



Detoxification

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International Organization of Nutritional Consultants

Detoxification

Why is detoxification necessary?

Our bodies are exposed to the following stresses;

- Parasites
- Viruses
- Bacteria
- Chemicals
- Electromagnetic Pollution
- Food Sensitivities
- Heavy Metals
- Inherited Stress
- Impure Water

- **Detoxification is the process by which the body is cleansed of impurities, toxins and environmental pollutants.**



Symptoms

Symptoms that may appear when you detoxify and follow a Superior Nutritional Program.

1. Headaches.

When toxins are removed from the tissues and carried through the bloodstream, these irritants are felt as pain.

2. Weakness.

An improved diet may make one feel weak because the body takes time to adjust to complete the detoxification process.

The vital energy of the muscles, skin and external parts of the body moves inward to internal organs as recuperation and reconstruction begins.

Symptoms Continued

- The energy in the body is not reduced but is merely redistributed to the more important internal organs.
- However, because this process is experienced as 'weakness' more rest and sleep are required to allow the body time to cleanse and rebuild.
- Patience is important at this stage and the person being cleansed should not resort to stimulants or other medications to help overcome any of the detoxifying symptoms.



Symptoms Continued

3. Decreased energy.

- The withdrawal of stimulating foods from the diet causes a slower action of the heart and produces a feeling of relaxation or decrease of energy.
- Stimulating foods cause a more rapid heartbeat (or pulse) and create an exhilarating feeling.

4. Weight loss

- Wastes are discarded faster than the creation of new tissue which results in weight loss.
- However, weight usually stabilizes within a short time.



Symptoms continued

5. Fevers

- Fevers are a sign that toxins are being attacked in the blood and eliminated from the body.

6. Colds

- Colds are a sign of the ability of the body to throw off toxins in the form of mucous.

These symptoms are a sign that the body is trying to cure itself and should be interfered with as little as possible.



Symptoms continued

These symptoms do not indicate deficiencies. Do not try to correct them with massive vitamin supplementation.

These symptoms do not indicate allergy manifestation, as long as the correct amount, quality and combination of food is being consumed for each individual.

7. Skin Rashes/Eruptions

Poisons, toxins and harmful drugs are eliminated through the skin in the form of rashes or eruptions. This is a good sign.

Suppressions should not be encouraged by using cortisone cream, etc or the toxins will be driven back into the body to cause further harm in the future.

8. Bowel Changes

When the body detoxifies, the stool may be very loose (diarrhea) as the body is expelling fecal matter very quickly from the colon.

After extreme cleansing periods, the bowel may appear to be sluggish (constipation) for a day or two.

Symptoms continued

9. Frequent Urination

As the kidneys are being cleansed, the bladder will often expel copious amounts of urine.

Detoxification symptoms vary according to;

1. The vital energy of the person.
2. The materials being discarded.
3. The condition of the organ involved in the elimination process.

Reducing symptoms

Detoxification Symptoms can be decreased by;

1. **Drinking lots of water.**
2. **Getting more rest and sleep.**
3. **Not worrying about the symptoms.**

If the toxins remain in the body, illness pain and suffering would eventually occur.



Understanding this concept leads to acceptance of the symptoms as a desirable state.

Detoxification Options

1. Herbal Cleanses

There are a wide variety of herbs that are powerful detoxifiers. There are many herbal cleansing kits available from a holistic practitioner that help rid the body of accumulated toxins.



There are also many single herbs that are beneficial cleansers;

Burdock

Dandelion

Echinacea

Chaparral

Chlorophyll

Goldenseal

Red Clover

Taheebo

Yellow Dock

Alfalfa

Detoxification Options

continued

2. **Homeopathic Cleanses**

Homeopathic remedies help to detoxify by strengthening the vital force within the body, allowing the body to heal itself.

Homeopathic cleanses may consist of only a single remedy or as many as a dozen remedies that will safely encourage detoxification.

3. **Acid /Alkaline Diet**

For good health, 80% of the diet should be chosen from alkaline foods such as fruits, vegetables, almonds, brazil nuts etc and only 20% should be chosen from acidic foods such as breads, meats, grains and sweets.



Detoxification Options

continued

4. Fasting

There are three forms of fasting;

- A. Total abstinence from food and water (not recommended.)
 - B. Water, herbal teas and juice only.
(From fresh fruits and vegetables)
 - C. Mild food juices, herbal teas, fruits, vegetables, nuts, broth and water.
- Fasting should not be recommended without approval and supervisions by an attending physician to monitor vital functions.
 - During a fast, diseased, damaged and dead cells will be broken down and eliminated and will be replaced by new healthy cells.
 - It is usually healthier to fast using juices, herbal teas and mild food.

Detoxification Options

continued

5. Colonics/ Enemas

Concentrated wastes must be removed from the colon or they will be absorbed back into the system to cause more complaints.

When cooked food is consumed, a thick layer of mucous forms on the inside of the intestinal walls. This becomes hardened over time and does not allow the nutrients from the food consumed to be absorbed through the intestinal wall into the bloodstream.

6. Dry Brush Massage

The skin is the largest eliminative organ of the body. The pores become clogged by pollution, dirt, dust or an inactive lifestyle.

When the skin is brushed with a loofa or body brush, the toxins can escape through the open pores.

What is a ‘Superior Nutritional Program’?

It is the introduction of foods of a higher quality in place of lower quality ones.

Example: Beef replacing pork. Beans replacing beef.

The closer the food comes to its natural unrefined state, the higher the quality.

The higher on the scale of quality, the healthier the diet.

The higher the quality of food we consume, the faster we recover from illness, as long as we are digesting and absorbing food correctly.



Superior Nutritional Program

The body is only able to produce healthy tissue when the blood is clean and able to supply maximum nourishments to the cells of the body.

In its raw, unrefined form all the enzymes in food are intact and it contains the maximum amount of amino acids, vitamins, minerals and trace elements.

Omitting toxic substances:

- Coffee, tea, chocolate and all caffeine containing substances.
- Salt and pepper.
- Preservatives, additives, colourings and chemicals.
- Tobacco.

Helping you to detoxify

A Registered Nutritional Consultant (R.N.C.)

- Can guide you safely through the detoxification process and make dietary recommendations to promote balance and enable the body to heal itself.

A Registered Nutritional Consulting Practitioner (R.N.C.P.)

- Can guide you safely through the detoxification process and make dietary recommendations to promote balance and enable the body to heal itself.