

Detoxification

The Healing Begins

Beginning a Healthy Nourishing Diet

As you are aware, the average American diet, is relatively low in vital nutrients, especially vitamins, minerals and enzymes and contains high levels of fat, salt, sugar and chemicals.

You are now considering a change by eating concentrated healthy food (herbs, vegetables and fruits) instead of processed foods. This change in your eating habits will result in increased energy and a feeling of well-being, and vitality. The initial process of flushing out toxins (chemicals found in foods after preserving and processing), healing of the body's systems and adjusting to proper nutrition, may result in a number of uncomfortable and frustrating symptoms.

This remarkable process is known as *detoxification*. It can last from as little as a few hours to several days, depending on the present status of your health. It is important that you understand that this process of *detoxification* is a short-term one, that it is both, normal, natural and healthy.

Understanding Detoxification

The residual accumulation of toxins is assured, if your diet frequently includes fast, cooked and processed foods, soda pop, dairy products, candy, cigarettes, alcohol, coffee, and drugs. In addition to nutrient deficiency, these diets often include many substances that act as poisons, such as chemical residues, fat, processed caffeine, sugar, salt and pepper.

A great deal of energy is required to remove toxins from the body. The body simply cannot cleanse them completely from the system, so it stores them until consumption slows or stops. The body has an amazing capacity for storing toxins and suppressing to a certain extent the effects of poor eating habits. Years of accumulated poisons may be stored deep within the systems of the body, neutralizing efficient immune responses. As nutritious wholesome foods (concentrated herbs, vegetables and fruits) are introduced to the diet, the body displays an even more amazing ability to flush out the accumulated toxins, and also to heal and repair damaged systems.

Symptoms of Detoxification

A common question is, “*Why do I sometimes feel worse after colostrum, massage, or chiropractic treatments, or after eating healthy foods or cleansing herbs?*”

Detoxification is a *healing crisis* that is essential to your body's rebuilding processes, especially after chiropractic and massage. (These healing sciences activate lymphatic function essential to the elimination of poisons through the skin.) Once healed, your body begins to operate more efficiently, at which point you will experience a level of energy, vitality and health that will be well worth the effort. The *detoxification* process utilizes the circulatory system, breathing system, mucous membranes, skin, digestive system, lymphatic system, nervous system, glandular system, and other systems to flush and eliminate poisons. During this process, you could develop nervousness, nausea, body aches, headaches, skin eruptions, bad breath, body odor. You may even experience constipation or diarrhea.

The body calls out an army of white blood cells to confront, attack, and flush out the toxins, provoking fatigue, a cold or even flu or arthritis-like symptoms.

You may, in the initial stage of cleansing feel fatigued, depressed, or irritable. This stage of *detoxification* is often referred to by doctors as a *healing crisis*. The *healing crisis* may last from a few hours to a few days, sometimes longer. The healthier your condition.....the fewer the symptoms. The more the body has to clean up, the harder and longer will be the cleansing *side effects*.

Headaches, inflammation, nausea or irritability may cause you to take a drug for relief. Unfortunately, standard medical practice frequently deals only with the symptom such as pain relievers for a headache, pills for constipation, and does not treat the cause of a particular symptom, which is often the buildup of toxins in the body. Drugs may produce temporary relief of symptoms, but the cause of the problem that may indeed be the accumulation of toxins within the system is often made worse by the use of drugs. Cooperate with your body by not using drugs unnecessarily to stop the cleansing process. Drugs may make you feel better for a time, but will only prolong the *detoxification* process by driving toxins back into the tissues. (Discuss this with your doctor.) The best approach for alleviating symptoms is to keep the diet simple and healthy; plenty of *pure water*, cleansing herbs, whole grains, fresh organic fruits and vegetables, and meals low in salt, sugar, fats and proteins. You should avoid foods containing additives and preservatives, dyes, salt, sugar, and drinking water from the tap. You should also

avoid nutrient and enzyme deficient cooked foods and meats as much as possible. Man is the only animal on the face of the earth that has to fertilize, cook, process and refrigerate his food before he eats it.

The health and proper treatment of your skin is also an important factor in eliminating toxins. To further aid the *detoxification* process, vigorous brushing of the skin with a natural bristle brush is recommended. Stroke from the extremities inward towards the liver, and repeat every day. This will stimulate the lymphatic and circulatory systems. A good soak in a warm bath with two cups each of Epsom salts and Baking Soda will also aid in elimination of poisons, and will help keep you relaxed. Another important element in detoxing is proper rest. Plenty of sleep at night, or during the day as needed, will help keep you calm and keep stress levels low. Deep breathing is perhaps the most important and vital aid in *detoxification*. It is important to breath rapidly and deeply for at least sixty seconds every hour, in fact this is a good practice for the rest of your life. This effectively oxygenates the blood at the cellular level and prevents buildup of blood proteins in the intercellular spaces, where buildup reduces the availability of oxygen to the cells.

The greatest challenge concerning *detoxification* is self discipline, keeping focused, being patient, and following through. If symptoms become severe, (which is the case with most obese people or people that smoke, indulge in alcohol or frequently take drugs) there are techniques that you can use to lessen the discomfort. Besides the deep breathing, mentioned above, exercise, massage, colostrum, and chiropractic adjustments are also quite beneficial.

Remember to always consult with your physician before undertaking a cleansing program with herbs, changing your diet, or commencing an exercise program!