TONYA STEINBORN

Living Well

May 2023

LIVE THE LIFE YOU LOVE

SPRING CLEANSING

CLEAR AWAY THOSE HEAVY WINTER ENERGIES
AND WELCOME THE SPRING

GODDESS OF THE MONTH

POWERFUL

DETOXING RECIPES
for body & mind

www.tonyasteinborn.com

Spring is one of my favorite times of the year. After the winter slumber, new life is beginning to emerge. I feel the energy and new life stirring. With that stirring, the feeling of letting go of stagnancy and stillness to be replaced with movement and renewal.

This time of year is a wonderful time to detox and shift out diet and lifestyles to welcome that energy and help pour bodies, mind and spirit to shift into the spring and summer seasons.

May's Newsletter will be focused on some gentle and simple ways to making those shifts and welcome the seasons on the sun! If you would like a personalized detox plan I would love to work with you.

Tonya

FLORA

-GODDESS OF SPRING

GODDESS OF THE MONTH

Flora, the Roman Goddess of flowers and the season of spring, has been worshipped since ancient times. She is known to enhance the beauty of nature, and her name comes from the Latin word "flos" meaning flower. Flora is often depicted wearing flowers and carrying a cornucopia filled with blooms, fruits, and other vegetation.

She is also known for her beauty and has often been described as the most beautiful among the Roman goddesses. The worship of Flora had a deep significance in ancient Rome, and the goddess was an essential part of Roman culture. Her association with nature and the renewal of spring made her worship popular during the celebration of the festival called Floralia.

The festival began in April and lasted for six days. The festivities included dancing, feasting, and much merrymaking. It was believed that offering prayers and making offerings to Flora during Floralia would bring good luck, prosperity, and fertility. These traditions passed down over time, and to this day,

Flora continues to be a significant part of the mythology and culture of Rome. Furthermore, in the Roman calendar, May 23 was considered as the anniversary of Flora's temple dedication. On this day, people would gather and offer flowers and other ornaments in honor of the goddess. Roman people believed that Flora's spirit had the power of rejuvenation and fertility, making her worship essential for agricultural prosperity.

Even today, Flora is revered by many, and her influence can be found in paintings, sculptures, and other artistic manifestations worldwide. Her legacy continues to inspire thoughts about the ever-renewing beauty of nature and the significance of the changing seasons within it.

Juice Fasting

Juice fasting is a type of detox diet that involves consuming only fresh fruit and vegetable juices for a certain period of time, usually between 3 to 10 days. This method of detoxification is effective because it allows the body to rest and heal by eliminating solid foods that require a lot of energy to digest. By consuming only juices, the body can easily absorb the nutrients from the fruits and vegetables which help to boost the immune system and improve overall health.

Organic Tea Detox

Herbal teas are an excellent way of detoxifying the body because they are a natural and safe alternative to synthetic detox supplements. They are made from natural ingredients, which means they are free of harsh chemicals and additives that may be harmful to the body. Some of the best herbal teas for detoxification include ginger tea, dandelion root tea, and green tea. Ginger tea is known for its anti-inflammatory properties, which help to reduce inflammation in the body and promote the elimination of toxins. Dandelion root tea is a natural diuretic, which helps to flush out toxins from the body by increasing urine production. Green tea is rich in antioxidants, which help to eliminate harmful toxins from the body.

Whole Foods & Supplements

One of the effective ways to detoxify the body is through the consumption of foods and supplements that help to eliminate toxins. Some of the top foods for detoxification include leafy greens, citrus fruits, beets, garlic, ginger, and turmeric. These foods contain antioxidants and other nutrients that support liver function and promote the elimination of toxins from the body. Additionally, certain supplements such as milk thistle, dandelion root, and probiotics can also aid in the detoxification process.

What is Detoxing?

Detoxification refers to the process of eliminating toxins and harmful substances from the body. There are many benefits associated with body detoxification, including improved digestion, increased energy, and enhanced mental clarity.

One of the primary benefits of body detoxification is improved digestion. When toxins build up in the body, they can disrupt the natural balance of the digestive system, leading to bloating, constipation, and other digestive issues. Detoxification helps to remove these toxins and restore balance to the digestive system, which can lead to more regular bowel movements, improved nutrient absorption, and a reduction in digestive discomfort.

Another benefit of body detoxification is increased energy. When the body is overloaded with toxins, it can become sluggish and lethargic, making it difficult to get through the day. Detoxification helps to eliminate these toxins, which can result in a boost in energy levels. This increased energy can help individuals feel more alert and focused, making it easier to be productive and accomplish daily tasks.

Detoxification can also enhance mental clarity. Toxins can not only affect the physical body but can also impact mental function. When the body is overloaded with toxins, it can lead to brain fog, memory issues, and difficulty concentrating. Detoxification can help to remove these harmful substances, leading to improved mental clarity and cognitive function. This can be especially beneficial for those who struggle with mental health issues such as anxiety and depression.

DETOX RECIPES

Juice detox best taken on a empty stomach first thing in the morning. Alternatively, if doing a juice fast use all three for ultimate detoxing.

Miracle Red Juice

Immunity, Liver, Spleen, Digestive Tract,Kidneys

- 2 large Beets
- 2 large Carrots
- 2 inch Piece Ginger
- 2 limes
- 6 stalks of celery

Juice all ingredients in juicer. If using blender strain before drinking.

Fat Flush Green Goddess

Weight Loss, Flat Belly. Colon Cleanse, Digest Tract

- 2 stalks Celery
- 2 cups Spinach
- 1 green Apple
- 1/2 cucumber
- 1/2 lemon
- 1/2 cup Parsley

Juice all ingredients in juicer. If using blender strain before drinking.

Colon Cleanse Detox

Weight Loss, Flat Belly. Colon Cleanse, Digest Tract

- 1/2 tsp grated ginger
- 1/2 tsp.. grated turmeric
- 2 stalks celery
- 1 cup spinach
- 1 cucumber

Juice above ingredients, then add

- 1 cup chilled Green Tea
- 1/2 cup ice water

MENTAL DETOX

Mental detox strategies are techniques that you can use to cleanse your mind and improve your mental well-being. Our minds are constantly bombarded with information, distractions, and stressors that can take a toll on our mental health. Mental detox strategies can help you clear your mind, reduce stress and anxiety, and improve your overall mood.

One effective mental detox strategy is mindfulness meditation. This involves focusing your attention on your breath and being present in the moment. Mindfulness meditation has been shown to reduce stress, anxiety, and depression, and improve overall mental well-being. It can also help you develop a greater sense of self-awareness, which can help you identify negative thought patterns and work to change them. Another effective mental detox strategy is journaling.

Writing down your thoughts and feelings can help you process and release negative emotions, reduce stress and anxiety, and improve your overall mental well-being. Journaling can also help you identify patterns in your thoughts and behaviors, which can help you make positive changes in your life.

Finally, spending time in nature is another effective mental detox strategy. Being in nature has been shown to reduce stress, anxiety, and depression, and improve overall mental well-being. It can also help you develop a greater sense of connection to the world around you, which can improve your overall sense of well-being and reduce feelings of isolation and loneliness. Whether you take a walk in the park, go for a hike in the woods, or simply sit outside and enjoy the sunshine, spending time in nature can be a powerful mental detox strategy.

DISLAIMER: THE INFORMATION PROVIDED HERE MAY NOT APPLY PRECISELY TO YOUR INDIVIDUAL SITUATION. DIAGNOSTIC AND THERAPEUTIC CHOICES MUST ALWAYS BE TAILORED TO THE INDIVIDUAL PATIENT'S CIRCUMSTANCES, AND CONSULTATION WITH A LICENSED NATUROPATHIC PHYSICIAN SHOULD BE UNDERTAKEN BEFORE FOLLOWING ANY OF THE TREATMENT STRATEGIES SUGGESTED BY THIS NEWSLETTER.

Supplements to Support Detox

Milk Thistle

Milk thistle contains a compound called silymarin. Silymarin is a powerful antioxidant that helps to protect the liver from damage. It also helps to stimulate the production of new liver cells. This is important because the liver plays a crucial role in detoxification. It is responsible for breaking down toxins and removing them from the body. Without a healthy liver, the body cannot properly detoxify.

Milk thistle helps to detoxify the liver by increasing the production of bile, which is responsible for breaking down fats and eliminating toxins from the body. Incorporating milk thistle into your detoxification routine can help to improve liver function, reduce inflammation, and protect the liver from damage caused by toxins.

Pre & Probiotics

Probiotics are live microorganisms that are beneficial for your overall health, including your digestive system. They work to balance the good and bad bacteria in your gut, which can have a significant impact on your immune system, digestion, and mental health. One of the lesser-known benefits of probiotics is their ability to aid in detoxing. Certain probiotic strains can help detoxify your body by eliminating harmful toxins and supporting a healthy gut microbiome.

Whole Superfoods

One of the main nutritional benefits of spirulina and super greens is their high concentration of vitamins and minerals. Spirulina, for example, contains high levels of vitamin B12, iron, and protein. It is also a rich source of antioxidants, which can help protect the body against oxidative stress and inflammation. Super greens, on the other hand, are packed with vitamins A, C, and K, as well as minerals like calcium and potassium. These nutrients can help support overall health and wellbeing.

Another benefit of spirulina and super greens is their potential to boost the immune system. Spirulina has been shown to enhance immune function and improve gut health. Super greens, on the other hand, contain compounds like chlorophyll, which can help boost the immune system and promote detoxification.

Supplement Essentials

Supplement Essentials is a crucial topic to understand for people who want to maintain a healthy lifestyle. In today's world, where people are exposed to various toxins and pollutants daily, it is essential to detoxify the body regularly.

Detoxification is a natural process in which the body gets rid of harmful toxins and waste products. It is essential to support this process by taking important vitamins, minerals, and herbs. Vitamins play a vital role in detoxification as they help in the production of enzymes that break down toxins. Vitamin C is one of the essential vitamins required for detoxification. It helps in the production of glutathione, a potent antioxidant that helps in detoxifying the liver. Vitamin E is another important vitamin that helps in the elimination of toxins from the body. It is a potent antioxidant that helps in protecting the liver from damage caused by toxins. Minerals are equally important for detoxification.

One of the essential minerals required for detoxification is magnesium. It plays a crucial role in the elimination of toxins from the body. Magnesium helps in regulating the liver enzymes responsible for detoxification. Zinc is another mineral that is important for detoxification. It helps in the production of metallothionein, a protein that binds to heavy metals, reducing their toxicity. Herbs have been used for centuries for their medicinal properties.

Some herbs are known to have detoxifying properties. Milk thistle is one such herb that is commonly used for detoxification. It helps in protecting the liver from damage caused by toxins. Dandelion root is another herb that is known for its detoxifying properties. It helps in the elimination of toxins from the liver and kidneys. In conclusion,

Detoxification is a natural process that is essential to support by taking important vitamins, minerals, and herbs. Vitamins such as Vitamin C and Vitamin E, minerals such as magnesium and zinc, and herbs such as milk thistle and dandelion root are crucial for detoxification. It is essential to include these supplements in your diet to support the body's natural detoxification process.

Detox on a Cellular Level

Pure Body Extra

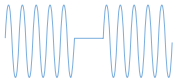
Advanced Daily Cellular Detox

Every minute of every day, your body heals, repairs, and regenerates you from the inside out. Yet everyday exposure to heavy metals and toxins builds up, and blocks your body's natural abilities. Natural zeolite is nature's answer to our toxic body burden.

Breakthrough sound wave technology creates the world's first colloidal zeolite. Touchstone Essentials' Pure Body Extra colloidal zeolite helps clean out the chemicals from the body—with an easy-to-use spray—so you can make room for healthy in your life.*

The Good Inside

- **30 day supply**
- **Take 4 sprays 3 times per day**
- **Proprietary Processed Hydrated Clinoptilolite Zeolite .64 mL per serving (4 sprays)**
- **Other Ingredients: Pure water**



Groundbreaking Technology Delivers In-Depth Detox

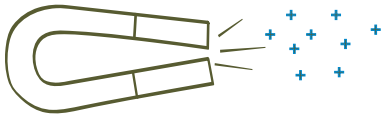
A natural mineral, the zeolite clinoptilolite is renowned as nature's detoxifier, yet in its raw form, cannot be absorbed by the body.

Using proprietary sound wave technology, our zeolite particles are sized in the nanometer range—and suspended inside clusters of water molecules—to travel throughout the body. These innovations are unique to Pure Body Extra, and create a fast-acting and extra strength detox.*

Just like water, Pure Body Extra is colorless, odorless and tasteless, and is backed by a 30-day "good inside" guarantee. Just spray into the mouth, and the zeolite infused water molecules quickly carry detoxifying zeolite throughout the body.*

Why Detox? Toxins:

- Store in your fat cells, making it hard to lose weight.
- Mess with your memory, clarity and focus.
- Interfere with your immune system.
- Disrupt your endocrine systems, affecting your energy, sleep and quality of life.
- Are unavoidable! They are in the food you eat, water you drink and air you breathe.



Clinoptilolite Zeolite:

- Research shows it selectively binds to toxins including mercury, lead, cadmium, arsenic, radioactive particles and volatile organic compounds.
- Extensively studied for efficacy (pubmed.gov).
- Granted GRAS status by the FDA (Generally Recognized as Safe).
- Helps to balance the body's pH, considered essential for good health.
- Acts like a magnet to attract and trap heavy metals and positively-charged toxins in and onto its crystalline structure.

Doctor Recommended

"Detoxification is the cornerstone of anti-aging medicine and a preventive measure to chronic medical challenges for all ages. I recommend Pure Body as a safe, natural and non-invasive way to systemically detoxify heavy metals."

—Maria Sulindro, M.D. ABAAM, Board Certified in Anti-Aging Medicine

Order products featured in this newsletter that I partner with

Pure Body Extra Advanced Cellular Detox

Groundbreaking Technology Delivers In-Depth Detox

Balance

Probiotics to support gut health.

5 Billion CFUs (Colony Forming Units) 12 strains of live bacteria

**These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.*

Great Mother Goddess Retreats

Register at www.tonyasteinborn.com

Spring Retreat May 26-28th

Registration closes April 28th

REBIRTH,REWILD with the Great Mother Goddess

Eastern Shore, Nova Scotia

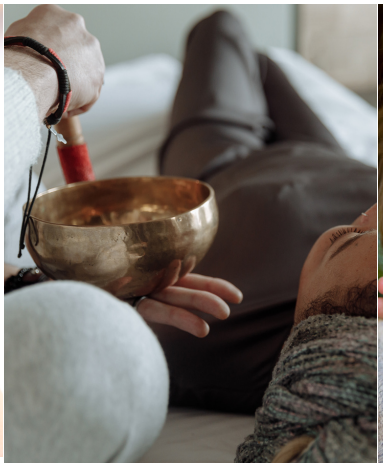
Fall Retreat Sept. 28th- Oct.1

Registration opens soon!!

Journey Through the Muses

Liscombe Lodge & Retreat Centre

Nova Scotia



TONYA STEINBORN n.d.
Holistic Naturopath, Medicine Women

I have spent over 15 years dedicated to educating myself as a healer of the mind, body and spirit. I have trained as a naturopathic practitioner, metaphysician, energy medicine, and deeply spiritual practices like shamanism to modern quantum physics.

Over my career, I have establishing myself as as a well respected leader by my peers and clients alike. I am know as an authentic and nurturing healer, my therapeutic touch is often referred to as " coming home" as safe and deeply healing. It is this nurturing energy and vast knowledge as a healer that has led me to specialize in healing deep trauma and helping others with skills and knowledge to empower themselves to take control of their own healing journey.

I am also considered an expert in the Divine Feminine Mysteries and healing the feminine energies, leading women's wellness retreats, healing circles, Divine Feminine Goddess Teachings and Initiations.

In addition to my client work, I offer workshops, practitioner certification training and events to help others on their wellness journeys to gain optimal health and embrace their own divine expression and feel in alignment and wholeness!

HOLISTIC NATUROPATH, NATURAL THERAPIST COVERED UNDER MOST HEALTH CARE INSURANCE PLANS.

- Naturopathic Consultation
- Detox and Weightless Programs
- Ayurvedic Shoulder & Head Massage
- Spiritual Coaching
- Foot Reflexology
- Reiki Energy Sessions & Teacher
- Sound Healing
- Crystal Healing
- Crystal Sonic Rejuvenation Facial & Teacher
- Lifestyle and Mindset Coach
- Wellness Retreat
- Great Mother Goddess Women's Retreats
- Workshops & Events
- Initiated Into The Path Of The Ancient Sisterhood

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