

## **Toxic Body, Toxic Home -- How to Rebuild Your Health and Avoid Both**

*Apparently, eliminating toxins in the home is just as important as ridding them from your body.*

(PRWEB) November 16, 2005 -- Is the air in your home really more polluted than the air you breathe outside? Is there a way to make the water you drink a powerful body cleanser? Now you can get some answers -- or at least ask these questions at a new website, <http://www.clearlight-holistics.com>. Site owner, Matt Condie, holistic health advocate and owner of Clearlight Holistics describes clearlight-holistics.com as “as an online source of holistic health information and high tech products designed to help you live the healthiest life possible.”

According to Dr. David Pesek PhD, internationally known holistic health practitioner, eliminating toxins from the body is absolutely necessary for maintaining good health, “Far infrared saunas are a key part of my detoxification and tissue cleansing program.” he says. Mr. Condie added that environmental toxins like PCB’s, dioxin and mercury are stored in the body’s fat cells and can be flushed from your system with series of far infrared sauna sessions. “Far infrared can help with certain skin ailments and pain relief as well.” Mr. Condie says.

Apparently, eliminating toxins in the home is just as important as ridding them from your body. Studies authored by Health Canada, and the US Environmental Protection Agency show that the amount of indoor air pollutants may be significantly higher than outdoor levels. “The air we breathe inside the average home is full of toxic gases given off from carpets and plastics and it’s full of pet dander, dust mites, airborne viruses and bacteria as well,” Mr. Condie says. “My daughter suffers with allergies and before we found an air purifier that would really do a good job cleaning the air, she was usually up a couple of times a night with congestion. Once I started doing research on this subject I began to realize how big a challenge indoor air pollution really is.”

In addition, the site includes information about the different health benefits of alkaline water. According to Mr. Condie, drinking slightly alkaline water helps you maintain a healthy body. “In fact, unless the body’s pH level (alkaline, acid ratio) is slightly alkaline the body cannot heal” Condie says. The new site also features information about juicing, aromatherapy, personal oxygen generation and food decontamination.

###

### **Contact Information**

**Matt Condie**

ClearLight Holistics

<http://www.clearlight-holistics.com>

1-866-330-7668