

Feeling Sad, Tired or Ill? You Could Be Cleansing!

As we enter Fall, many people start to experience symptoms that may feel like illness, but could actually be your body cleansing. Cleansing is your body's natural way to get rid of wastes and toxins - and it happens daily in some form or another. The fevers, headaches, flu-like symptoms, depression, lethargy, colds and skin eruptions that we have been taught are disruptions may actually be our bodies trying to cleanse.

The time period between the change in seasons is when we often see people experiencing these "disruptions" and we'd like to invite everyone to use these times to really pay attention to your thoughts and the signals your body is sending. You may find out that you are experiencing a cleanse in preparation for the coming season. In Chinese medicine, each season is associated with a major organ and autumn is the season of your lungs and large intestines.

Sadness is the emotion corresponding to your lungs and if you find you tend to withdraw during sadness, consider taking some time to breathe deeply and connect with your lungs. It is your lungs that help your heart beat and maintain respiration, metabolism and homeostasis. Just as your mind affects your body, your body affects your mind. If you notice that your emotions are getting in the way, they also impact your ability to feel nourished in your life. Autumn is a great time to focus on gratitude - bringing cleansing breath into your body and releasing emotions that cause pain. Focusing on nourishing habits including diet and lifestyle - and connecting with the life-giving breath of your lungs -- is key to allowing your body to cleanse with this change of season.

Paired with your lungs during the fall season is your colon, both organs of elimination. If you experience symptoms of gas, bloating or constipation, you have several options to care for your colon. Cleansing your colon allows your body to be rid of toxins and reduces discomfort you may be feeling from your cleansing experience. It can be a good idea to administer a home enema or visit to a colon therapist at the first sign of cleansing.

This may be a great time to renew your commitment to healthy eating practices. Eating fermented foods, for example, allows your body to maintain a healthy inner ecosystem that supports your overall health. Just as important are the thoughts and feelings you are focusing on at any moment. While we may have a hundred thoughts in our minds at any given time, we can only focus on one. If your focus is on negative thoughts, it will affect your body and your experience of life. As you enter into fall, consider focusing on thoughts that support your healing and overall nourishment. The positive thoughts that bring you joy can go a long way to bringing you great health as well.

~Donna Eden, *Body Ecology*

A Few ForeverGreen Products that can support your fall cleanse:

ForeverYoung Liver Cleanse- Juice of 1 fresh, organic lemon, 1 drop Lemon oil, 1 drop Peppermint oil. Taken each morning on an empty stomach, 30 minutes before eating. Helps support the liver and bile flow, which aids in elimination. May also aid digestive or bowel disorders, like IBS and skin disorders, including psoriasis, eczema and adult onset acne.

Dynamic Plus - Dynamic Plus contributes to accelerated weight loss and supports healthy immune function while restoring digestive balance. You may find that you have more energy, better mental clarity, and suffer less from common illnesses. Get the most out of what you eat by increasing absorption and assimilation of nutrients, vitamins, minerals, and enzymes. Simply stir a rounded teaspoon of Dynamic Plus into a glass of water and drink on an empty stomach. Dynamic Plus comes in a 30-day supply.

Ingredients: A proprietary blend (5 gram serving) of green food, probiotics and enzymes. Green Foods (95.3%): Spirulina, Soy Beans, Stabilized Rice Bran Complex, Alfalfa Grass, Barley Grass, Wheat Grass, Maize, Millet, Oats, Molasses, Wild Yam, Mung Beans, Sweet Potato, Jerusalem Artichoke. Probiotics

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(4.6%): *L. plantarum OM*, *L. acidophilus*, *B. bifidum*, *B. longum*, *L. casei*, *L. brevis*, *S. thermophilus*, *B. infantis*, *B. lactis*, *L. bulgaricus*, *L. delbrueckii*, *L. paracasei*, *L. salivarius*. EES (Enzyme Enhancement System) (0.1%): *Protease*, *Amylase*, *Maltase*, *Phytase*, *Cellulase*, *Sucrase*, *Lactase*.

Probiotic Plus - Probiotic Plus gives you all the probiotics of Dynamic Plus with the convenience of a capsule. You receive the same wonderful health benefits as Dynamic Plus, without the green drink and added enzymes. Simply take a single one-a-day capsule to give your body the beneficial bacteria it needs without the powder and mixing.

Ingredients: Proprietary Blend of Probiotics - L. plantarum OM, L. salivarius, L. acidophilus, L. casei, L. brevis, L. bulgaricus, L. delbrueckii, L. paracasei, B. bifidum, B. longum, B. infantis, B. lactis, S. thermophilus. Proprietary Blend of Pre-biotic and Dynamic Plus Whole Foods & Jerusalem Artichoke Leaf, Spirulina, Soy Bean, Stabilized Rice Bran, Alfalfa Grass, Barley Grass, Wheat Grass, Maize Grain, Millet Grain, Oat Grain, Molasses, Wild Yam Root, Mung Bean, Flax Seed, Sweet Potato Root.

Green Dragon - Give your body a powerful, whole-plant green drink Green Dragon symbolizes the life force that comes from the plant kingdom. Greens are amazingly nutritious with vast health benefits. They are extremely important to help you balance your pH and are an important key to your optimal health. Squeeze into chilled drinking water for a wonderful, calming iced herbal-tea or add to hot water for an instant tea.

Ingredients: Purified Water, Organic Gum Arabic, Organic Rosemary Antioxidant. Proprietary Blend of Organic Green Tea, Chamomile, Peppermint, Spearmint, Lemon, Lemon Grass, and Parsley Extracts.

To order, for class information, or if you have questions contact:

Debby or Penny Swann

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www.MyForeverGreen.org/536852

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