

DETOXIFICATION

by Michael Siebert

Internal cleansing is a natural, everyday occurrence in the body. The body's cleansing processes help to eliminate toxins. But in today's highly polluted world, our normal body processes can easily be overwhelmed.

And a long party weekend can bring an entire community of impurities into the body, creating an overload condition. Luckily, there are ways to supplement the body's natural cleansing mechanisms that can assist in removing toxins from our bodies.

When they can't be eliminated, our bodies try to protect us from toxins by storing them in our cells, mucous, fat, and skin. Mucus, organic toxins, and inorganic chemicals can build up in various organs and tissues of the body, severely affecting their operation. This kind of toxic build-up often affects the intestinal tract, which can develop microscopic ulcerations, imbalances in bacteria and fungus, imbalance in pH levels, Candida, or hypersecretion of mucous. Eating healthy is great for the body, but if the pipes are not clean, you won't be able to access all the good stuff you are eating.

For many, an accumulation of toxins is not severe enough to be recognized as a disease unto itself.

But a build-up of toxins can still lead to quite a few problems throughout the body, such as fatigue, memory difficulty, irritability, sleeplessness, and other minor ailments. In the long term, if the necessary steps to cleanse the body are not taken, toxic build-up can lead to more serious health problems. In order to reverse such health issues, the toxic build-up needs to be removed as part of an overall healing plan.

There are many different cleansing techniques available to get yourself back on the right track after the party. One of the simplest techniques is to use the steam room to sweat the toxins out of your body. The staff of Saturday Night Live in the late 70s used to visit the Russian and Turkish Baths in New York after heavy nights of drugging and boozing. Green herbal tea is another powerful tonic that can help detoxify your body in the aftermath of heavy partying. These simple remedies are not going to cleanse a body that has suffered from years of abuse, however.

For a more thorough detoxification, there are herbal formulations that can assist in cleansing our internal systems. If you have never performed a cleanse, I

recommend starting with a full-body 21-day detox program. Formulated from traditional cleansing herbs, these programs guarantee to improve your health by cleansing all of the major organs of elimination including the colon, liver, gallbladder, kidneys, bladder, lungs, lymph, blood, and skin.

Spring is a time of renewal and rebirth so this is an excellent time of the year to perform a cleanse. It is recommended to keep the body warm and comfortable, so cleansings are typically done in warmer weather. Some people may prefer to perform a cleanse during a vacation from work so that the work stress doesn't affect the process.

Although you are not required to alter your diet during the detox, eliminating certain products such as caffeine, alcohol, meat, sugar, and drugs will deepen the cleansing effects. Also, a cleanse is not wise if you are bedridden, recovering from a medical procedure, fighting an acute illness, or simply experiencing extreme weakness.

Another type of detoxification to consider is a colon cleanse. (I

would recommend performing a full-body cleanse prior to the colon cleanse for best results.) A good colon cleansing kit is the Colon Cleansing Kit from Blessed Herbs (www.blessedherbs.com), a five-day program formulated with traditional cleansing herbs to give the intestinal system and colon a deep cleansing. Included in each kit is a natural herbal



stimulant called "Digestive Stimulator" that tones, cleanses, and purifies the entire digestive system. It helps to eliminate the stored toxins released during the cleanse as well as those that have been trapped in your body's intestinal walls. It comes in capsule form and works to assure that one has at least three bowel movements a day.

The kit also contains "Toxin Absorber", a formula containing herbs that have been traditionally used for their strong absorptive properties and which work powerfully to cleanse the intestinal system. Toxin Absorber comes as a powder that is mixed with organic apple juice and taken five times a day. You will be required to follow a liquid-only diet during the five day cleanse; otherwise, the Toxin Absorber will simply bind to the food you are eating, rather than the waste you are trying to remove. Visit your local Whole Foods or Wild Oats to