

# 7 Reasons Why You Should Detox

by Nwenna Kai

We all have our reasons and our why's for not experiencing abundant, vibrant, and optimal health. Some of us consider ourselves to be whole women, but we do not eat whole food nor do we enjoy wholesome healthy lives. If we took the time to prioritize our health the way we prioritize our careers, our finances, and our family relationships like we did our health, we would discover that our health fuels all of these areas. One of my coaching clients who was going through the process of a divorce decided to rethink it after she discovered how toxic her body and her life was and how she really wasn't in a position to clearly make such a life-transforming decision. This is where the power of detoxing comes in. Many of us do not realize how our clogged colons, the weight we carry on our bodies, and our sluggish lifestyles stifle our decision-making processes in our businesses and our lives. One of the fundamental teachings that I learned in regards to my self-care plan was the power of detoxing and cleansing my mind, body, and spirit which is a process of emptying ourselves of toxic matter and then filling us back up with good yummy stuff. I have my reasons why I detox regularly, so what are yours?

**Here are 7 reasons why you should detox.**

## **You will experience more Energy**

Detoxing is a process of eliminating old fecal matter, old toxic thoughts, toxic patterns, toxic relationships and creating and transforming them into something new and positive. Taking a break from eating old processed junky food and filling your body up with raw, living, unprocessed, natural whole foods that you can pronounce and recognize and food that does not require labels is like finally telling your body The Truth about You. When you do this on a regular basis, you will discover how whole plant-based foods fuel your body's energy reserves.

## **Experience Healing of the Mind, Body, & Spirit**

As you detox your body, you will discover how connected we really are to our minds and our spirits. Its the trinity of Life itself. If one isn't working properly then the other pieces aren't going to work properly either. Everything is a marriage and in order to have a successful marriage the parts inside of the marriage have to be in balance. Healing is simply about creating balance in the body, mind, and spirit. So what does that look for you?

## **Reduce Stress**

The body becomes stressed when it is bogged down with artificial foods. And when it does that it attracts stressful situations into our lives. If you are eating what we call a SAD (Standard American Diet) then your body doesn't recognize more than

half of what you call food in your body and so it is undernourished. Undernourished bodies result in weight gain and other diseases of the body. We do not realize that our relationship to food reflects on our other relationships to finances, people, and experiences and if we are eating stressful food, then we are creating stressful experiences. Imagine the meat that you are eating and the stress that that animal endured when it died. Go figure!

### **Improved Digestion**

One of my greatest teachers told me that constipation is the only disease and proper digestion is the way to optimal health. If your body is properly digesting the nutrients and minerals in the body, then you can't help but to enjoy abundant health. Our bodies are highly intelligent vessels. We honor that blessing by allowing it to do its job naturally and easily.

### **Experience Mental Clarity**

Anytime I do a detox, I get more work done in a day than I can get done in a week. Why? Because I'm a clear channel, I can make decisions, move on projects, and execute them because my body is cleaned out and therefore my mind is clear.

### **Rejuvenate Your Spirit**

All of the ancient gurus, sages, and teachers knew the power of detoxing and cleansing. They knew that the physical vessel we harbor in called the body needs to be cleaned out like anything else, a house, a car, a garage. Imagine if you did not clean out your house, your car, or your garage for a year. What would it look like? What would it feel like? What would it smell like? And who are you inviting inside of it?

### **Achieve Your Ideal Weight**

If you are interested not in weight loss, but in maintaining a body weight that feels really good to you, detoxing is the way to go. Yo-yo dieting, working out in gyms to lose weight, and diet pills are so last decade. Achieving your ideal weight is about getting your body back to its natural state through eating right and taking part in doing fun movements that feed your spirit. Walking outdoors, swimming in the ocean, belly dancing, yoga, stretching, are fun ideal ways to get the body to move and sweat and thus still working our cardio, working up a sweat, and stimulating your metabolism.