

Why Detox?

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What Your Doctor Is Not Telling You

The Lost Art of Weeding and Feeding The Human Body

The most important part of the healing process is mind, body, soul connection. Detoxification (Detox for short) is a normal body process and it happens naturally. Detoxification is one of the body's most basic automatic functions of eliminating and neutralizing toxins through the colon, liver, kidneys, lungs and skin.

Unfortunately, in our fast food age, natural detoxing is more challenging ever overcoming long standing health problems. With pollutants found in our environment, the air we breathe, water and food we eat, our bodies have a hard time keeping up with the detoxing process. Our once capable bodies now overloaded with chemical diets, animal protein, too much saturated and trans fats, too much caffeine and alcohol radically changes our internal ecosystem.

Detoxing Changes You

Detoxing is a powerful way to make changes on every level of your being. It is especially important for immune-compromised diseases like cancer, arthritis, diabetes and chronic fatigue. However, even if your diet is good, a spring cleanse can revitalize your system

and rid your body of harmful bacteria, viruses and parasites. When you make a change in your physical body you affect your mental, emotional and spiritual life too.

Integrating a regular Detox plays a significant part overcoming long standing health problems and staying healthy.

Benefits of Detoxing

Detox can bring many and varied benefits, often beyond all expectations. Listed below are just a few.

- Greater vitality and energy
- Improved digestion and absorption of nutrients
- Better elimination and bowel health
- Improved fertility (men and women)
- Relief from chronic health problems e.g. skin conditions including eczema, psoriasis, acne, irritable bowel syndrome, constipation, diarrhea, migraines
- Hormonal balance alleviating PMS, blood sugar imbalances and mood swings
- Weight loss, weight gain and enhanced metabolic function
- Improved immune system
- Emotional and mental well-being and happiness
- A sense of spiritual unfoldment Experience a life free from pain and ill-health

Toxic Overload



Our bodies become toxic in many ways. Through our food and drink, the air we breathe, what we put on our skin and the way we think! **Toxins are anything that can potentially harm body tissue, including waste products that result from normal cell activity, such as ammonia, lactic acid and homocysteine including exposure to human-made toxins in the environment, food, and water.**

The liver, intestines, kidneys, lungs, skin, blood and lymphatic systems work together to ensure that toxins are transformed chemically to less harmful compounds and excreted from the body. When the body is clogged up, toxins are stored in the cells, blood, organs, joints, muscles and tissue. Eventually, this **toxic build up reduces the body's functioning ability and heal itself.**

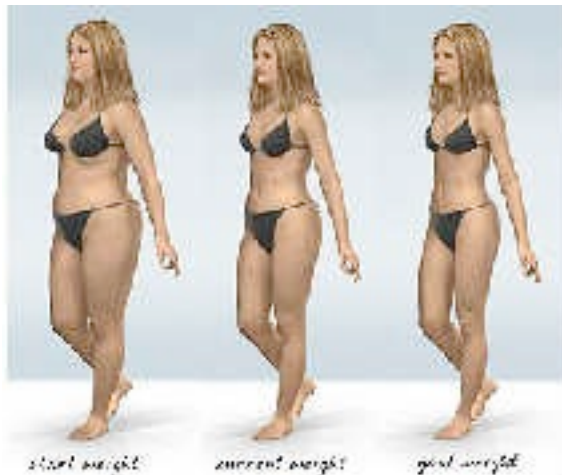
Disease Forming Habits

Improper diet, stress, overeating, sedentary lifestyle, illness, and poor health habits cause toxic overload, leading to disease. The accumulation of toxins, toxemia, occurs when the digestive tracts become incapable of breaking down and digest food normally. With an impaired digestive system, food does not move efficiently through the digestive tract and begins to decay and create toxic by-products. This condition is known as intestinal toxemia or toxic colon syndrome.

Body Cleansing

Body cleansing helps your body eliminate stored toxic waste. Although, cleaning is an action that occurs regularly and naturally in the body, the unrelenting exposure to environmental toxins, chemically based products and processed foods, hinders the body's regular cleansing function.

Activate the body's self-cleaning function with a well managed fasting and detox program helps release and eliminate unwanted toxins in a safe way. Detoxing helps the body to heal itself as nature intended; cleansing and repairing with the result that seemingly unrelated health problems often disappear for good.



Weight Loss and Detox

A detox program helps people overcome a wide range of health issues including weight loss. For some people weight loss is their primary goal of detoxing, for others it is an added bonus. Detoxing aids the weight loss process not just due to the fact that you stop eating your normal diet during the process but for other reasons including:

- 1. Alkalizes Your Body** - The body retains fat as you increase the alkaline levels in the body, fat is no longer needed as digestion improves. Eliminating congested bowels improves sluggish digestion additionally relieving the fat load in the body.

2. Improves Metabolism - Eating processed foods and high levels of saturated fat can affect your metabolic rate. Removing these for your diet helps to increase the rate and therefore helps you burn fat faster.

Mind Body Soul

A truly holistic and [life changing detox program](#) works at the deepest levels in a harmonious, gentle way, encouraging healing deeper levels of healing. Accessing underlying emotional or energetic causes that trigger the disease process, with complementary therapies including quantum energy healing is an integral part of achieving and maintaining wellness. A well-rounded detox program helps you move in leaps and bounds towards optimum health and vitality.



Lost Art of Weeding and Feeding

Fasting is one of the oldest natural, curative process known to man and creates the ultimate conditions for the body to heal itself. Combining this lost art of weeding (detoxing) and feeding (alkalizing) the body, with a juice fast is both safe and effective. Juice fasts encourage deeper levels of healing compared to fasting on just water. Juice fasting both cleanses the body AND supplies it with essential nutrients and enzymes, vital for the detox process.

[An optimal detox program](#) combining fresh juices with nutritional and herbal supplements, colon cleansing, massage, yoga, meditation, relaxation and including a range of complementary therapies providing a supportive environment for deep and lasting changes.

Detoxing For Life



Periodically implementing a [healthy detox program](#) helps to flush toxins that have accumulated in the body and gives the body the regain lost balance. Over the long term, making changes in your daily habits and lifestyle will improve your overall wellness, improving with time. Choose to change a couple of habits each year including eliminating coffee, alcohol, get more exercise, do deep breathing exercises, incorporate meditation, get more sleep and eat more vegetables and fruit.