

New Year Detox **you know it makes sense!**

We are today enjoying longer lifespans, but when we take a closer look we can see that during this time our health is generally worse. Often our illnesses remain once they begin and are managed rather than completely cured, e.g. joint pains, asthma, heart disease, digestive complaints, eczema and allergies to name a few.

The field of complementary and alternative medicine (CAM) is there ideally to address the problems that occur in the body, so that major diseases are 'nipped in the bud'.

One important branch of CAM is detoxification. Detox has recently become more important as we are exposed to vast amounts of toxins in our modern world that were either unheard of 50 years ago or exposure to them was minimal, e.g. radiation, non-stick coatings, residues in drinking water.¹

Every thing ingested, inhaled or applied has to be dealt with and safely eliminated by our bodies, so you can imagine the stress our elimination systems are constantly under and the overtime that the detox organs need to put in to eliminate these toxic substances.

To help our bodies deal with this excess burden and to keep them functioning optimally

cleansing has become a vital part of health programmes that a given to patients.

Detoxification is a delicate process which needs close guidance by a qualified practitioner in order to give the best benefit.

I often give the example in talks that done incorrectly detoxification is like sweeping the garage floor without opening its door - you can end up with toxins being dusted all around the body.

With the right guidance detox can produce an invigorating cleansing of the entire system and an improvement in our body's absorption of nutrients.

¹ for a comprehensive list of toxins visit www.thebodywhispers.co.uk

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www.thebodywhispers.co.uk 07957 631466



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