



# Natural Path News



## Detoxification

Have you ever watched children with seemingly boundless energy and think, “I wish that I still had some of that energy”? It is possible to reclaim that energy at any age with detoxification.



Our bodies have an innate capacity to maintain balance through the natural detoxification processes of the liver, lymph, kidney, gastrointestinal tract and skin. Unfortunately, even with a diet of organic foods and purified water, it is nearly impossible to avoid the harmful chemicals that accompany our modern advances in manufacturing, agriculture and technology. According to the EPA, four billion



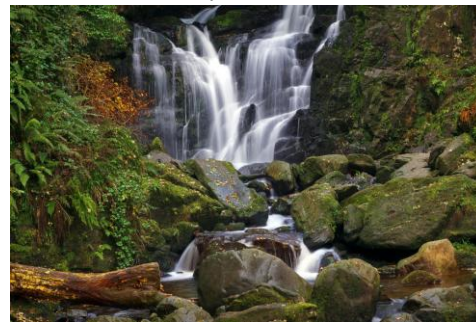
pounds of toxins are released into the environment each year by the US alone. The vast majority of the substances have not been tested for long term effects on human health. Tests have indicated that we can have up to 800 of these harmful chemicals present in our body which disrupt our immune and endocrine systems, also cause inflammation and allergies and even damage DNA. With this increased burden, it is nearly impossible to avoid toxic buildup and the importance of detoxification cannot be overstated.

The symptoms of disease often are the result of toxic settlements which the body cannot effectively eliminate.

Retained toxins are forced to settle in the connective tissues, organs and glands wherever there is a predisposed weakness. When we target the mobilization and elimination of the toxic settlements, many of the symptoms disappear.

The first step in any detoxification program is to clear the body’s natural pathways of elimination. Moreover, a detoxification program should not be implemented unless the eliminative organs are properly functioning. This is what we will term a “macro” detox. Once proper flow and function have been established, the organs will then draw toxins from the connective tissue, blood and individual cells. We will call this a “micro” detox (to be discussed in the next issue).

Why is it critical to start with a macro detox? We want the body’s natural detoxification systems to work for us at maximum efficiency to assist in the process. Additionally,



proper flow is essential for optimal results. Think of a clear running woodland stream.

Imagine a tree falls across it disrupting the flow. In some areas the water will pool and become stagnant losing the continual input of fresh water and nutrients. In the same manner, flow that has been disrupted to an organ impedes both nourishment and proper elimination. As in the pooled water of the stream, the basic ecology now changes resulting in the growth of unwanted organisms.

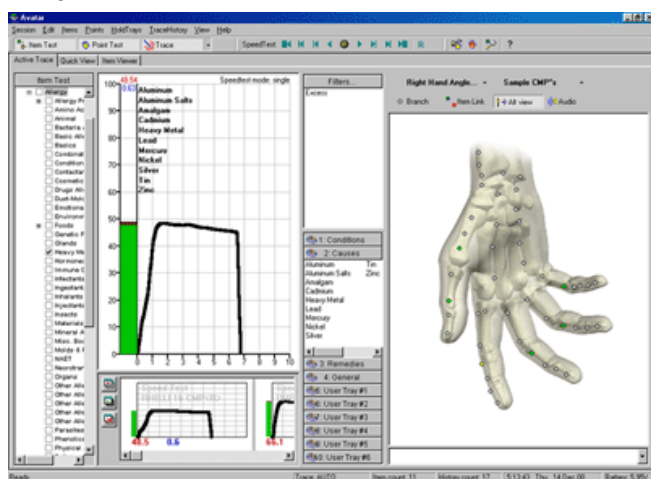
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These organism flourish and their metabolic waste becomes a fertile ground for even more pathogenic organisms. It is easy to see how compromised flow lays the groundwork for chronic and degenerative dysfunctions.

Natural Health Sciences have a number of analytical tools to help discover where “the trees have fallen across the stream” in the body. One form of testing, Electro Dermal Analysis is an excellent tool for revealing blocks and impeded flow to organs and systems which is predictive of possible future problems. Electro Dermal Analysis (EDA) provides information to the extent of blockage within an organ or organ system and provides information regarding the extent toxicity has affected the functionality of tissues and organs. The information gathered assists in determining the most effective detoxification program. The testing process ensures product compatibility suited to individual needs significantly increasing the success of any treatment program.



EDA is also used to provide screening information regarding chemicals, environmental irritants and allergens which can be cleared with homeopathic and herbal remedies.

Synthetic chemicals and heavy metals are toxic by their very nature, but the accumulation of the toxins feeds bigger issues. A respected researcher in the field of heavy metal detoxification, Dr. Dietrich Klinghardt, has determined a direct link between heavy metals and microbes. He found “for each equivalent of stored toxins there is an equal amount of pathogenic microorganisms in the body”. The stored toxins create a breeding ground for viruses, bacteria and fungus. To effectively detoxify the body, removal of these pathogens is equally important as addressing chemicals and heavy metals. Natural therapeutics such as Homeopathy,



Homotoxicology, and Herbs can address the removal of both heavy metals and pathogenic organisms in a balanced manner.

Finally, a main goal of any detoxification program involves limiting or preventing of toxins from entering the stream. Eliminate refined, processed and artificial foods, alcohol, nicotine, fast foods and sugars. Proper hydration and exercise enhance flow through the body. Cleansing of the accumulated toxins reduces the risk of illness and will help you regain some of that child-like energy.

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