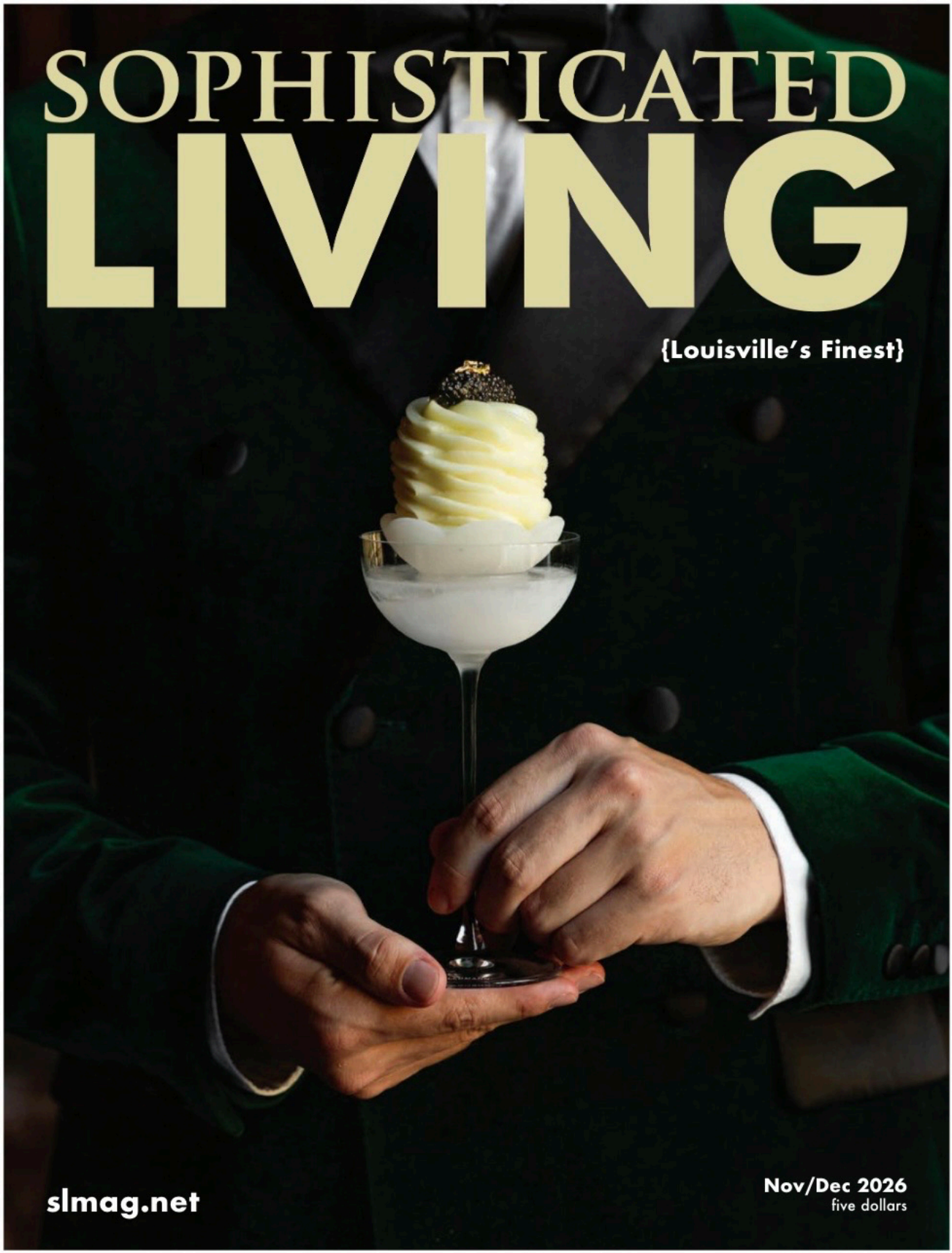
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Being Healthy Means Understanding Detox as an Ongoing Process

Health and wellness magazines have done a pretty good job of making "detox" sound like something you do on a weekend. (Drink this. Take that. Spend three days feeling miserable.)

But that isn't really how the body works.

Detoxification is an ongoing process that happens continuously, including at the cellular level. Our cells have mechanisms for processing and eliminating unwanted substances, and certain lifestyle practices can support those natural processes. So what can help? Things like:

- Fasting or time-restricted eating
- Appropriate calorie restriction
- Exercise
- Sauna and sweating
- Adequate hydration
- Supporting regular elimination

The point isn't to find the next miracle cleanse. It's to support the systems your body is already using every day.

So… Where Do You Start?

Knowing what matters and actually doing something about it are two different things.

I'm a big believer in starting small. You don't have to overhaul your entire life on January 1. In fact, I'd argue that trying to do so is more likely to ensure you are back to bad habits by January 17th.

So instead, pick one thing and practice it. Then build from there. Here are a few specific things to try:

Sleep: Give Your Brain Some Quiet Time

Schedule in some screen-free time at both ends of your day.

Why? Because your brain needs a chance to shift gears.

The light from screens can interfere with your circadian rhythm, but it's not just the blue light. It's all the stimulation - the emails, the news, the scrolling, the constant stream of information.

Your brain is being asked to stay "on" when what you really want it to do is wind down. And I think the same idea applies when you first wake up.

Give yourself a little space in the morning. Set an intention for the day. Think about how you want to show up or what you want to create.

Mindset: Learn How to Hear Your Body

There are plenty of small practices you can put in place before you ever strap into a biofeedback machine.

If you want to get a better grasp on the way your mind and body interact, start simple.

Notice what happens when you're stressed.

The next time you feel worried or rushed, stop for a moment and notice what your body is actually doing. Is your heart racing? Are your shoulders tense? Is your breathing shallow?

You're not trying to fix it in that moment. Just notice.

That awareness can help you recognize the pattern the next time it happens.

Try some breathwork. Slowly move air in and out of your body and pay attention to the sensation. Let the rhythm of your breathing give your mind something simple to focus on.

Detox: Embrace the Sweat (And Shower After)

Some of us spend a lot of time trying to avoid that uncomfortable feeling of moisture coming out of our pores. But sweat isn't just your body's air-conditioning system. It's also one way your body can move certain things out through the skin, including trace amounts of some chemicals and other substances.

And that's why what you do *after* you sweat matters, too.

If you've worked up a good sweat, don't just let it sit on your skin for hours. Wipe it off - or, even better, take a shower and rinse your skin with water. If your body has moved something onto the surface, we don't necessarily want to leave it there where it can potentially be absorbed back in.

So find something you actually enjoy that makes you work a little. Walk, exercise, sit in the sauna, whatever gets you warm and sweating.

Get a little sweat on your skin and then wash it off.

It's a pretty simple way to support what your body is already trying to do.

One Last Thing…

As we head into a new year, I think it is important to remember:

None of this has to be perfect. Give yourself permission to try some new things, experiment, practice. The goal isn't perfection. It's to pay attention.

Because being healthy in 2027 isn't about knowing every answer. It's about learning to listen - to your body, your mind, and to the things that actually make you feel better. sl

Terri Paige is an entrepreneur, business leader, certified lifestyle coach, speaker, SSRP Fellow, and self-described recovering corporate accountant. Alongside her husband, Dr. Carl Paige, Terri built Medical Transformation Center - one of the country's leading centers for personalized Cellular Medicine - and recently opened HealthSpan Center - a nonmedical facility focused on the lifestyle application of the concepts of Cellular health. Her leadership has been instrumental in shaping the company's vision, culture, operations, and long-term growth strategy.

WHAT WILL "HEALTHY" MEAN IN 2027?

Sleep, the mind-body connection and detox as an everyday process

By Terri Paige, CEO of Medical Transformation Center and HealthSpan Center

I recently had a coffee catch-up with an old friend. We were doing what you do at the end of a year - reflecting on where we have been, thinking about what is headed our way, and talking about some of the things we've each been accomplishing in our lives and careers.

When I mentioned that I had opened a business called HealthSpan Center, she got quiet for a moment.

"It seems like everyone is talking about being 'healthy,'" she said. "But with all the TikTok videos and podcasts, I'm not even sure I know what 'healthy' means anymore."

I was struck by that - because she's right.

"Healthy" is not just one thing. And there is a LOT of noise coming at us from every direction. Podcasts. Social media. Newsletters. Influencers. Experts (or just people who suddenly think they are experts because they have a microphone and a following.)

It can be confusing. And sometimes, just plain exhausting.

So it got me thinking: For my friend (and anyone else trying to figure out where to focus in the coming 365 days) — what do I really believe are the places worth paying attention to?

Here's where I would start.

Being Healthy Means Getting Good Sleep

A report from the earlier this year paints a pretty specific picture: A lot of us are not sleeping enough, and many of us are struggling to get the quality rest our bodies need.

- About 1 in 6 adults had trouble falling asleep, and about 1 in 5 had trouble staying asleep.
- Almost 13% of adults used some kind of sleep aid most days or every day.
- Women reported more trouble both falling and staying asleep, and were less likely to wake up feeling well-rested.

We all know the obvious effects of a bad night's sleep. You're tired. You're cranky. You might find yourself nodding off at exactly the wrong time. But the consequences can go quite a bit deeper.

Research highlighted by Stanford points to a significant connection between poor sleep and mental health. People with insomnia, for example, are reported to be 10 times more likely to experience depression and 17 times more likely to experience anxiety than the general population. And sleep isn't just about feeling rested. According to the, good sleep also helps:

- Heal and repair the heart and blood vessels.
- Support a healthy balance of the hormones that influence hunger and fullness.
- Trigger the release of hormones that support muscle mass and the repair of cells and tissues.

In other words, sleep isn't something you squeeze in after everything else gets done. It is part of the work.

Being Healthy Means Understanding the Power of Your Mind

The phrase "listen to your body" has become a little trite. But here's the thing: I'm not sure most of us actually do it. Or, for that matter, know how.

We still tend to separate physical health and mental health into different categories, different doctors, different treatments, different conversations.

But our bodies didn't get that memo. Our physical and mental health aren't simply connected. They constantly influence one another.

One of the most interesting areas I've seen gaining attention is biofeedback.

The describes biofeedback as a mind-body technique that can help you learn to control certain body functions, such as heart rate, breathing patterns and muscle responses.

During biofeedback, you receive information about what your body is doing and learn techniques that can help you respond differently.

And that idea is important even if you never sit down in front of a biofeedback machine.

There are small things we can do every day to become more aware of what our bodies are telling us and this is important because sometimes the first step toward changing a response is simply noticing it.

I recently read some advice that encouraged "loving your body as a friend" and "listening to it as a teacher."

I had to admit, I'm not always very good at either one.

But that framing made me stop and think about just how rude I can be to myself. How many times have I pushed through one more chore or obligation even though my body was practically begging for sleep? How often have I put off eating because a meeting felt more important - or because there was just one more email I wanted to send?

We talk a lot about listening to our bodies. Maybe part of being healthy is actually treating what it has to say as worth listening to.