

Kalon Women

Beautiful

June 2011

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Youthful YOU With Wendy Ida



Dear Ms Wendy,

I do pretty well with my exercise routines and I love working out but lately I have had some interruptions during my workouts with indigestion and more fatigue than usual.

I was told by a friend that I should do a body cleansing or go through a detox program or something other than what I'm doing. I don't see how it relates to anything I'm doing or not doing. Don't know if it's safe according to how it was described to me. I don't get it. Can you tell me if that is a problem? It doesn't make a lot of sense to me.

Sincerely,

Juanita J.

Dear Juanita,

Yes it totally makes sense! Many foods that we ingest have traces of pesticides and/or heavy metals in them which create toxins in your body. Improper elimination habits as well as environmental elements contribute to the toxin problem. Although you didn't mention anything about your eating habits processed foods and frequent dining at fast food restaurants can also add to the toxin problem.

When the body is laden with too many chemicals it can experience a number of gastro-intestinal problems, fatigue, or even several types of skin problems. It all pollutes your system and can increase fullness around your belly.

Detoxing can range from a mild juicing to other hard core methods. There are a lot of Cleanses out there and they all work a little differently. The type of cleanse that may be right for you depends on you and your life style. Find one that fits. Each person responds differently to different things, so it may be a good idea to consult a holistic doctor to properly guide you.

One important thing to remember is never use body cleansing as a dieting tool and get organic or free range foods whenever possible. .

Overall detoxing is a good thing. It gives your internal system a rest and helps the body heal itself. And one of the greatest things about it is you can feel a difference!

Look out for my new book entitled "Take Back Your Life" which will be released November 1, 2010. It has a 90 day program in it that will change your life!

Peace, Blessings & Health,

Wendy Ida (*ee'da*)
Master Trainer, Coach, Author

Have a question on how to stay fit? Ask Wendy! I will help you find the answers to the questions you've always wanted to know. Send me an email with your question to: JustAsk@wendyidafitness.com

For more information visit: www.wendyida.com

