

## Mimicking the Healthy Benefits of the Ocean (and Detoxing from Chlorine)

In my blog post, [Why everyone deserves a Hawaiian vacation](#), I detail easy ways to nourish your body through skin care, whole food supplements, and delicious foods that mimic the healthy benefits of the ocean. You can use those same solutions to help prevent and reverse damage caused by chlorination.

1. Nourish your body on the outside with skin care that contains beneficial antioxidants to help prevent and reverse DNA damage, such as [Pangea](#) skin care. If I had to choose two products to take the bad out and put the good back in, it would be the [Japanese Matcha Tea with Acai & Goji Berry Facial Mask](#) and [Himalyan Geranium & Pomegranate Balancing Oil](#).
2. Keep your good minerals in, and get the toxins out. There's a reason I recommend [Touchstone Essentials' Pure Body zeolite](#) so frequently! Unless you live on the coast or in countryside not yet damaged by fracking, chances are you are taking in damaging chemicals that tax your body and drain your supply of beneficial minerals.
3. Eat lots of mineral rich foods such as bone broth and sea vegetables like kelp. (You can even kill two birds with one stone and put a strip of kombu seaweed into the water when cooking your broth.)
4. Because of soil erosion and unsustainable farming practices, our soils for growing foods do not contain the beneficial minerals they once did, so the plants that grow in the soil have lower mineral contents. This is why I often recommend **supplements made from whole foods**. Some of my go-to's include [Standard Process' Cataplex F, Min-tran, Organically Bound Minerals](#) and [Trace Minerals B12](#) as well as [Coral Legend](#) and [Polar Mins](#) from [Premier Research Labs](#). Be sure to work with a [holistic health practitioner](#) to determine which formulation is right for you.
5. Spend a few extra pennies on [Celtic or Himalayan sea salt](#). Refined table salt contains only sodium and chloride, creating an unnatural mineral imbalance in the foods we eat.
6. **Reduce your sugar intake**. Digesting sugar robs our bodies of minerals that are supposed to be keeping us healthy because we have to use them up to break down the sugar instead.
7. Make your own cleaning spray. It's easy and cheap! You'll need: **1 spray bottle; water, preferably filtered; cheap white vinegar; natural dish soap, such as Biokleen; and essential oils such as orange, lemon, tea tree, lavender, oregano, thyme, and peppermint**. Fill spray bottle 1/4 full with filtered water, then fill almost to top with vinegar. Add a small squirt of natural dish soap. Shake to mix. Put in 5-10 drops each of as many essential oils as you want. (Orange and lemon are effect grease cutters, while tea tree, lavender, oregano, and thyme are powerful disinfectants. I use a little peppermint to keep the ants at bay.) Shake gently to mix.

Have more questions? Want a more customized approach to your own health? Ready to heal for good? [Email me](#), and let's talk. And then get excited, because life could get really good.