



Clean Living Package

- live a clean, toxin-free life!



A Brief Message
from Karen.
[Click Here!](#)



A stylized, handwritten signature in black ink that reads "Ka".

The Healthy Living Program™
- body, mind and spiritual health and wellness for LIFE!



www.mccoyfitness.ca

Living Toxin-free

- it's all about awareness!



Do you know we have over 40,000 toxins in our environment that were not there just 150 years ago?

Do you know that most of those toxins go through little testing, and it is an 'innocent until proven guilty; law...they will pull back the offending chemical only if there are reported adverse reactions after being used by people.

Do you know that label laws on food allow marketers to use the 'added ingredients' or 'other ingredients' category to put almost anything in there (dye, MSG etc) because the label gets too long to read, and they summarize that the ppm (parts per million) are negligible and shouldn't do any harm to our bodies.

Do you know that aspartame is directly linked to ADHD and Alzheimers, yet it hasn't been pulled off the shelf (and as we speak, Monsanto is creating a new name for it because they know the old name illicit fear in some people). It's because Monsanto is heavily (financially) invested in our food production.

Do you know the heaviest incidence of allergy-sufferers come from households that are extremely clean and sterile (cleaning products hold one of the highest toxic loads....so if you're a messy housekeeper like I am, then that's a good thing!)

Do you ever wonder why our young boys are now growing to 6 feet tall with size 14 shoes, and our girls are menstruating earlier than ever, by age 9 or 10? Can you say commercially grown meats and milks anyone (they carry high levels of antibiotics and hormones...they feed this to our animals to get big for slaughter...don't' you think there's a connection here?

We can no longer rely on our governments to keep us safe....it is truly buyer beware.

Question everything.....take back your health, live with awareness and do the research. We can no longer bury our heads in the sand. Cancer is no longer hereditary, ALS and MS are on the rise, and today's child have the greatest chance of dying before their parents—the first time this phenomenon has ever occurred in history—due to poor nutrition and poor lifestyle-related living.



In the **Healthy Living Program**, we do just that...stick with me....I'll open your eyes and show you lots of healthy alternatives to live light, live clean and live well! Don't be scared, be thankful you have this resource!

Clean Thought

for optimum health!

What is clean thought?

Clean thought is having clear emotions. It's feeling balance and centered. It's living a life that is stress-free. When you have clear thinking, you are less reactive to life's daily events. You're able to roll with the punches. Most importantly, you're able to acknowledge and change outdated and negative thought patterns that keep you stuck in your dysfunction.

I am convinced that much of the *dis-ease* in our body stems from a *dis-ease* in our inner thought patterns and belief structures. Creating a stable and clear emotional landscape is key to optimum health and wellness. This can be done easily and effortlessly through the use of

Bach Flower Essences®.

I've been using the Essences for years with amazing results. They have helped me successfully navigate through tough times - bad news, relationship woes, childhood issues - through major decision-making events - work, future plans - and through major transitory times - ageing and motherhood. In fact, the Essences have had such profound effect on my mental and emotional health; they have become the single most important supplement I take! My son takes **Rescue Remedy** every night to help him sleep.



Bach Flowers

Bach Flower Essences® were created by Dr. Edward Bach, a physician, who founded the essences after being frustrated by not being able to help his patients heal in the traditionally accepted ways. He determined that although dysfunction happens in the body, its origin starts in the mind. Clear the mind of negative talk-back, worry, and dysfunction, and you restore health by removing emotional healing blocks.

How do the Essences work?

The Bach Flower Essences® are a safe and natural method of healing. They gently restore the balance between mind and body by casting out negative emotions, such as, fear, worry, hatred and indecision which interfere with the equilibrium of the being as a whole. The Bach Flower Essences® allow peace and happiness to return to the sufferer so that the body is free to heal itself.

The Essences can never do any harm to anyone at any time. They are made by infusion of wild plants & flowers from a certain area in England. The Bach Flower Essences® are considered homeopathic and are perfectly safe for children and animals, and will not interfere with any prescription medications or other drugs or remedies.

What Can I Expect?

You can expect a melting away of roadblocks, a clearer understanding of your habitual negative tendencies, and an opening up to a new way of being, thinking and doing. It's you when all dysfunction is removed. It's you at your best - grounded, peaceful, capable, mature and aware.

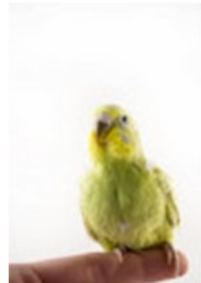
Where to I begin?

Find someone certified in the Essences. Most Health Food Stores carry them too, so you can check them out there. It's well worth the search! Happy thoughts!

Karen's Top 10 Tips to Lessen Your Toxic Load

1. Throw out your Teflon pans: the science has been in for a long time, we just don't have access to it. The dangers of using Teflon were first discovered in budgies and other small birds that lived close to a kitchen that cooked with Teflon or non-stick frying pans – they died from toxic fumes that caused their lungs to fill up with liquid .

This happened to my sister's budgie, who, just a week prior, unknowingly moved the small bird into their kitchen from his far-away perch in the living room. Within 1 week, he was lying dead in the bottom of his cage. True story!) It's just not worth the risk! Ask the budgies! (If you haven't already viewed it, check out my Video on Capital Iron's Teflon-Free Cookware on the Road Trips tab of the **Healthy Living Program**...transcript available too...you'd be surprised where else Teflon resides...can you say popcorn or pizza boxes anyone?



2. Drink lemon and warm water every day: lemon naturally detoxifies the cells and helps the liver to get clean. And don't be mistaken – it is an acidic fruit outside of the body, but acts as an alkalizing (detoxifying) fruit inside the body. Also helps with constipation – take at night prior to bed. Remember, if you don't void at least once a day (size of feces is the length between your forearm and your wrist), you're re-absorbing toxins on a daily basis!



3. Replace all sodas (pops, soft drinks...whatever you want to call them!) with water. This is the simplest thing you can do, but sooo many people are addicted to them. That's because they have addictive stuff in them, and diet sodas, in particular, make you hungrier, causing you to over-eat (science has proven this one time and time again).



It also takes 17 cups of water to neutralize the dangerous acids on one soda. Now, I ask, is it worth it?

4. Eat one green apple every day: green apples are a natural detoxifier, and help to pull metals and other debris out of the body. Cudos to the *pectin* in the apple!



5. Drink a whey protein drink every day: make sure it consists of 25 grams of whey protein *isolate* every day. Another great natural detoxifier (as well as a great weight-loss aid). It's alkalizing and pulls the nasties out of your body. Whey raises glutathione in the liver, which is your body's main port of detoxification!



6. Practice hydrotherapy: not my favourite, but northern cultures have been doing this for years with their saunas versus ice-cold jumps in nearby rivers. But here's the home version: when you're in the shower, alternate between hot and cold water for 10 minutes, keeping the water running down your back for at least 20 seconds, ending with cold. It stimulates the lymphatic system that lies just under the skin and is responsible for pulling toxins and such out of the body. Try it, if you dare!

7. Eat a clove of fresh garlic every day: make sure it's fresh, and you squish it to release the active components. Honestly, you'll regulate your bowel movements, build your immune system and keep your good bacteria, the stuff that keeps us healthy, flourishing! It's great for warding off colds too.



8. Stop dry-cleaning your clothes: this is one of the largest toxic loads on the body. There are alternative dry cleaners out there, and alternative ways to clean out tough stains. Do the research...it's well worth the time and effort.

9. Dry brush your skin daily: again, borrowed from Europeans who have been doing this for years – grab a soft brush or loofa (usually available at Health Food Stores) and gently brush your skin. Starting at your feet, brush the skin on your inner leg upwards toward the groin. Next, brush your inner arms from your wrist to your shoulder, and finally, brush your abdomen and across your shoulders toward your heart area (everything is brushed toward this direction). Then jump into a shower and voila, you've done some inner cleaning!



10. Eat ½ cup organic yogurt every day: it's gotta be organic and it's gotta say 'live bacterial culture' on the label. Don't buy sweetened yogurt, as this negates the purpose. If you want to, buy some berries and mix them in. The Probiotics in the yogurt go a long way to keeping your immune system strong and your digestion well-functioning.

There you have it! Enjoy...and live toxin-free for life!

10 (more) Natural Ways to Detoxify Daily

by Karen McCoy



Here's a few more daily tips to help remove toxins and return your body to a state of energy, vitality and health!

- 1. Lighten up your toxin load.** Eliminate alcohol, coffee, cigarettes, and sugars, which are toxins in the body and obstacles to healing.
- 2. Minimize use of chemical-based** household cleaners and personal health care products (cleansers, shampoos, deodorants and toothpastes). Substitute natural alternatives. Available at health food stores.
- 3. Cleanse and protect the liver** by taking herbs such as dandelion root, burdock, stinging nettle and milk thistle, and drinking green tea.
- 4. Take vitamin C**, which helps the body produce glutathione, a liver compound that drives away toxins. Take a buffered kind to lessen acidity in the body.
- 5. Drink at least 2 litres** of water daily. It clears toxins out of the body.
- 6. Try Bach Flower** remedies to get to the heart of your negative emotional toxins (anger, regret, fear).
- 7. Practice forgiveness...** In metaphysical terms, it's the single best life-affirming thing you can do!
- 8. Sweat!** So your body can eliminate wastes through perspiration. Try High Intensity Cardio. It rocks!
- 9. Get 20 minutes of direct sunlight** on your eyelids. This feeds the pineal gland in your brain, which regulates all physical and energetic pathways in the body!
- 10. Exercise!** Brisk walk, rope-jumping, mini-trampoline, light weights and cardio. Aim for one hour every day. It helps release toxins, reduces stress and stimulates the colon.

