

6 Body Signs it's Time to Cleanse:

1. Bad Breath:

A healthy mouth has breath that smells sweet and saliva that tastes good. When toxins build up inside the body, one place they are eliminated is through the breath. If your breath smells bad or your saliva tastes bad – it's time to cleanse.

2. Body Odor:

A healthy body smells sweet! If any part of your body smells unpleasant (sweat, feet, armpits, privates, poop, pee, menses, breath, or skin) – it's definitely time to cleanse.

3. Fatigue/Lethargy:

A healthy body vibrates with energy! Toxins or "ama" collect in the intestines. This sticky, gunky toxic residue keeps your gut from absorbing maximum nutrients from the food you eat. Toxins also wear down our natural immunity. If you wake up tired, lethargic, groggy or grumpy, and are not stoked for the day ahead you need to detox. If you get sick, colds or flu easily – it's time to cleanse.

4. Allergies:

A healthy body is clear and radiant! If you experience heaviness or congestion in the lungs, sinuses, head, intestines - you need to detox. If you have allergies, your body is full of "ama" or sludge & is unable to process these toxins fully – it's time to cleanse.

5. Tongue Goop:

If there is gunk on your tongue in the AM, or that accumulates later in the day, you are not properly digesting your food, and as a result of undigested food, toxins build up in your body. – it's time to cleanse.

6. Dull Eyes:

Eyes are the windows to the human soul. Eyes reveal our inner state of health. Eyes that lack luster and radiance are eyes in which the life force is blocked and energy flow is diminished! Diminished energy flow will result in fatigue, foggy brain, lethargy and can lead to more serious illness. Time to cleanse!

I'm here to guide you!!

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