

Beauty from Within

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Cleansing from the Inside Out

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The environment taxes your body daily. The rays of the sun can damage your skin. The air that you breathe contains petrochemicals from car exhaust. The water you drink and bathe in is contaminated with chlorine. When the body is functioning properly, these pollutants are processed and eliminated by the various systems of your body.

If you live the typical American lifestyle, your body may not be functioning properly. You are stressed out about work, family and finances. You too busy to prepare nutritionally balanced meals. You lack the sleep you need. You feel bad and it starts to take a toll on the way you look. There are very simple changes you can make today to nourish your body, mind, and spirit and allow your inner beauty shine through.

Breathe! As you breathe deeply, your lungs expand and massage the surrounding organs. This increases blood flow to these tissues and enhances the supply of oxygen and other nutrients essential for proper cellular function and health. With deep breaths, you receive more oxygen thus requiring your heart to pump less. With your heart rate at a lowered and normal level, and you feel calm and more at peace.

Limit your intake of fast food. Most fast food is devoid of any nutritional value and is packed full of refined flour and sugar. According to *The Sugar Blues* by William F. Duffy, white sugar, white flour, and white rice are anti-nutrients. When refined, they are stripped of any nutritional value leaving you with only empty calories. Your body needs the vitamins and minerals normally found in whole foods in order to digest and absorb nutrients properly. For your body to digest processed foods, it will leach vital nutrients out of your bones and tissues. This leaves your body in a weakened state of health, more vulnerable to disease and chronically fatigued.

Lack of restful sleep can contribute to your feeling and looking run down. Modern Feng Shui principles indicate that in order to establish a peaceful sleep environment, you need to rid the bedroom of clutter. Remove the television and computer from your sleep area. These items are “yang” or active and their presence can disrupt sleep, a “yin” or sedate activity. During the day allow daylight and fresh air in to recharge the space with the energy or “Qi” necessary for your nocturnal revitalization.

Cleanse your body internally each season. When your body is free of toxins, your immune system can focus on the germs and microbes that attack your body rather than the additives in your perfume, make-up and cleaning products. As you detox, nutrients are more readily absorbed, sleep becomes restful, and mood elevates. Your body is in balance and able to heal and rejuvenate itself.

The liver is key to cleansing your blood. When the liver is toxic, you can have problems such as depression and irritability. Refined foods cause mucus in the intestinal tract. This inhibits the absorption of nutrients and creates an optimal environment for parasites to prosper. When the kidneys become overloaded with toxins, you can be susceptible to recurrent UTI's (urinary tract

infections) and in severe cases, stones may form in both the kidneys and the urinary bladder.

Detoxifying the lymphatic system is most important. This maintains the health of all other body systems. An Herbal Body Wrap works as a healing tool to aid in the revitalization and purification of the lymph system. As your skin absorbs this soothing herbal infusion, toxins are drawn from your cells and eliminated from your body.

There is no magic pill for changing your old habits. Be patient with yourself. Recognize how incorporating these small changes affects your overall feeling of well being. By giving yourself true health of mind, body, and spirit, you can feel better and ultimately look better.