

Detoxification

Today's day-to-day stress from pollution, mental, emotional and physical stress continually pose a physical strain on our bodies. As these stressors are compounded by more stress, our organs, especially our kidneys, lungs, liver, skin and intestines become overloaded. Their ability to handle the removal of toxins gradually diminishes and becomes impaired. Symptoms such as depression, weight gain, PMS, fatigue, hot flashes, headaches, acne, eczema, asthma, chronic infections, sinus congestion, and many others thus begin to manifest.

Instead of addressing symptoms at their root cause by removing the toxins producing the symptoms in the first place, we begin adding more toxins to the already toxic body by treating the symptoms with medications, herbs, vitamins, foods and emotional stress. Such treatments can often result in the worsening of symptoms. The ultimate solution then is not to add to but to reduce the toxic load on the body and the mind and to give the individual organs a chance to recover their function properly and effectively. The removal of toxins from organs, tissues, and cells is called detoxification.

Why detoxify?

Detoxification of the body, its individual organs, tissues, and cells as well as of the mind and emotion is of utmost importance in keeping a healthy and functioning body. It is like removing the film on your car window regularly so that you can continue to see the traffic around you and to let the light in to your car to stimulate your eyes to see. If the film is not removed and more is added on, then sooner or later, you will have difficulty seeing the traffic and the chances of an accident occurring multiply. Your spirit also diminishes as the film on the window builds and less light shines into your car. Keeping that window clean however, reduces the risk of accidents dramatically. Your spirit is also lifted as a result of more visible sunlight.

Detoxification clears up the film in your organs, tissues, and cells and gives the body and the mind a chance to recuperate and heal themselves. As the body and mind are detoxified, majority of symptoms begin resolving on their own. Because the root cause of the symptoms is addressed through detoxification, often times supplementation or medication to resolve specific symptoms are no longer needed.

How long will a "Detox" take?

The detoxification process may be simple or it may be involved depending on how and with what type of matter the tissues are bound. The process may involve a simple quick dietary fast along with colon cleansing or it may involve a slow removal of chemicals or heavy metals that may take 6 months to 1 year.

Who Should NOT Detox?

Pregnant and nursing women and those who are weak and fragile from a debilitating disease should not detox. For safe and best results, detox should be done under the supervision of a physician who will create a personalized detox program according to your needs and condition.