

profile of the patient the more severe their illness and symptoms usually are.

One of the first symptoms of toxicity is the humble headache. Headaches are now so widespread that they are almost the norm in society, something that we are almost expected to tolerate rather than to treat by finding their root cause. Our symptoms are our body's way of telling us "we need to address this!" We clean our homes on a regular basis but rarely give a thought to cleansing our insides.

Home tips to energize. There are many different ways you can begin to help yourself detox in your own home, helping to increase your vitality and energy.

**ALKALIZE.** We are advised on a regular basis to eat our vegetables and fruit; these have an alkalizing effect on our body. We are slightly alkaline and therefore we work better and remain healthier when we ensure that this balance is not upset by eating over acid foods (ones that have an acidic end effect on our internal tissues). The foods which are generally acidic are (you've guessed it) most of the things we tend to enjoy, sugary, starchy processed foods. We crave stimulants; caffeine, sugar, and 'pep-up' drinks when what we are really craving is nourishment from good food.

Include more organic fruit and vegetables in your diet and where possible eat them raw and in season. After a few weeks you'll feel fresher in yourself.

Negative thoughts are also acidic and your physical being is a reflection of your mind, remind yourself on a daily basis to think positively until it becomes a habit.

**FAST.** The best type of elimination occurs when you give the body a chance to heal by fasting. When a child is ill he will instinctively shun food, it's a most natural and necessary process to abstain from food and allow the body to do its repair work. If we take the analogy of a juicer it's impossible to clean when it's working once it stops its job (temporarily) then we can clean the tiny holes in the juicing mesh, which enables it to juice better.

The same goes for our internal organs they need a break so when we stop eating and processing food they can work on

themselves for a while, as well as intensively cleansing deep seated toxins from our tissues more effectively, relieving our bodies of accumulated waste.

The natural seasons to give ourselves a spring-clean are spring and autumn. If we take guidance from nature many of the cleansing herbs come into season in during spring.

Juice fasts allow for internal healing to take place whilst nourishing the body with vital nutrients, so often deficient in our diets. Digesting food takes up to 70% of your body's energy when we fast that energy is redirected to healing. Your body needs energy to heal, most often these days we don't even have enough for our every day activity let alone having reserves for essential internal repairs and processes, when we are tired so are our internal systems like our digestive and immune systems.

You can try a two day juice fast at home using fruit and vegetable juices. Ensure your juices are organic and freshly prepared, by doing so you will start to replace toxic fluids that surround your internal tissues with fresh alkaline juices. This is why fasting is so beneficial.

Mix the juice you make with equal parts water and sip a glass slowly every hour or two. If you feel peckish eat an apple. Break the fast on the third day with fruit for breakfast, salad for lunch and a broth of lentils and vegetables for the evening. You may experience headaches in the two days and this is most often a sign that you are releasing toxins and that your fast is working.

Detox home or away? Juice fasts of longer than two days or if you suffer from any serious conditions need to be supervised by a qualified naturopathic practitioner. Supervised fasts are available in Detox retreats providing the ambient setting for your healing journey. Visit [www.thebodywhispers/detoxretreats](http://www.thebodywhispers/detoxretreats) for more information.

A Detox retreat can be a wonderfully relaxing and yet rejuvenating for the whole system taking you away from the stresses and strains of the daily routine, into a haven where you can seclude yourself and have some serious 'me' time. Time in which you can concentrate 100% on your healing, the

after effects of which last longer than a week's holiday

Taking yourself off for a week will allow your body to undergo a comprehensive cleanse, ridding yourself of toxic debris from a much deeper level. This type of juice fasting allows the body to shed internal waste (which is acidic), mucus and toxins, all of which contribute to disease.

I've seen people come away from such retreats revitalized, brighter, full of hope and with a renewed energy for life, often leaving behind the ailments they came with and had been suffering from for many years, both emotional and physical.

Sometimes it's just not possible to take yourself away for a week to an exotic location and carry out an intensive fast. Many a time I work with clients helping them Detox within their home environment over a period of weeks with tailor made detox regimes depending on their lifestyles weight and fitness.

No matter which method you prefer detoxing should become a regular part of our lives due to our current ways of living and modern surroundings. It's invaluable in improving the overall functioning of the body.

Often we will take extreme measures; the bitter medicines and abstinence from certain foods and put up with permanent restrictive regimes, once/when struck by chronic disease. If we make the same choices earlier (for limited periods of time) when we initially show signs of minor imbalances and acute illness ; headaches , constipation (passing stool less than 2-3 times daily), digestive problems , flatulence, bloating, IBS, tiredness sugar cravings, then we have a good chance of redressing the imbalance and preventing major illnesses developing further down the line.

Sarah is a Naturopath and Medical herbalist Contact Sarah on enquiry@[thebodywhispers.co.uk](http://thebodywhispers.co.uk)

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