

💧 **wholistic cleansing**

The Body/Mind/Spirit has forgotten to think for itself. There is a quick pill or something to blame, to symptomatically and therefore temporarily satisfy our every ill. Such inconvenient symptoms, reactions or basic dis-ease is our system's cry for help. It comes in many different guises. Yet the fundamental problem is the same - overload, pressure. Something has to give. Symptomatic relief masks the problem and merely pushes it deeper into the system.

The human body/mind/spirit generally learns to adapt as best as it can in order to cope with general day to day life. It is surprising what it will put up with until the situation gets such that it is literally forcibly stopped.

so how do we deal with this?

Finding the root cause of the pressure and eliminating it is often a good start. On a physical level one needs to be aware of what we actually consist of and how the body uses it in order to function properly.

70% of the body is water
80% of the brain is water

Water is a messenger. Without it nutrients cannot be carried to their desired destination and rubbish cannot be carried out. So the purer the water the easier it is for the body to get on and do its job. Hence drinking distilled water is desirable - it has no messages apart from hydrogen and oxygen. One should drink at least four pints/two litres of water a day. Avoiding dehydrating factors such as tea, coffee, alcohol, drugs and especially salt is also beneficial.

what else?

Essential fatty acids (EFAs) are essential because we are not able to produce them in the body. We have to get them from foods such as linseed/flaxseed oil, nuts, seeds and oily fish. EFAs are imperative for all cellular function, hormonal function and energy formation.

People short on EFAs can consume 60% more food than actually necessary to fill the EFA void. Unfortunately the body's needs are so great that it will settle for any old fat such as cheese, chocolate, crisps... adding toxic rubbish and therefore pressure on the system. Adequate EFA consumption reduces cravings for junk foods.

why is the fun stuff bad?

Certain foods actually stick to the sides of the digestive tract forming in time, intestinal plaque. The offending foods are - all wheat (any flour derivative), meats, dairy produce. Such an intestinal plaque provides the perfect environment for negative bacteria, parasites, worms, etc. These produce further toxins and gas resulting in wind, bloating and pressure.

Also 75% of the immune system surrounds the digestive tract. So if there is anything going on in the body that it does not like mucus will be produced as a medium to get it out further contributing to an already negative environment.

how do we get rid of it?

There are two basic ways of elimination - cellular/tissue and organ/body. Balancing

the two can be done by various cleansing methods.

Stored toxins can be released from within the cells and tissues to leave via the organs of elimination (liver, kidneys, bowel, skin, lungs, reproductive organs). But they are often blocked or too weak to cope. Toxins race round the system causing aggravation and discomfort.

Water and a correct diet help to remove and relieve this toxic traffic jam. But often the quantity and pressure is too great - hence the need for colonics and enemas. There is absolutely no point in sitting in your own excrement! Yet so many people are doing it every day and accepting it as the norm.

By Sonia Rowley
D.N.Med., D.Iridol., P.Dip.NN, RCT, MCIA