



Hosted by Deanna Minich, PhD, in collaboration with



# THE DETOX DOWNLOAD EXPERIMENT WITH APPS & GADGETS

By Pam Gross, CFSP, CHHC, CYT



## DETOX YOUR HEART

EMWAVE2 \$199

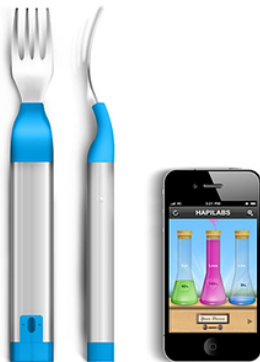
The heart wants what the heart wants, and the EMWAVE2 can prove it. By collecting pulse data, the EMWAVE2 translates the rhythms of your heart into charts and graphics uploaded to your computer. These tools help you monitor and shift emotional reactions to create an overall sense of heartfelt peace. [www.heartmathstore.com](http://www.heartmathstore.com)



## DETOX YOUR FOOD

TELLSPEC \$320

Ready, aim, eat! The yet-to-be-released Tellspec food scanner is a game-changing device that will beam up the facts about your food. From gluten to sugar, protein to nuts, calories to fat, find out what's in every speck on your plate with a click of a button and companion app. Pre-orders available at [www.tellspec.com](http://www.tellspec.com).



## DETOX YOUR BELLY

HAPIFORK \$99

Designed to slow down your eating habits to aid in digestion and weight loss, the HAPIfork lights up and vibrates if you're eating too fast. This electronic fork measures your "fork servings," otherwise known as the action of bringing your fork from your plate to your mouth. At the end of the meal, you can log in to your mobile app and find out how long it took to eat your meal, the amount of "fork servings" taken per minute, and intervals between "fork servings." Hapi eating! [www.hapi.com](http://www.hapi.com).



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DETOX YOUR WATER

SOMA

\$99

48 ounces of crisp, clean water never tasted so sustainable. The Soma water system delivers spotless H2O through a biodegradable filter made from coconut shells, silk and plant-based casing. The filter lasts for 40 gallons and can be replaced easily with a filter home delivery plan. Cool carafe included. [www.drinksoma.com](http://www.drinksoma.com)



DETOX YOUR BRIEFCASE

CARD MUNCH

FREE

Business cards be gone! Take a photo of any business card and the Card Munch app powered by LinkedIn eats up the info and stores it in its business card belly on your phone. At press time, it looks like Card Munch will soon be gobbled up by Evernote, a popular app that files away random thoughts.



DETOX YOUR INBOX

UNROLL.ME

FREE

If you have 23,000+ emails in your inbox and need the insanity to stop, get unroll.me. This life-changer batches those not-so-important emails into one daily email and unsubscribes you from all those you no longer want.



DETOX YOUR MEMORY

FOLLOWUP.CC

FREE

Free up your mind space and forget about remembering to follow up on emails. Instead, install followup.cc and set emails to reappear when it's time to follow up. [www.followup.cc](http://www.followup.cc)

[WWW.THEDETOXSUMMIT.COM](http://WWW.THEDETOXSUMMIT.COM)  
[WWW.PAMGROSS.COM](http://WWW.PAMGROSS.COM)



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### DETOX YOUR DIET

### WHAT I ATE

\$1.99

Need a diet buddy to help you stick to your new diet plan? What if this time your buddy was you? Offering a new way to track your meals, the What I Ate app let's you post photos of everything you eat in a day to your own private billboard, creating a snapshot journal of your daily diet.



### DETOX YOUR SKIN

### SKIN DEEP

FREE

Environmental Working Group has our back with their new app Skin Deep! As a premier health advocate, EWG took the time to create an extensive database containing thousands of skin care products and their ingredients. Scan a product in question and Skin Deep will tell you how it ranks. Uh...get ready to clean out your vanity!



### DETOX YOUR FISH

### SEAFOOD WATCH

FREE

Monterey Bay Aquarium put our health into our own hands with the Seafood Watch app. Simply type in a particular seafood and discover what is your best choice based on fishing conditions, pollutants and harm to surrounding sea life. If that's not enough, it then tells you where to buy the good stuff near you!

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## EXPERIMENT WITH APPS & GADGETS



### DETOX YOUR MEAL

PREP PAD \$149.95

Fine-tune your meals to meet your goals with the Prep Pad from Williams-Sonoma. Place your foods on the smart pad and the app will adjust portion sizes, macronutrient percentages and food choices so you can personalize your meals and eat smart. [www.williams-sonoma.com](http://www.williams-sonoma.com).



### DETOX YOUR MIND

RELAX MELODIES

FREE

Meditate anywhere anytime with your own custom melody. Relax melodies makes it easy to drift into a peaceful state by allowing you to create your own unique background music for your meditation. Set the timer, hit play, tune into the breath, and then simply slip away.



As a Certified Food & Spirit Practitioner, Certified Holistic Health Coach, and Certified Yoga Teacher, I created Feal Real™, a transformative journey that applies yoga philosophy toward achieving whole-life wellness. Each person is unique, and my compassionate approach will uncover what is needed to feed your own body, mind and soul to live a healthful life that is authentic to you.

My dedication to a holistic and yogic lifestyle for the last 14 years has offered me relief from my life-long battle with migraines as well as added benefits of increased energy, reduced inflammation, a peaceful digestive system, a leaner body, a focused life intention, a deeper connection to self and others, an alignment to the environment, a sense of lightness and vibrancy, and an overall feeling of authenticity and peace.

My experience has taught me that this deep connection to self and vibrant feeling of health and authenticity is available to everyone. Getting you there is the Feal Real Journey.

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Detox your life, cleanse your spirit and Feal Real in the Feal Real Lab! My "Life Experiments" will help you safely discover what your mind, body and spirit need to achieve whole-life wellness. Visit [www.pamgross.com](http://www.pamgross.com) to check out my upcoming workshops, online seminars and private sessions all designed to help you Feal Real!

