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Are toxins depleting your health? Now is the perfect time to cleanse.

Disease is caused primarily by deficiency and toxicity. As we are now in spring it is the perfect time to look at what causes our bodies to become toxic and how to cleanse unwanted chemicals from our bodies.

In today's world we are all at risk of toxic stress— our bodies naturally create toxins as a by-product of metabolism. When you add to this stress, contaminants in our food and water, poor exercise habits and exposure to industrial pollutants our hardworking organ of detoxification, the liver is under a tremendous load. If you are feeling tired, lethargic, depressed have aches and pains or are having digestive problems your liver may be having trouble keeping up waste elimination.

The idea that many health problems are caused by accumulated toxicity is not new. Nearly all ancient healthcare systems including traditional Chinese and Ayurvedic medicine were based on simple cleansing and detoxifying rituals which were used to enhance the natural processes of the body, give energy and clarity of thought.

Cleansing or detoxifying is about resting, cleaning and nourishing the body from the inside out. By removing and eliminating toxins, then feeding your body with healthy nutrients, cleansing can help protect you from disease and renew your ability to maintain optimum health and well-being.

Since the end of World War II we have been exposed to an ever-increasing amount of toxic man-made chemicals. Of the 85,000-plus industrial chemicals now registered with the US federal government, most are completely unstudied and literally hundreds end up in our body.

While the ancients understood the importance of cleansing while living in a relatively unpolluted world, in today's polluted world it has become critical that we cleanse to maintain our health.

How Does Cleansing Work?

Simply put, cleansing is primarily about cleaning the blood. It does this mainly by removing impurities from the blood in the liver, where toxins are processed for elimination. The body also eliminates toxins through the kidneys, intestines, lungs, lymph and skin. However, when our inner ecosystem is compromised and toxins aren't properly filtered and every cell in the body can be adversely affected.

A cleansing program can assist the body's natural cleaning process by:

- Resting the organs through fasting;
- Stimulating the liver to drive toxins from the body;
- Promoting elimination through the intestines, kidneys and skin;
- Improving circulation of the blood; and
- Refuelling the body with healthy nutrients.

Cleansing works because it addresses the needs of individual cells, which are the smallest units of human life. Just as we need to change the oil in our cars to keep them running smoothly our bodies need to be cleansed to eliminate accumulated toxins and rebalance biochemical processes.

Or another way of looking at cleansing is when the fish in your fish tank are sick; the best thing you can do is change the water – the same goes for the human body. Remove the toxins and the body will usually repair itself.

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After cleansing, your metabolism will become more efficient at generating energy and eliminating wastes. By continuing to maintain a healthy diet and lifestyle you will reap the benefits of cleansing and enjoy feeling good and looking healthier for extended periods of time.

I recommend that everyone should cleanse at least once and preferably twice a year. In most circumstances a short cleansing program is safe. However nursing mothers, children, and anyone with chronic degenerative diseases such as cancer should only cleanse under the guidance of an experienced holistic health practitioner.

Cleansing can be beneficial for a vast variety of symptoms including:

- unexplained fatigue,
- sluggish elimination,
- irritated skin
- allergies
- low-grade infections
- bags under the eyes;
- a distended stomach even if the rest of your body is thin
- menstrual difficulties
- mental confusion.

There are many are many powerful techniques for cleansing which focus on different parts of the body.

Some of the more common areas are:

- Gastrointestinal Tract (GI Tract)
- Skin
- Liver
- Gallbladder
- Lymphatic System
- Lungs
- Kidneys/Bladder

It is important to choose a cleansing protocol which is neither too strong nor too weak for your current condition.

Working closely with a holistic health practitioner who is familiar with cleansing techniques (e.g., Naturopath) can be extremely important for more serious health concerns as practitioner can advise you of any contraindications that may be important for your condition. Also if any difficulties do arise, an experienced practitioner can more easily adjust or stop the program if necessary. Here are just a few of the more common cleansing methods:

- Water fasting
- Juice Fasting
- Colon Hydrotherapy (colonic irrigation)

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- Sauna therapy
- Chelation Therapy
- Liver Gall Bladder flush
- Skin Brushing
- Rebounding (Mini trampoline)
- Epsom Salts Baths
- Exercise
- Herbal detox regimes

While cleanses can be extremely healing, it is important to balance the cleansing techniques with periods of rebuilding and strengthening using other techniques including a healthy diet, exercise, meditation, yoga, etc.)

Cleansing without rebuilding and strengthening will eventually weaken your body, including your immune system. So after each cleanse be sure to take a period of time to concentrate on rebuilding before embarking on another cleanse.

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