

## *September newsletter from: "Trust in the Process"*

<http://www.trustintheprocess.com/>

<http://www.colonicsoflondon.com>

**Wow, it's September again, how did that happen! Summer is my favourite time and when September comes along, I am a little delusional and prefer to think the summer is still here.**

**The good thing about the fall is we have lots of fresh new events to attend and can catch with friends we haven't seen all summer.**

*September's Health Artical:* <http://storyofstuff.org/cosmetics/>

### **Your skin is very permeable!**

Your skin is your largest organ -- and also the thinnest. Less than 1/10th of an inch separates your body from potential toxins. Worse yet, your skin is highly permeable. Just about anything you put on your skin will end up in your blood stream, and will be distributed throughout your body. Which is why I'm so fond of saying: "don't put anything on your body that you wouldn't eat if you had to..." **The above link will explain.**

*When Diet Changes, Everything Changes .....*

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