

## **Stepping Down the Path to Healthful Detoxification**

by

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When you boil a health challenge down to its bare essentials, the common element is always stress. That stress can be physical, chemical, biological, mental or emotional. Eliminate the stressor, and you eliminate the foundational cause of the health challenge. In my experience, the most prevalent forms of stress tend to be chemical or biological. Which means, at some point, a detoxification protocol is in order.

Most people adhering to natural health principles are familiar with the concept of detoxification, otherwise known as cleansing. But how many people have done multiple cleanses and never enjoyed true good health? Few know what really constitutes a thorough, lasting, health-enhancing detoxification.

There are several critical, specific steps which must be followed in sequence for successful detoxification. The first is to prepare the biological terrain. A detoxification is by its very nature a stressor, especially on the immune system. The body must be alkalized through dietary changes and provided the proper amount of electrolytes so the ensuing physiological changes will have minimal negative impact. This can be executed simultaneously with the second step, but must be continued throughout the entire detoxification process.

Second, the drainage pathways for the toxins must be opened. Specifically targeted natural products open the colon, liver, and lymph drainage pathways so that, when detoxification occurs, the toxins can move through and be eliminated from the body. Sometimes, if a person is carrying a significant toxic load, the body will start the initial stages of detoxification during this phase. That is certainly a good and necessary thing. However, it is also an indication of the severity of the toxic load and the requirement to more thoroughly address the problem.

Third, the specific toxin must be identified and eliminated from the body. Although an alkaline, plant based diet can certainly work wonders here, it is truly a long term therapy and will not provide a client with near term, specific relief. Fortunately, there are some effective, targeted remedies which help the body to first identify the existing toxic influences and to then “tag” them so the body’s innate defense mechanisms can take over and start the elimination process. Hand in hand with these remedies are the drainage and nutritional support remedies which healthfully support the detoxification process. It is one thing to start a detoxification. It is quite another to provide the body with the tools to both safely and comfortably eliminate the toxins and support the affected organ systems so that, when detoxification is complete, they can again resume normal physiological functions. It is important to note that, in some instances, multiple toxic influences may be present. Usually, the body addresses these in layers, permitting the most toxic stressor to be eliminated, followed by the next most toxic, etc. The watchword here is PATIENCE!

There are a number of assessment techniques which can be employed to determine the optimal mix of detoxification, drainage and nutritional support remedies for a given toxic

situation. Kinesiology is certainly an effective technique, which I have used myself. But [computerized bioenergetic assessment](#) (CBA; otherwise known as EAV) offers far and away the most accurate means of identifying both the toxic influence and the optimal nutritional protocol needed to achieve lasting results without guesswork. The reason is that CBA can employ a combination of both the body's existing energetic state and the energy signatures of possible remedies to construct a comprehensive protocol which rebalances the area of the body under toxic stress and permits the attainment of energetic health.

Finally, and perhaps most challenging, is the follow up phase, where the body is experiencing the reverse of the manifestations which led to the health challenge in the first place. This is where the importance of health coaching and support become most clear. As the detoxification progresses, the body will almost literally travel back through time, experiencing the same health challenges (in reverse order) which led to the current state of affairs. Usually, these manifestations are much less severe and last a considerably shorter period of time than the original occurrences. But the client must be made aware of their eventual emergence so that they do not become discouraged and are better able to cope with the consequences.

Detoxification can literally be a life changing experience, if executed properly. The stages of the process must be followed conscientiously for lasting results. We have considerable experience and training in these sophisticated, targeted protocols. Let us show you how they can work for you!

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