

Top 12 Steps to Become Healthier Over the Next 30 Days

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By Syndicated Columnist Cathy Harris

Have you been feeling tired, sluggish and run-down? Do you consider yourself to be healthy? What does being healthy really feel like? Being healthy is simply having the energy and vitality to move forward and enjoy life.

After conducting extensive research on how to become more healthier, I learned that it's a good chance that all the following have contributed to your organs becoming clogged, turning hard and slowing you down:

- Eating the Standard American Diet (SAD)
- Swallowing undigested foods over the years
- Eating junk foods over the years
- Taking pharmaceuticals (either prescribed or over the counter)

Even though you are not experiencing any pain from your liver, kidneys or other organs, it doesn't mean that they are operating at 100%.

The problem is if you don't do something to reverse the damages that have occurred to your organs over the years, they will eventually give out. If one organ gives out, they all give out...and you will die!

If you have bad breath, pass gas that has a foul odor or have a bad odor when you defecate, that means you have something inside of you that is dying or in other words - a disease is developing in your body.

Remember disease cannot exist in a healthy body! The goal is to look at your environment (inside and outdoors) and lifestyle (diet, etc.) and develop habits that will give you a "disease-free body" and bring you the vitality and energy you had years earlier.

Don't beat yourself up if it takes some time for you to adjust to your new lifestyle. After all you did not pick up all those bad habits overnight.

The goal, however, is to transition into this new lifestyle before it becomes too late.

Remember chances are you are the cause and you will also have to be the cure for what is happening to your body.

Here are the top 12 health tips to make you feel better in 30 days:

1. Detoxify Your Body:

The first step is to get the bad stuff out of your body and put the good stuff in. Did you know you can hold up to 20 pounds or more of fecal matter that can back up in your body and cause diabetes, asthma, epilepsy, and other diseases?

There is a really good chance that toxins and parasites have invaded your body and is causing you to feel run-down, sluggish and weak.

Everyone needs to detoxify their bodies because stored physical and mental garbage breeds what we know well as diseases.

Therefore, there are 3 types of detoxes/cleansers that you need to do at least 2 or 3 times a year:

- You should do an intestinal detox at least three times a year
- A liver detox twice a year
- A kidney detox twice a year

Make sure you give yourself at least a 2 to 3 week break between each detox period for the toxins to continue exiting your body.

You can buy a good herbal product such as <http://www.renewlife.com> from any health food stores to assist you with clearing these parasites and toxins from your body.

2. Eat Organic Raw Fruits and Vegetables:

The goal is to slowly take yourself off packaged, canned, processed foods and other non-foods that you have been consuming over your lifetime.

Your food should be fresh and organic which means you might have to shop every week because organic food spoils quicker than other food. You want to stay away from molded foods which allow toxins and parasites to enter the body.

Vitamins can't take the place of nutrients in food; therefore, you should be eating at least 75% to 80% or more of organic raw fruits and vegetables every day. You should eat broadly at all times to get all the nutrients you need to stay healthy.

If you don't have access to organic raw fruits and vegetables then buy the regular kind and wash them off with just plain water. But remember you should always wash off all (including organic) fruits and vegetables thoroughly (with plain water) even if they come in a bag.

You should also juice organic raw fruits and vegetables throughout the day especially when you are detoxing and fasting. Not only will juicing fill you up but it will provide key nutrients that your body has probably been going without.

Juicing (spinach, carrots and distilled water) first thing in the morning will also help you pass regular bowel movements. You should have 2 or 3 bowel movements every day. The goal is to keep your food moving through your body and the body will take what it needs as nutrients and enzymes.

3. Take a Vitamin Supplement:

Your goal is to receive the proper nutrition and your energy will increase. Cooking food depletes nutrients! If you are eating COOKED foods, it has no nutritional value and you need to take a vitamin supplement daily.

It's okay to steam your vegetables which allow the nutrients to remain intact.

If you are buying vitamins from drug stores and other community stores which are not health food stores (or vitaminshoppe.com), chances are you are buying vitamins that have dead chemicals in them which means they were made in a lab. So remember, unless you are eating right (organic raw fruits and vegetables), you should be taking a vitamin supplement.

4. Fasting is Good for You:

Every night when you sleep, you are fasting. When you are sick you fast because most of the time you lose your appetite. Fasting will allow your body to heal so make sure if you have been feeling weak or run-down, you should be fasting.

The 'common sense' definition of fasting is "the abstinence of food and substance, or a reduction in normal consumption." This goes on around the clock, for 24-hour periods. A dictionary definition is "to keep from eating all or certain foods; to eat very little or nothing."

Reasons for fasting are as varied as the types of fasts:

- to lose weight
- to grow spiritually
- to enhance prayer
- to cleanse the body
- to purge the mind
- to heal the body
- to recover from some debilitating state

Basically, just cut down your consumption. The body can't heal if you are filling up on food at every meal. You always want to leave air in your stomach when you eat. Try not to eat 3 hours before bedtime.

5. Stay Away from Meat:

Remember if you eat meat, it will stay in body for 3 days or longer turning into parasites and toxins. So try to eat from the land (organic raw fruits and vegetables) or the sea (Salmon, Mackerel, Herring, Tuna (only twice a week because of mercury), Sardines, etc.).

If you are suffering from asthma, bad allergies and other illnesses that leave you congested in your sinuses and chest, it's a good chance you are also eating MUCUS-producing foods such as:

- eggs
- chocolate
- dairy products
- fried foods

Test yourself! Stop eating all the above mucus-producing foods for 2 to 3 weeks to see if you feel better. If you feel better after not consuming the foods, then cut them out of your diet completely! You don't need these foods.

6. Chew Your Food:

Some people chose to eat 6 small meals a day instead of 3 big meals. Remember don't go 3 and a half to 4 hours without eating something.

When you don't chew your food, you are swallowing undigested food particles which will turn into parasites and toxins in your body.

If you drink lemon juice and water (with cayenne pepper) 20 to 30 minutes before a meal, it will open up your digestive system so whatever you eat will not stay in your body. That's why it's extremely important to chew your foods at least 30 to 60 times before swallowing. You make your own saliva by chewing your food so you don't need liquid when you eat. The goal is to get nutrients from your food and not fill up on liquids. You can resume drinking liquids one hour after a meal.

Remember it takes 20 minutes for your stomach to tell your brain you are full so eat slowly. Try to avoid watching the T.V. or reading a book while you are eating so you can pay attention to how much you are eating and your chewing habits.

7. Be Careful of Dairy Products:

Dairy products (milk, yogurt, cottage cheese, cheese, etc.) were not made for certain people. Many African Americans are "lactose intolerance." In other words, they are allergic to milk and need to cut it out of their diets as soon as possible.

Dairy products are also a mucus-forming food so you want to be careful consuming dairy products.

Pay attention to your body! Stop eating all dairy products for 2 to 3 weeks to see if you can tell a difference in how you feel. The goal is not to eat anything that is "altered." Dairy products are altered and so is chicken that receive hormones. You should go from "fried chicken" to "baked chicken" to "no chicken."

If you must drink milk - buy the 2% and boil it. In place of milk, you can take a calcium supplement with magnesium so it will not constipate you. There are many foods that contain calcium so you don't really need milk. Remember all women need calcium.

8. Constantly Sweat TOXINS From Your Body:

Remember we live in an imperfect world so toxins are constantly coming into our bodies through:

- our food
- our water
- the air we breath

The goal is to keep the toxins exiting your body before they totally pollute your body causing it to become sluggish and slow down.

There are 3 ways to expel toxins from our bodies:

- sweating through your skin (Sitz Bath, exercising, sauna, etc.)
- your urine
- your waste

There are 3 ways to sweat toxins out of our bodies:

- You can take a Sitz Bath at night with a cup of Epsom Salt or Baking Soda. (Fill the bathtub while sitting to waist height with warm/hot water. Remain sitting for some 15 to 20 minutes. Get out of the tub slowly, allowing the water to drain from the tub. Dry yourself, and rest or "cool down" five to ten minutes until you are no longer perspiring. Keep yourself warm and comfortable, and covered.)
- You can sweat while you engage in some type of cardiovascular exercise (fast walking, running, aerobics, swimming, bicycling, etc.) for 30 or 45 minutes at least 4 or 5 days a week.
- You can join a gym and sweat in a sauna or steam room.

9. Don't Overwork Your Liver:

A lemon is one of the most powerful foods for supporting the digestive organs, since it helps to turn on the body's energy and it cleanses and activate the liver.

Remember the liver detoxifies everything that comes into your body from the smell of perfume, detergents, cleaning agents, and all the smells inside and outside of your home.

In order to heal your body and get more energy, don't make your liver work harder. Go natural for 6 months to a year or longer!

Get rid of everything in your house that smells such toothpaste (use baking soda instead), aftershave, perfume, soap, deodorants (use baking soda instead), air fresheners, hair products, body lotions, detergents, cleaning products, etc.

Basically, you need to get rid of every product that has the ingredients that starts with PROP especially these products - propamide, propacetamide, propyl gallate, calcium proprionate, propanol, isopropyl alcohol. These ingredients allow cancers, diseases, parasites and toxins to enter your body.

The good news is that once you stop taking any of these products and start using natural products (from health food stores), their effects will disappear out of your system in 5 days and you will start feeling better.

10. Drink the Right Type of Water:

If you have a weight problem, your food cravings may be a sign of thirst, not hunger! Sometimes drinking the right type of water can make you start feeling better within a few days.

Start the morning with eight ounces of pure or distilled water and the juice of a quarter of an organic lemon. You can also add cayenne pepper, unrefined sea salt, and ginger.

Twenty to thirty minutes before every meal, drink a glass of water with lemon juice or the other ingredients. This is a good time to take your vitamin supplement.

If you don't have any organic or plain lemons to put in your water, drink water anyway! It will open up your digestive system.

Always drink room temperature water and never drink with your meals. Wait at least one hour after a meal to resume drinking water (pure or distilled water).

If you have trouble sleeping, instead of eating something, drink a glass of water.

If you have an extremely toxic body, it will most likely be quite challenging to rehydrate your body, but don't get discouraged. You should start feeling better over the next few weeks.

11. Stop Taking All Pharmaceuticals:

There is a good chance that pharmaceuticals use either “prescribed” or “over the counter” over the years have contributed to your organs becoming clogged, turning hard and slowing you down. So the goal is to reverse any damage that these pharmaceuticals have caused before it's too late.

The goal is to start eating a healthier diet (75 to 80% organic raw fruits and vegetables) and exercise while you slowly take yourself off ALL pharmaceuticals either prescribed or over the counter.

Chances are your unhealthy eating habits probably contributed to the reasons you were taking the pharmaceuticals in the first place. Pharmaceuticals simply acted as a band-aid which covered up the real reason you had the problem.

The pharmaceutical industry is BIG BUSINESS but now is the time to educate yourself on a healthier lifestyle so you can renew your life as you get your energy back.

12. Get Some Type of Cardiovascular Exercise:

The couch potato lifestyle has contributed to over 200,000 PREVENTABLE deaths a year. The leading causes of death for people with heart disease, cancer, stroke, kidney disease, liver disease, and diabetes are most strongly influenced by lifestyle.

Everyone should be engaged in some type of cardiovascular exercise (fast walking, running, aerobics, swimming, bicycling, etc.) at least 4 or 5 days a week for 30 to 45 minutes. Cardiovascular exercises are any type of exercise that gets your heart rate up and keep it up for at least 20 minutes.

Remember if you exercise in the morning it speeds up your metabolism more than it would if you exercise later in the day.

If you sweat for over an hour, make sure you are drinking more than just water. You will then need some type of sports drink with electrolytes which will help balance the fluids out in your body.

The goal is to detoxify your body, mind, and spirit while learning new eating habits while you exercise and get enough rest and sunlight.

Once you know the basics of healthy living, you can start taking charge of your life and your health. And once you do this, you can make every moment count – not only for yourself, but for the people you live with, work with, and care for.

To find out more information on your body conduct research on diseases, parasites, and toxins at the library, bookstores and the below websites:

- <http://www.webmd.com>
- <http://www.blackdoctor.org>
- <http://www.thedoctorstv.com>
- <http://www.naturalcures.com>
- <http://medicalnewstoday.com>
- <http://www.50millionpounds.com>
- <http://www.womenshealth.gov>
- <http://www.caring.com>
- <http://www.familydoctor.org>
- <http://www.healthination.com>
- <http://www.everydayhealth.com>
- <http://www.medicinenet.com>

You can find recommended health books at
<http://www.angelspress.com/recommendedbooks.html>.

Cathy Harris is a Motivational Speaker and Health Consultant and the author of **“How To Take Control of Your Own Life”** (<http://www.HowToTakeControl.com>). She is available for seminars, workshops and consultations and can be reached through her company, Angels Press, P.O. Box 870849, Stone Mountain, GA 30087, Phone: (770) 873-2072, Toll Free (800) 797-8663, Fax: (678) 254-5018, Website: <http://www.cathyharrisspeaks.com> and Email: info@cathyharrisspeaks.com.

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