



## About the author

Kim Evans is a natural health writer and author of *Cleaning Up! The Ultimate Body Cleanse*. Deep cleansing has helped her, personally, eliminate over a dozen problems in her own body - including several that medical professionals had said there were no solutions for, except long-term drugs.

*Cleaning Up!* outlines a powerful, easy to do, [body cleanse](#). It's easy, at-home cleansing and includes colon cleansing, liver cleansing, and importantly, candida cleansing. It's designed to address the root causes of most all disease and offers deep detoxification that will remove more toxicity than most people think is possible... Learn more at [www.cleaningupcleanse.com](http://www.cleaningupcleanse.com)...

Beginning June 13th, Kim is hosting a spa-oriented detoxification retreat in Vilcabamba, Ecuador. It's one or two weeks of cleansing, accommodations, classes, daily massages and steam baths - all for less than a hotel stay in the States. Learn more [here](#).

## Articles by Kim Evans:

### [Understand DNA Damage and Repair](#)

(NaturalNews) Most people today are consistently exposed to substances that are known to damage our DNA. Radiation, plastics, cigarette smoke, chemicals in soft drinks, pesticides, and many more common substances have all been found to damage our DNA....

### [Cigarettes: Inhaling Dangerous Chemicals may Cause Depression](#)

(NaturalNews) A new study recently found that about half of the people with diagnosed depression smoke cigarettes. It's a large percentage and while the cause and effect relationship wasn't studied, it should have been. It wasn't even looked at whether...

### [GMOs Alter the Genetic Make Up of Our Healthy Bacteria](#)

(NaturalNews) Although GMOs have infiltrated our food supply, the results of human feeding trials have only been published on one single occasion. Unfortunately, that occasion offered some

pretty disturbing findings. It found that the genetic code of...

## **Treat Yourself with Natural Homemade Spa Treatments and Recipes**

(NaturalNews) In today's often hectic world, all some of us really want to be doing is sitting in a spa. Spas, however, are often known for outrageous prices, but the good news is you can make many simple spa treatments right in your own home. Even better:...

## **Take Action to Get GMOs Out of the Food Supply**

(NaturalNews) According to Jeffery Smith, a leading GMO activist, when a critical number of consumers abandon GMO foods and brands, it will be enough to force them out of common products and get them out of our food supply. Want to help? Print this food...

## **Junk Food Found to Deteriorate Pleasure Center of Brain**

(NaturalNews) A new study just found that a diet with unlimited junk food desensitizes the pleasure centers of the brain. As a consequence, more and more junk foods were required to feel the same level of pleasure. The study used rats, but since rats...

## **Enjoy the Benefits of Hot and Cold Water Therapy**

(NaturalNews) Hot and cold baths have been used for centuries and some of the benefits they bring include: increased energy, increased circulation, detoxification, and the clearing of negative energy. An easy way to replicate the spa experience of alternating...

## **Why Detoxification is Key to Upgrading Your Diet**

(NaturalNews) Scientists recently found that changes in the brain happen with eating large amounts of junk food, and that junk food can be as addictive as cigarettes or heroin. That's bad news for the wellbeing of junk food eating folks, but fortunately,...

## **Understand and Prevent Autism with Seven**

## **Simple Steps**

(NaturalNews) Autism is a disease characterized by impaired communication and social development, and one in 110 children these days is being diagnosed with autism related problems. Autism is often associated with heavy metals in the body, particularly...

## **Eight Little Changes Make a Big Difference**

(NaturalNews) Many people want to make a difference today but aren't sure how to go about it. The good news is: little changes can add up to big improvements and here are eight easy ways to make a big difference with just a little effort. In fact, if...

## **Let Go of Negative Energy: Easy Techniques to Help**

(NaturalNews) Ever had a conversation or incident with someone that left you upset for a day or two? Maybe there's someone in your life, perhaps a boss or family member, that this happens with regularly? Energy is exchanged in conversation and in events,...

## **Four Natural Ways Help You Look and Feel Younger**

(NaturalNews) At a time in history when all the rage is in looking and feeling young, there are a couple of things to understand. Most important: looking and feeling young doesn't come from pills or chemical based potions. It comes from healthy, chemical-free...

## **Coconut Oil Provides a Solution to the Spread of MRSA**

(NaturalNews) MRSA is often described as a contagious, potentially lethal bacterial infection that's difficult to eliminate because it's resistant to antibiotics. But the problem is that doctors are trying to use antibiotics to fight the disease - and...

## **Mycelium Mushrooms Provide Detoxification for the Earth**

(NaturalNews) Much of the land, air and water around the world have been contaminated by industrial waste and pollution. Many people are affected by the filth as it's unfortunate but true that what's in the air and water around our homes regularly ends...

## **Scientists May Have Uncovered Why Antidepressants Cause Suicidal Behavior**

(NaturalNews) For years, antidepressant drugs have been connected with an increased suicide risk and aggressive behavior - and researchers may have just unknowingly uncovered the reason. A new study has just found that antidepressants are actually decreasing...

## **Childhood Secondhand Smoke Exposure can Lead to Adult Emphysema**

(NaturalNews) Columbia researchers just found that people exposed to secondhand cigarette smoke early in life showed emphysema-like changes in their lungs in adulthood and had a higher risk of having emphysema. This isn't surprising because the effects...

## **Ideal Diet in the UK has Horrible Food Combining**

(NaturalNews) A recent study looked at the packed lunches of 1,294 U.K. school children and found that according to government standards, only one percent of children in the U.K. were eating a healthy lunch. That's bad enough, but it gets even worse...

## **Get Bio-Available Calcium from Eggshells**

(NaturalNews) Calcium is the most abundant mineral in the body and it's concentrated in our teeth and bones. However, calcium is an alkaline mineral and when the body's blood and tissues wander into the acidic range, the body starts to leach calcium...

## **Learn Life Extension Lessons from Chickens**

(NaturalNews) Beginning in 1912, Nobel Peace Prize winner Alexis Carrel kept chicken heart cells alive in a test tube for 34 years. It was an interesting experiment - especially because chickens generally only live three to five years. Those heart cells,...

## **Indoor Air Pollution: Look at the Causes and Solutions**

(NaturalNews) According to the EPA, air pollution indoors is often two to five times worse than it is outside. In extreme cases, air pollution inside can be a hundred times worse than outside. The reason is partly because numerous chemicals, like cleaning...

## **Use a Natural Home Remedy for Athlete's Foot**

(NaturalNews) It's estimated that 70 percent of the population will experience athlete's foot at one point in their lives. Athlete's foot is often treated topically, but most don't know that athlete's foot is often a symptom of a larger fungal overgrowth...

## **U.S. Government Wants Farmers to Dump Heavy Metals on Fields**

(NaturalNews) Ash leftover from burning coal contains arsenic, mercury, lead and other heavy metals. These days, the U.S. government is encouraging farmers to dump it right on their fields, and effectively, right onto the public's food supply. According...

## **Take a Look at the Chemicals in Processed Foods**

(NaturalNews) Americans spend about 90 percent of their total food budget on processed foods - and we wonder why we have a health care crisis. Besides being enzyme deplete, processed foods are often crammed with chemicals, including colors, flavors and...

## **Cilantro: Herb Assists in Heavy Metal Detoxification**

(NaturalNews) Heavy metals have inundated most of our bodies and they're a source of many serious health problems. In fact, when you understand how pervasive heavy metals are and the problems they cause, it'll probably become important to you to remove...

## **Benefits of Beet Juice Exceed Expectations**

(NaturalNews) The health benefits of beet juice aren't well known, but they are profound. Beet juice is best known as a blood purifier and blood builder that helps in the creation of red blood cells. Russian longevity researcher, Mikhail Tombak, Ph.D.,...

## **Raw Food Diet: Enjoy Nutrition as Nature Designed**

(NaturalNews) Raw food diets are becoming increasingly popular, and with good reason. Foods in their raw state are truly as nature designed and they are the most biocompatible with our bodies.

In fact, it's interesting to know that a boiled potato has...

## **Residents of DuPont Factory Town Drop Like Flies**

(NaturalNews) A now-closed DuPont owned factory has contaminated the soil and groundwater surrounding a neighborhood in Pompton Lakes, New Jersey. DuPont has admitted the plant's wastewater treatment was improperly handled and that the company was responsible...

## **Hundreds of Chemicals Found in Newborns**

(NaturalNews) The umbilical cord is the lifeline of infants; it brings nutrients and oxygen to the baby. These days, it also brings hundreds of poisons. Recently, the Environmental Working Group tested the umbilical cord blood of ten American minority...

## **Benefits of Maca Root: Find More Energy and Hormonal Balance**

(NaturalNews) Find yourself depending on coffee for a boost in the morning? Why not try maca instead? Maca is a root from Peru; it's a tuber, like a potato, and offers an amazing energy boost for those with low energy. Maca however, unlike coffee, offers...

## **Alcohol Detox: What to Know If You Need It**

(NaturalNews) The holidays are a time of parties and cheer, but for some the accompanying drinking can be more of a problem than fun. Many think alcoholism is something that can be controlled with reasonable arguments and willpower; however, that's often...

## **Dry Skin Brushing Improves Skin Health**

(NaturalNews) Our skin is often called our third kidney because of its role in detoxifying the body. Many toxins leave the skin through sweating, which is why aerobic exercise, saunas, and steam baths aid in detoxification. But a common problem is that...

## **Ear Infections: Use a Home Remedy of Garlic Juice**

(NaturalNews) Children are often plagued with ear infections and they're often taken to doctors who ply them with antibiotics. However, antibiotics destroy our healthy bacteria, which is our first line of immune defense. This leaves children, and adults,...

## **Environmental Estrogen: Understand the Problems and Solutions**

(NaturalNews) Environmental estrogens are a real problem these days and if you're not familiar with them, you should be. Environmental estrogens are synthetic substances that when absorbed into the body, function similarly to estrogen. They're found...

## **Body Cleansing Rids Negative Emotions**

(NaturalNews) Ever notice that negative emotions sometimes linger past their time? It's often seen when a person is triggered, or dramatically and adversely affected, by an emotion of the past - perhaps even an emotion from childhood. Different people...

## **Benefit from Aerobic Exercise**

(NaturalNews) A recent study just found that exercise, particularly aerobic exercise, is connected with having a higher IQ. For the participants that were eighteen, being physically fit was also connected with an increased chance of obtaining a University...

## **A Dirty Colon is Often the Cause of Bad Breath**

(NaturalNews) Most of the population wakes up with bad breath, or what's known as morning breath. However, it's not widely known that bad breath, including morning breath, is a sign of a toxic colon and a toxic body. It's a direct path from your mouth...

## **Health and the Holidays: Follow These Easy Tips**

(NaturalNews) The holidays are the notorious time of year for indulging and eating far too much junk, sugared and processed foods. It starts with Halloween and often continues through the New Year. Yet, many people disconnect these annual eating habits...

## **Understand Consciousness, Part II: Foods**

(NaturalNews) As talked about in "Understanding Consciousness" part 1, a large part of our consciousness comes from our thoughts and thought patterns. But a large part of our consciousness also comes from what we put inside our bodies. The foods we...

## **Understand Consciousness, Part I: Thoughts**

(NaturalNews) A lot of the world is fearful right now. If you look around and understand what is going on behind the veils, many would argue that there is every reason to be fearful. But in truth, fear is an energy state and it's a state that attracts...

## **Juice Fasting Leads to Easy Weight Loss**

(NaturalNews) Juice fasting is a powerful detoxification method and an easy way to lose weight quickly. With juice fasting, you'll consume considerable nutrition through freshly squeezed fruit and vegetable juices, but forgo any solid foods. Juice fasting...

## **Antibiotics Cause Health Problems and Candida Overgrowth**

(NaturalNews) Over half a million kids in the U.S. each year have side effects or bad reactions from common prescription drugs, and five percent of them are hospitalized. Children under five are the most affected and the drugs causing the problems run...

## **Judge Rules GMOs Violate Environmental Law**

(NaturalNews) For those of us wondering how bad the untested genetically modified food experiment is going to get before it gets any better, a ray of hope was just offered. A San Francisco judge, the very honorable, Judge Jeffrey White just ruled that...

## **Placebo Effect Regularly Beats Pharmaceutical Drugs**

(NaturalNews) A Wired UK article just told us a dirty little secret that the pharmaceutical drug world would rather keep quiet. That fact is: drugs are having a difficult time beating the placebo effect, and increasingly so. In fact, they're finding...

## **Cancer Drug Adds Two Months: Called Breakthrough**

(NaturalNews) Bayer is currently touting a "breakthrough drug" for breast cancer. A trial showed it can halt tumor growth for about 2.3 months. Used with chemotherapy, it was found to halt tumor growth for about 6 months; the lead investigator for the...

## **Fruit in Europe Contains Illegal Pesticide Levels**

(NaturalNews) Recently the European Pesticides Residues Committee tested 4,000 fruits and veggies and found that a number of them contained more than the legal amount of pesticides. The levels of pesticides varied considerably, and imported fruits and...

## **Pesticides Cause Parkinson's Disease**

(NaturalNews) A new study just found that Parkinson's disease is linked to pesticide exposure. In fact, the study participants were almost twice as likely to have been exposed to pesticides through their work, and exposure to certain pesticides may have...

## **Detoxification or Amputation: You Decide**

(NaturalNews) When patients' bodies have been showing signs that detoxification is needed, doctors have been prescribing a drug that can lead to tissue damage to the degree that amputation is then the next step. The FDA hasn't called for the elimination...

## **CDC Lead Levels Cause Learning and Social Problems**

(NaturalNews) British researchers recently found that children with levels of lead in their blood that the U.S. Center for Disease Control deems as safe were having problems in school and developing antisocial behavior. In fact, "acceptable" levels of...

## **Aluminum is Potential Cause of Thirty-Five Million with Dementia Worldwide**

(NaturalNews) A recent report found that 35 million people around the world have Alzheimer's or other forms of dementia. The number is expected to double every 20 years "unless there is a medical breakthrough." Dementia rates have grown 10% over what...

## **Basil is a Natural Anti-Inflammatory Herb**

(NaturalNews) Basil was recently shown to reduce swelling and inflammation in arthritic patients by about 73 percent, which is on par with commonly used drugs for arthritis. The researcher who presented the results at The British Pharmacology Conference...

## **Sodas, Obesity and Sickness: Become Part of**

## **a Whole New Solution**

(NaturalNews) Sodas and obesity have become a hot topic, but the topic is focused on raising taxes on sodas by about 12 cents in effort to reduce consumption and therefore reduce obesity rates. If we're going to get serious about obesity, why not get...

## **Beets are an Alternative Cancer Treatment**

(NaturalNews) Beets are one of nature's wonder foods. They've recently been found to increase stamina during exercise by 16 percent and that's just the tip of the iceberg. Beets are known to break up cancers and tumors, and they're known to do so faster...

## **Skipping Medical Insurance can Improve Your Health**

(NaturalNews) While Washington, drug companies, insurance companies, doctors, and many Americans believe not having medical insurance negatively impacts your health, there are actually a number of reasons not having medical insurance can actually improve...

## **Chemicals in Our Diets Produce Fat People**

(NaturalNews) Most people don't think about how chemicals in their diets affect their weight or weight loss efforts. But the man-made chemicals you consume on a regular basis can play a big role in whether you're fat or not - even if those chemicals...

## **Diseases Caused by Smoking will be Graphically Depicted on Packs**

(NaturalNews) Smoking is a habit associated with numerous diseases, and the labels on cigarettes will soon more accurately reflect this. Obama recently signed a measure that might update warnings on cigarette packs to stronger and more accurate messages,...

## **Cayenne Pepper and a Vegetarian Recipe Bring Heart Health**

(NaturalNews) Cayenne pepper's been called a cure-all herb, and while it may not cure all, cayenne pepper works miracles on at least one organ in the body: the heart. Cayenne pepper has been known to stop a heart attack instantly, and if you have heart...

## **1918 Influenza: A Treatment That Worked**

(NaturalNews) At least twenty million people died in the 1918 influenza epidemic and Eleanora McBean, Ph.D., N.D. tells us something pretty interesting about it. Drug-oriented medical doctors and hospitals, she tells us, "were losing 33% of their flu..."

## **Colon Cleansing: The Colon is Where Health Begins**

(NaturalNews) There's been quite a bit of debate about colon cleansing in recent years. People who do it swear by it; they're often walking testimonials of the disease that can be swept from the body in this manner. But, people who've never done it can...

## **Brains are Shrinking in the Overweight: A Look at Why**

(NaturalNews) A new study found that obese people have 8 percent less brain tissue than normal weight individuals, and those who are classified as overweight have 4 percent less brain tissue. Researchers called this "severe brain degeneration" and...

## **Alternative Offers Promise from Sugar, Cancer and Candida**

(NaturalNews) A new report by the American Heart Association recently turned up that Americans are swallowing 22 teaspoons of sugar each day. That's an awful lot of sugar, and as it also turns out, it only takes 2 soft drinks and 8 ounces of fruit-flavored...

## **Acid or Alkaline: Why Your Health Depends on It**

(NaturalNews) Drink your milk has been a common adage to build healthy bones, but it turns out, it's just wrong. Milk actually contributes to an acidic environment in the body, and acidic environments in the body actually create weak bones and create...

## **Natural Plant-Based Pesticides: Ready for Use**

(NaturalNews) After a decade of research, scientists recently relayed at a major U.S. conference that the insecticidal properties of rosemary, thyme, clove and mint show great promise for the

agriculture industry. Some of these herbal pesticides kill...

## **Doctors Give Rat Poison to Heart Patients for Fifty Years**

(NaturalNews) A Bloomberg report just told us that millions of people worldwide have been taking rat poison as a prescription blood thinner. It also said that the risk of bleeding in the brain with this drug called warfarin was one of the drug's most...

## **Health Care Reform: How It Should Look**

(NaturalNews) Health care reform is the hottest debate around, but unfortunately, Washington has it all wrong. Health care reform shouldn't be about who is going to pay for more drugs for people; health care reform should be about how to create and keep...

## **Depression: Detoxification Outweighs Drugs**

(NaturalNews) Columbia researchers recently announced that ten percent of the U.S. population are on drugs for depression. Doctors quoted by a HealthDay reporter thought this was an improvement because more people are seeking help when they are feeling...

## **Detox Symptoms are Often What Medical Folks Call Disease**

(NaturalNews) People who understand body cleansing, understand what detoxification symptoms are. Medical professionals understand the symptoms that make up what we call disease. But the odd thing is that most detoxification symptoms are also the symptoms...

## **Breastfeeding Your Baby Could Save a Life**

(NaturalNews) According to the World Health Organization, breastfeeding babies exclusively for the first six months can save the lives of 13 percent of infants that die under five. Breast milk is what nature intended for infants to be eating, and eating...

## **Vaccine Dangers: How to Protect Yourself from Them**

(NaturalNews) At a tragic time in history when flu vaccines seem imminent around the world, many people are more concerned about the effects of the untested vaccine than of the actual flu. It's with good reason. Infowars.com recently published well over...

## **Anger Problems: Try a Liver Cleanse**

(NaturalNews) In Chinese medicine, most organs are connected to an emotion, and your liver is the organ connected to anger. As a society, we see the effects of this quite clearly, but often are unaware of what we're seeing. Your liver is your prime...

## **Air Pollution Linked to Low IQ in Children**

(NaturalNews) When many doctors downplay the role of toxicity in the body and underestimate the damage it causes, it's nice to see research pointing to these effects. Researchers recently found that mothers who breathe in more polluted air during their...

## **Radiation Increases Breast Cancer Rates**

(NaturalNews) Researchers recently found a direct positive connection between girls receiving more radiation for cancer and developing breast cancer later in life. A positive correlation meaning the more radiation they received, the more likely they...

## **Composting: Give Back to Mother Earth**

(NaturalNews) The state of our environment has gotten so bad, that if you're paying attention and have a bone of compassion in your body, it's more than a little disturbing. A lump of trash is floating in the water near the North Pole twice the size...

## **Everyday Ways You Damage Your DNA**

(NaturalNews) Scientists recently patted themselves on the back for discovering an "allergy gene." They say defects in this gene increase the likeliness that a person will develop allergies, so they want to screen entire future populations for this gene...

## **Quit Smoking: Try Juicing Fruits and Vegetables**

(NaturalNews) Twenty percent of the population uses cigarettes, and according to the World Health Organization, cigarettes cause more than one in five American deaths. Modern medicine offers pills and patches to help you quit, but the simplest method...

## **Coconut Oil is the Antiviral of Nature**

(NaturalNews) In a time when strange viruses are making headlines around the world, perhaps it's time you knew about the most powerful natural antiviral around: coconut oil. The antiviral activity in coconut oil is unparalleled, even among the most resistant...

## **Body Cleansing is the Natural Way to Eliminate Disease**

(NaturalNews) Eliminating disease with deep body cleansing is unparalleled, and happens all over the world. In fact, it's common for people who work with others to cleanse their bodies to regularly see disease simply up and disappear with deep cleansing....

## **Got Insomnia: Perhaps You Need a Gallbladder Cleanse**

(NaturalNews) Chronic insomnia has to be one of the most annoying health problems around. Imagine not being able to fall asleep or stay asleep for nights on end. Your work will suffer, as will your general happiness and contentment. Unfortunately, 35...

## **Go to the Source of the Problem: Arthritis is Built-Up Toxicity in the Joints**

(NaturalNews) According the Associated Press, patients, particularly arthritis patients, are "fretting" over reduced access to acetaminophen, a drug that's known to cause liver damage. One patient claims the lack of access to this known poison might...

## **Society's Experiment: There are a Hundred Plus Poisons in Your Blood**

(NaturalNews) David Ewing Duncan, author of the best-selling Experimental Man, underwent several hundred scientific and medical tests, including toxicology tests, to see where he stood and what sense could be made from all of it. As part of the experiment,...

## **Liver Cleansing Brings Health and Detoxification**

(NaturalNews) Steve Jobs' public liver transplant is a testament to what mainstream medicine offers when you've damaged your liver to the extreme. It's also a testament to a consumerism attitude with a "buy a new one" flair and ambiance, instead of an...

## **Obscene Drug Profits: Where They Go**

(NaturalNews) Recently, a couple of Federal Budget Analysts from Washington, DC wondered about the profits in pharmaceutical drugs and came up with some interesting figures. Turns out

that to purchase the active ingredients for many drugs is often pennies,...

## **Even in Cows: A Diet Designed by Nature Reduces Health Problems**

(NaturalNews) An organic dairy farm in Vermont found a way to bring down their vet bills and raise cows with fewer health problems. The answer was simple enough; they started feeding the animals grasses, flax and alfalfa - or essentially what amounts...