

DETOXIFICATION

WHAT IS IT?

Detoxification is the term used for the symptoms – both physical & mental – that may appear when you alter your lifestyle by starting something new, such as dieting, exercising, or having a remedial therapy consultation, or discontinuing a current habit, such as eating chocolate or drinking coffee. These symptoms include headaches, stomach-ache, cough, diarrhea, skin eruptions (including rash), clogged sinus, and fever – as well as feeling rundown & irritable. The symptoms may be short duration and slight irritations, or they could last longer and cause you considerable discomfort.

You can see the same thing when you stop a regular activity; if you are a soft-drink drinker and have to stop for awhile, you may even have a headache.

Understanding this apparent contradiction is perhaps the first, and most important, hurdle you must get over when making a dietary or lifestyle change. If you consider this carefully, however, it is easy to understand. Think how you might have experienced this on a short-term basis. If you do not get regular exercise, and then play some softball with the kids, the next day you might feel bad - tired with sore muscles. This is your body reacting to something that it is not used to doing.

You can see the same thing when you stop a regular activity, if you are a soft-drink drinker and have to stop for awhile, you may even have a headache. When you change your diet or lifestyle, the same thing happens; your body reacts to the change.

WHY DOES THIS HAPPEN?

As we live, toxins accumulate in our body. Some of these are due to our diet and others due to the environment around us. Of course, our lifestyle also fits in – if you smoke or use alcohol you are accumulating even more toxins.

When you make a change in diet or lifestyle, through stopping a bad habit, eating better, or having remedial therapy, your cells begin eliminating the toxic substances. Before finding the exit however, the toxins are released into the blood stream and are carried through the circulatory system.

This transportation and elimination may result in headache, diarrhea or constipation, and often toxins are eliminated through the skin, resulting in rashes or skin problems (especially if you are prone to such problems.) You may also feel a lack of energy, especially if you are eliminating meats from your diet. (The protein found in meat is more stimulating than that found in vegetables.) You may also find that, with the absence of toxins, you absorb substances more easily. Thus, sugar and caffeine in a soft-drink might really set you off.

In a nutshell, we could say that the body always goes for quality than the present tissue, the body will discard the present tissue because it wants to make room for tissue created by higher quality food.

HOW SEVERE ARE THE SYMPTOMS & HOW LONG DO THEY LAST?

How long the symptoms last and how severe they are depends on what your lifestyle had been before making the change. If you had a diet heavy in red meats, for example, and become a vegetarian overnight, you might have severe symptoms for a time. If your lifestyle changes are gradual, the symptoms could be less severe.

If I am doing something that is supposed to be good for me, why do I feel worse, and not better?

The duration of the symptoms might be linear; there is a greater change that they will come in cycles. At first you may feel healthier and then experience some detoxification symptoms. After the initial toxins are flooded out, you will feel good again, if not better. However, the body "Goes Deeper" and finds more toxins to eliminate. The symptoms may reappear again, and after more toxins are eliminated, you will find that the period of symptoms is shorter and that the period of well-being is greater.

WHAT CAN I DO DURING THIS PERIOD?

The hardest thing for many people to do is to accept that they are not sick and realize that the body is cleansing itself. Once you get beyond this psychological barrier, the rest is easy. The most important thing to do can be summed up in one word: REST.

Rest, and let the body do what it needs to. If you have the luxury of staying at home, do so! If not, cut back social engagements and perhaps even cut back on any exercise you are getting.

Give your body as much energy as possible to do its job. Eat light foods that are easy to digest – consume fruit and vegetables and **DRINK PLENTY OF WATER.**

SOME POSSIBLE DETOXIFICATION SYMPTOMS

Clogged Sinus
Constipation
Cough
Diarrhea
Fatigue
Fever
Flu Symptoms
Cold Symptoms
Gas/Wind
Headaches
Irritability
Moodiness
Skin Rash
Stomach Ache



DRINK PLENTY OF WATER!

FURTHER READING:

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