



Crow River Animal Hospital & Dental Clinic

Friday Fun Facts – Number 2:2010

Melissa Shelton DVM – Cleansing: Part I - Humans

Disclaimer: All of the information provided here is intended for educational purposes. The information is not intended to diagnose, treat, or prescribe for any illness. Please seek the advice of a qualified health care professional in your area of concern if you have a health challenge.

Okay, now that everyone knows why we should cleanse, let's talk about how.

1. Get rid of excess toxins in your life. It is hard to bail a boat dry, when water keeps seeping in. Kind of a losing battle. Replace daily toxins with safe products. I really recommend using Young Living products, as even when I tried all the other "natural, safe, and organic" products, I would still have problems! Tom's Natural Toothpaste still contains harmful ingredients, and JASON organic shampoo's and conditioners, still contained forms of lauryl sulfates. Aggravating.

Here are the products we use personally to replace many toxic items:

- Glee Gum – natural gum. www.GleeGum.com.
- Young Living Shampoo and Conditioner, Toothpaste and Mouthwash, Lotions and Bath Gel. As well as kids products – toothpaste, vitamins, etc... www.YoungLiving.com.
- Dr. Bronner's Baby Mild liquid and bar soaps. Use the unscented versions so that you are not getting synthetic fragrances mixed into a "safe" soap. www.DrBronners.com.
- Save money, decrease toxins, and get a BETTER clean with homemade laundry soap, dishwasher detergent, home cleaners. Add vinegar to your Jet Dry compartment – works great! We have a recipe handout available on this subject. Really easy!
- Water – good old, spring water – in glass or stainless steel, no plastic or aluminum. Add a few drops of essential oils (lemon, orange, Citrus Fresh, tangerine, peppermint) – Yummy!
- Herbal teas that are naturally free of caffeine. Or hot water with a drop or two of essential oils.
- Dandyblend – coffee replacement – REALLY tastes good! www.dandyblend.com
- Homemade organic foods, made by human hands. Yes people, we can do this!! Check out www.Mercola.com and www.rawmilk.com. Organic foods are not that expensive anymore, due to the popularity. Even Cub and Coburn's have pretty decent organic sections. If you can't get organic, a REAL carrot is still far better than a synthetic Centrum Vitamin. Our bodies know what to do with food. Healing and health come from

our cells being able to replicate and repair, and that takes quality nutrition to occur properly. Stay away from foods in boxes, bags, or that can sit on a shelf for a month. This is just not natural. We need to eat the way old farmer's used to (sorry to any vegetarians) – grass fed, free ranging, family raised meat, eggs, and dairy. Non-pasteurized, non-homogenized, non-processed foods that still contain the nutrients Mother Nature intended (why do you think they tell you not to microwave breast milk?? – hint, it is not because of hot spots). And, as yucky as this might seem – there is great evidence that we should be eating liver, tongues, kidneys, sweetbreads, brain, and other organs or glandulars. Which was actually a regular occurrence on the family farm (for humans and animals). But, thankfully, we can get this in a supplement form from Standard Process – more on this later.

- Ningxia Red – from Young Living – replaces juices for the kids, as well as great anti-oxidants and immune support. Amazing nutrition carrying a full spectrum of amino acids. Can be used for pop replacement, reduces cravings (pop, smoking, alcohol), and is low glycemic index as well.
- Stevia Herbal Sweetener – no calories with actual medicinal properties. Young Living brand is from the most medicinal Stevia plant species. However, you can find Stevia in liquid and powdered extract form in health food stores.
- Agave syrup is a low glycemic sweetener that tastes great. Use in tea, coffee, as a replacement for honey. We use it to make our own sore throat elixir and cough syrup. A great way to get kids to take an essential oil orally. We get ours at Trader Joe's, Health Food Stores, or Young Living.
- Extra Virgin Olive Oil – as lotion or makeup remover. As your lotion, add a couple drops of your favorite essential oil to make a beautifully scented rub, as well as get some medicinal properties. Mix Juniper, Cypress, and Grapefruit into some oil – great for Cellulite. Use any essential oil in olive oil to help detoxify skin after swimming in chlorinated water or even fresh water containing run-off and boat discharges.
- Take a whole foods multi-vitamin. Made from real foods that our body can understand, absorb and utilize. True Source from Young Living is awesome. We really feel a difference. If you can splurge, get their Core Supplements that include the whole food vitamins, anti-oxidants, omega fatty acids, and a pro-biotic! Standard Process also has amazing whole food supplements – these are only available through health professionals – and we will be carrying the line soon!
- You may be able to replace your prescription medications with herbal and plant based supplements. Naturopathic doctors know that the key to true health is addressing the CAUSE of an illness, not covering up symptoms with a synthetic medication, fraught with side effects. There are many natural protocols for high blood pressure, diabetes, high cholesterol... – that focus on the person as a whole, not just getting numbers to change.
- Get rid of all the synthetic fragrances, air fresheners, Febreze, and Glade Plug Ins. See our Natural Cleaner's Handout for more information on how to replace all of these items.

- Use essential oils or Thieves Hand Sanitizer from Young Living to disinfect your hands. Natural, effective, safe and does not promote bacterial resistance.
- Use a car diffuser for essential oils. Peppermint can keep you awake and perky while driving, Harmony Oil can keep the kids from fighting! Christmas Spirit just smells plain great, and Purification can *remove* all remnants of cigarette smoke! www.AbundantHealth4u.com carries auto diffusers, home diffusers, and many accessories that you will need for using your essential oils.

As you can see, there are many things to consider when trying to switch out to healthier choices. If anyone has a question on which product to use as a replacement for your current choice – feel free to email me a list. We have evaluated everything from jelly, peanut butter, store bought bread, deodorant, personal care products, vitamins, juices, fruit snacks, kids’ cereals – you name it – we have tried it – and will give you the thumbs up or thumbs down! We’ll even tell you which organic and natural products to steer clear of (some just taste bad – and if the kids won’t eat it, why bother...). I look at it as a blessing now, but our family is very sensitive to the foods we eat and the artificial chemicals we are exposed to. Behaviors of ADHD, OCD, Autism, and Tourette’s as well as skin eruptions, headaches, crabbiness and water retention – all blossom when our family “cheats”. I look at it as a fortunate occurrence that tells us that our bodies can’t tolerate “Frankenfoods”.

On a daily basis – detoxify yourself. Apply a little essential oil to your skin, eat a good diet high in vegetables and fruits, take a whole foods vitamin, supplement omega fatty acids, drink water with lemon or citrus essential oil in it. There are many ways to easily support your body.

Now for the gross part...

Remember, we are meant to poop after we eat!! If you do not have a regular bowel movement, within 2 hours of eating a meal (yes, this means we should usually poop 3 or more times a day!) – you need to address your colon first on your road to detoxification. If food goes in, used food needs to be coming out. If it doesn’t - where does all that excess matter go? It builds up in your colon, allowing toxins to stay in our body longer and be absorbed further. The Standard American Diet is so devoid of fiber, that many people barely have one bowel movement per day. Poop is the ultimate toxin – if you don’t poop, you will die. Many of us are dying slowly inside, and don’t even realize it.

The most gentle and effective way to cleanse your colon – is to start with the Five Day Nutritive Cleanse from Young Living. I felt so good on this cleanse. I lost weight, had less puffiness and water retention, wasn’t hungry, and had plenty of energy. Some people need to repeat this process several times. Adding pro-biotics and digestive enzymes may be necessary for some to help heal a lethargic or damaged intestinal system. I have done many different cleanses, varying from pills, fasting, liquid diets, you name it. The Five Day Nutritive Cleanse is so easy and tastes great. I actually find myself craving to do

it again (which for me, is really weird!). It consists of Ningxia Red, Balance Complete Meal Shakes, and Digest & Cleanse Capsules. The Balance Complete tastes so good, and has the perfect fibers for absorbing and eliminating fats and toxins from your body. Anybody can do this cleanse.

I hope this motivates everyone to start choosing differently in the grocery store, and to start reading labels. For a list of some of the most toxic ingredients in personal care products go to: <http://www.organicdivas.com/dirtydozen.html>.

You can drastically reduce your toxin loads just by changing simple things in your daily life. Watch what people are putting in their baskets at the grocery store...it might scare you. Now that I have started to pay attention, it is amazing how many carts do not have ONE SINGLE perishable food in it (okay, maybe they have milk and bread – but it is still refined, pasteurized, homogenized, and basically stripped of natural health giving qualities before we even buy it). Think about it seriously for one full day, how many things do you consume or use, that could be replaced with a healthier alternative?

Next week we will address specific areas of cleansing – lymphatics, liver, kidney, gall bladder... And what symptoms you may see when these areas are clogged up and feeling poorly.

Feel free to email me with any questions. I have been having a great time talking with everyone, and the more you ask me, the more I learn. You truly can't know a subject until you can teach it! I am enjoying learning from everyone else – and hope in the future, that some of you will write a Friday Fun Fact of your own. Many of you know things that I haven't personally experienced yet – like Willard Water, Herbal Medicine, and Electromagnetic Fields. I think this is very valuable information, and we can all benefit by sharing the things that we have had to research and learn about.

Remember, you can search for specific conditions and oils on this site: www.oil-testimonials.com/1039262

For more information about purchasing any of the products listed, please feel free to contact me. Our clinic carries a small amount of Essential Oils Desk References, Aromatherapy A-Z books, and Glass Spray Bottles, trial size oils, and supplies for sale. Before spending a ton of money on products that may not be ideal for your particular situation – please ask – and I can give you the best recommendations based on your individual needs. I am glad to help!

I hope you find this information helpful and educational. I am sure you will find caring for your body naturally, as Nature intended, as exciting as I do. I know the answer to our current health crisis, lies in treating our body and earth with the respect it deserves.

Healing is our birth right. Giving our bodies the nutrients and care that it requires to heal, lies in our own decisions.

Melissa Shelton DVM
Crow River Animal Hospital & Dental Clinic
Whole Mystic Health Care
www.CrowRiverAnimalHospital.com

320-286-3277

CrowRiverAnimalHospital@gmail.com or WholeMystic@gmail.com
Young Living Member # 1039262