wash the dishes with detergent or put them in the

dishwasher to be washed later with a chlorine-based detergent, both containing chemicals unnatural for the body to be inhaling. In addition, you probably have cleaners under the sink containing toxins – both in the liquid and vapors they emit.

EXPOSURE: body rhythm and chemistry disrupters, hormone disrupters, pesticides, allergens, carcinogens, halogens

7:50am You hop into your car and smell either that new car smell or the freshness of the pine-scented air freshener that's been emitting fumes into your car all night. You sit in a sea of gases coming from the plastics, fabrics, solvents and glues in your car, including polyvinyl chloride, xylene, styrene and ethylbenzene. You may open the window to breathe in some “fresh” air, yet get car exhaust toxins from the cars and trucks around you. Off-gassing is inevitable. One thing you can do to minimize this effect is to leave car windows halfway open throughout the night, so the off-gassing happens into the garage. In the morning, open the garage door to let it all out before hopping into the car, thereby minimizing the toxins' effects on your body.

EXPOSURE: plastics, volatile organic compounds, carcinogens, allergens, hormone disrupters, skin and respiratory irritants

Endogenous Toxins

Regardless of what is happening outside the body, if you've had tooth extractions or root canals you could have a mouth full of toxic soup. Did you realize these procedures leave the jawbone open to the outside, where anaerobic bacteria can enter and thrive, producing highly toxic chemicals as they eat away the jaw bone? The resulting holes in the jaw, or cavitations, and not only make the jaw weak, but can enter circulation and cause many symptoms.

Dental amalgams, also known as “silver” fillings, actually contain many metals, including mercury. Each time the filling is tapped, as in chewing, the mercury can be released into your system. Mercury is a metal our bodies do not need and there is no safe exposure level. Composite, or the white fillings, may also contain plastics that are toxic to the body. It's best to ask your dentist before having any fillings, better yet to find a biological dentist who will know about the hazards of mercury and composite fillings.

Gut dysbiosis, or an imbalance of the bacteria in the gut lining, can also spew toxins into your system, going to the brain and affecting memory, causing “brain fog”, contributing to autism, dyslexia, ADD, ADHD. Candida, a yeast, is associated with many health problems. Fed by sugar (and causing sugar cravings), it can take over the gut, vaginal area, mouth, feet and armpits.

Of the 6 million biochemical reactions occurring every second in the body, any of the compounds produced can be in the wrong location, wrong concentration and interfere with other necessary biochemical reactions.

EXPOSURE: heavy metals, pathogens, pathogen toxins, yeast, allergens, neurotoxins, hormone disrupters

Throughout the night's sleep and for the first hour or so after waking, you've exposed yourself to a slew of toxins that your body systems will now take extra energy to eliminate. How much more energy will be required to detoxify all the other exposures throughout the day?

Detoxification – You Already Know How to Do It

There are expensive lab tests you can have done to tell you which toxins circulate in your blood. I think it's safe to assume many of these are present.

The good news is that our bodies naturally detoxify. So, while it is practically guaranteed toxins enter, you also release them as you urinate, exhale, sweat and defecate (have a bowel movement). The kidneys, lungs, skin, lymphatic system, digestive system, including liver and gall bladder are the powerhouses working to remove toxins from the body. Toxin removal is a constant process that, when working well, allows optimal health and lots of energy. Problems ensue when these systems get backed up or sluggish.

The body is so amazing. It has an innate intelligence and wisdom to heal itself, correct its mistakes. However, sometimes it needs to be reminded, or made aware of its inefficiencies. We are all taught that medicines from outside the body, such as herbs, pills and homopathic remedies can be used to stimulate detoxification. Correction from within – bringing awareness to body communication and biochemistry errors – gives the body much needed information and direction for detoxification and all functions. NeuroModulation Technique allows for this awareness and correction during a healing session.

Now that I've mentioned some toxins in the home (bed, carpet, electronics, water), personal care products (like toothpaste, shampoo, cosmetics, deodorants), cleaning chemicals, even the car and environment, I want to focus on what you can do about them. How do you reduce the amount of toxins coming in?

Non-toxic, Natural Alternatives

Personal care alternatives

Many, many alternatives have popped into existence to replace the toxic body care products. You'll see a theme here with the same companies coming up again and again for various products. The most prevalent chemicals to check on labels are sodium lauryl sulfate (or laureth) and 'natural' fragrances, as even many organic products contain these. If you can't pronounce it, it's probably toxic – except for the scientific names for herbs.

Remember – before we had all these fancy chemical-laden products, people used herbs and other natural ingredients, because that's all that was available!

Shampoo. Replace with these natural alternatives, all free from toxins, including artificial colors and fragrances:

- [Organic Excellence](#)
- [Nature of Beauty](#)
- [Aubrey Organics](#)
- or make your own:

Herbal Shampoo

Ingredients:

- 1 cup distilled or spring water
- 2 tbsp. dried herbs or ¼ cup fresh herbs (see choices below)
- ⅓ cup liquid castile soap (Dr. Bronner's)
- ¼ tsp. Almond or coconut oil
- 25 drops of 1 essential oil (lavendar, rose, chamomile, bergamot)
- 1 tbsp. additive of choice, optional (see choices below)

Directions:

- Bring the water to a rolling boil in a glass saucepan. Remove the pan from the heat, add the herbs, cover and allow the mixture to steep for 15 to 20 minutes.
- Strain the herbs from the liquid and discard the plant material in the compost pile or garbage bin. Allow the liquid to cool completely.
- Stir the liquid castile soap into the cooled liquid, then add the vegetable oil, essential oil and additives, if using. Transfer the shampoo to a plastic bottle with a flip-top lid.
- Store the shampoo in the shower and shake well before each use. Keep in mind that this shampoo works gently and will not produce much lather. However, it will leave your hair clean, shiny and healthy.

Herbs choices:

- Chamomile (Gives golden highlights)
- Lavender (Softens the hair)
- Horsetail (Strengthens and conditions)
- Rosemary (Softens and darkens hair)
- Sage (Conditions and darkens hair)
- additives: aloe vera for normal hair, vitamin E for dry hair, apple cider vinegar for oily hair

Anti-perspirant/Deodorant. They are two different things: antiperspirant keeps you from releasing sweat under the armpits, mainly using an aluminum-based (and toxic) product. Deodorant masks the smell produced when the bacteria under the armpits eat compounds in sweat. Replace with one of the following “safe” products, or make it yourself.

- [the Crystal](#)
- [Aubrey Organics](#)
- [Jason](#)
- [Earth Science Naturals](#)
- [Weleda](#)
- Baking Soda – apply a pinch of wet baking soda under arm

- Make your own herbal deodorant with the following recipe.

Herbal Deodorant

1/8 cup Coconut oil

1/8 corn starch

1 drop tea tree oil

1 drop lavender oil

Mix together and just dip fingers in and smooth on armpit to use.

Body Lotion. Some of the same companies make toxin-free body lotions, but my preference is pure organic coconut oil.

- [Aubrey Organics](#)
- [Earth Science Naturals](#)
- [Organic Excellence](#)
- [Weleda](#)
- Simplest and least expensive perhaps, is organic coconut oil or olive oil. Putting it on at bedtime allows it to soak into your skin and reduces the chance of you smelling like a walking salad.

Makeup.

Some brands with non-toxic ingredients include [100% Pure](#), [Ava Anderson Non-toxic](#), [Mineral Fusion](#).

***Non-Toxic Food Choices:
Create new habits to minimize toxin intake.***

Changing eating habits, perhaps one of the most challenging tasks, remains the best way we have to control our exposure to toxins. Get some support when you decide to do this: a friend, neighbor, health care professional, a check-in buddy. Ideally your supporter will be someone with the same goals.

1. **Cut out processed junk food** – you avoid toxins and zero-calorie 'foods'. Eat whole fruit, vegetables, grains, organic if possible, avoid sugar and flour as much as possible.
2. **Avoid GMOs** – foods that have been genetically modified – **soy, corn, tomato, sugar beets (sugar), canola. Avoid eating animals that have been fed GMO foods: beef, pork, farmed fish, chicken.**

Eat organic, fermented, wild caught fish, grass fed meats, locally grown.

3. **Read ingredients** – even on organic food. Avoid sugar, artificial sweeteners, high fructose corn syrup, synthetic vitamins.

With these 3 habits, you will feel healthier and have more energy. Do these for a week or two and you will be ready for an official detoxification diet as either a juice fast, a Master Cleanse (mostly fasting and drinking only water with lemon, maple syrup and cayenne pepper), or raw foods cleanse. But do the cleanse only under the supervision of a health care professional.

Toxic Food. Whole foods from the earth have also been found to contain toxins – through contamination from man-made chemicals. The Environmental Working Group's 2015 “Dirty Dozen” list itemizes foods tested as having the most pesticide residue, making them the most toxic. It's worth spending the extra money to buy organic for these. Remember, you may pay a little more now, but will save your precious energy by not having to detox all those chemicals and save money on medical care later in life!

In order of most toxic:

1. Apples
2. peaches
3. nectarines
4. strawberries
5. grapes
6. celery
7. spinach
8. sweet bell peppers
9. cucumbers
10. cherry tomatoes
11. snap peas
12. potatoes

The “Clean 15” containing the least amount of pesticides are: **avocado, sweet corn, pineapple, cabbage, frozen sweet peas, onions, asparagus, papaya, kiwi, eggplant, grapefruit, cantaloupe, cauliflower, sweet potato.**

*Corn and papaya can be genetically modified so avoid those, even if they are “cleaner”.

Supplementation

Ideally, if we get what we need from our food, we shouldn't need to supplement. But, unfortunately, even our organically grown food is a bit low on nutrients due to soil depletion. And, if the body needs a jump-start with its sluggish detoxification systems, supplementation can be just the thing to help. You should have a qualified professional guide you in what is best for your body before taking most supplements.

There are some I feel everyone can benefit from, whether detoxifying or not.

- A good *probiotic* containing helpful bacteria, as well as one containing a good yeast – *Saccharomyces boulardii* –that will compete with Candida, helping to keep it at bay. The two 'good yeast' formulas I've found are from [Jarrow](#) and [Florastor](#).
- Almost everyone can benefit from *Vitamin D3*. But, this could be toxic in very high amounts, so you should have your Vitamin D3 levels checked before supplementing. I like [Carlson](#) brand.
- A good *fish oil or flax seed oil* that will provide beneficial omega-3 and omega-6 fatty acids.
- *Vitamin K2* helps with bone support, cardiovascular health and immune system support.
- Almost everyone could use *mineral support*, so look for a good mineral supplement. [Concentrace](#), concentrated sea water, can be added to purified water to help balance minerals.
- Magnesium. Most of us are lacking in vital minerals, magnesium being a key one. I like a brand called “[Natural Calm](#)”, which comes as Magnesium or a Magnesium/Calcium blend. Magnesium Citrate is the most absorbable form. Begin by taking small amount of magnesium, as too much will cause diarrhea. It's great for constipation.
- Don't buy bargain supplements! You really do get what you pay for. Most are synthetic chemicals or in an unabsorbable form, so the body cannot use them. Make sure you buy from a supplier who's been in business a while. Read reviews.

Specific to detoxification. These products focus on helping the body's organs of elimination get back into shape can be purchased on line from [Get Healthy Again](#). All products are listed on the same web page in alphabetical order. Many of these are herbal based, and like pharmaceuticals, can have adverse effects. So you'll want to check with a qualified health professional before taking them.

UltraLiver12 which helps to open the liver boosts the immune system a bit too.



Colon Program, an herbal formula we have for relieving constipation and for cleaning out the colon assists in cleansing the digestive tract.

OCMP, Optimize Cellular Membrane Potential, is particularly potent in the detox process, optimizing the ionic charge on cell membranes so that more nutrients get into cells, and more toxins are eliminated.

Kidney Rescue, another herbal product can help when the kidneys are quite damaged.

Whole Body Program uses herbs to scrub the cells of toxins.

Custom Elixir LS supports the lymph system energetically. Of course, jumping regularly on a rebounder is always beneficial for circulating the lymph.

MC² micro-clusters the fluid in the body and enhances the efficiency of nutrients into and toxins out of cells, as well as supports the eradication of pathogens.

Eliminate Toxins in the Home

I'd love to go into all the toxins you could eliminate in your home, but will stick to three things you can do without or replace while reducing your toxin burden.

Commercial window cleaners. Forty percent vinegar cleans most any surface, not just windows, but does great for windows and mirrors. I use this exclusively for kitchen counter-tops and bathroom sinks as well. Use this and trash all your old toxic window and counter-top cleaners.

Dryer sheets. Instead of this chemical-laden piece of plastic, use tennis balls or felted wool balls to eliminate static. Using ½ cup baking soda in with your detergent and ½ cup vinegar in the fabric softener container in the washer will soften clothes.

Air fresheners. These contain all artificial fragrances and other chemicals! So many other options are available.

- Open windows and let the fresh air in! Even in the winter, doing this for 5 minutes allows the solid objects in the room (like furniture) to retain most of the heat. Fresh flowers are great, too! Even houseplants help keep your home toxin-free.
- Use natural essential oils for aromatherapy and when cleaning the house.
- Not cheap or free, using a HEPA filter for internal toxins (like paint, carpet, furniture off-gassing) will help keep internal air fresh.

Aromatherapy Air Freshener Spray

Place 10-20 drops of an essential oil in a 1-quart spray bottle and fill with water.

Aromatherapy Bowl

Place a bowl of water + a few drops of essential oil in a room to diffuse.

Place a bowl of baking soda in a hidden corner of a room to absorb odors.

Essential Oils

Lemon and cedar oils deodorize.

Tea tree oil is antibacterial and fresh-smelling.

Lavender, spearmint and rosemary can be quite pleasant. Use what smells good and feels good to you.

Detox From the Inside Out

When we think of detoxification, we typically think fasting, herbs and other supplements used to help displace toxins from fat and other body tissues and get the sluggish organs working better. These outside stimulants are great, sometimes necessary.

Getting the body to become aware of toxins and sluggish detoxification mechanisms can be as good, if not better than using outside stimulants. This concept, foreign to most allopathic and holistic practitioners, uses the process of NeuroModulation Technique (NMT) to give corrective instructions to the control system for the entire body.

The first step is awareness. Your cells may be loaded with toxins, the liver functioning very inefficiently or intestines digesting poorly. But if what controls all these biochemical reactions lacks the information about the malfunctions, it appears as if all is normal, so no compensating signals occur. NMT allows the system to be aware of inefficient function. Once awareness is realized, the body has the innate wisdom to do the right thing.

The next step – assessment – occurs when, during a healing session, I 'read' where the body is attentive to function and where it is not. This includes bad habits like the body being in stress mode, immune system suppression, allergies and chronic inflammation, among other behaviors. Once the bad habits are identified, they can be altered.

Modulation or transformation occurs by giving the body an instruction on how to change the bad habit, how to do something differently. The body could respond right away and shift; it could take some more re-training (like most habits that are created with repetition); or it could shift right away, but be triggered back into the bad habit behavior by an emotional experience, indicating work required at an emotional level.

People tend to try NMT when no other modality has worked. Save money, skip all the doctor visits and go straight to using NMT to internally modulate and improve the body's functions – using the body's own innate healing wisdom.

Summary

Toxins are everywhere – in the air, food, water, home, car, office, products we use regularly. We all have toxins in our bodies and there is no escaping it. However, we CAN do something about it. First, stay calm and realize detoxification is a process that takes time. Systematically addressing all toxins is possible as well as daunting. By accepting a little help, we don't feel so alone or overwhelmed by the process.

1. *Ask for help and get support.* I am just one of the many people available to help personalize this process and provide support through all the steps of detoxifying your life to create more energy, feel more ALIVE!
2. *Eliminate toxin sources.* In an 8-week program I take people through the steps of detoxifying home, life and body with continual support throughout.
3. *Increase the body's own detoxification capabilities.* Start by eating whole foods while cutting out processed food, taking the right supplements and exercising.
4. *Use NeuroModulation Technique to instruct the body to detox and strengthen the immune system,* which is also a part of the detox process. If it's not aware of a toxin, how will it know to eliminate it?
5. *Nurture and maintain* these new habits for optimal health throughout your long lifetime!

Benefit NOW. Minimize susceptibility to degenerative diseases like arthritis, diabetes, heart disease, Alzheimer's, Parkinson's, autoimmune diseases and allergies. ~ Recharge the immune system. ~ Get rid of aches and pains. ~ Increase energy. ~ Implement these healthy habits to keep family members healthy and energetic.

Avoid mid-life medical bills, pills and elder assisted care. Invest in a health retirement plan for your body.

No one but YOU can take responsibility for your life and your health. What's *your* next action going to be? [Click here](#) if you're ready for 8 weeks of ALIVE! Detox to Thrive™.



Luminara Serdar was a molecular biologist and biotech consultant for nearly 20 years before experiencing NeuroModulation Technique (NMT) in her own healing process. She has successfully helped people since 2006 with allergies, autism, chronic pain, fibromyalgia, chemical sensitivities and stress relief, among other issues.

At Heart Full Healing, we assist people in regaining their health using a holistic approach. We use the informational "medicine" of NMT, a process that re-trains the nervous system to behave properly, propelling the body towards health. It's akin to fixing a corrupted computer hard drive, where a technician assesses the problem, fixes the operating system and makes it run properly. Detoxification and nutritional approaches compliment the natural healing process we offer.