

Detoxification is a daily, life long process. It is not merely a temporary solution used to periodically cleanse our bodies of the toxic exposures or poor diet and lifestyle choices associated with our daily lives. When the body is in a state of harmony, i.e. when the organ systems are communicating clearly, building materials are readily available, and the detoxification systems are working efficiently, the body is better equipped to identify and rid itself of potential toxins. When we are weakened by stress of any kind, when the body's systems are out of balance, and our foundational, constitutional energy is weakened, we are vulnerable. This is especially true in today's world, where the many stresses we face everyday lead to a build up of toxins in our bodies.

Everyday, the body is undergoing endless processes involving the metabolism and detoxification of potentially harmful compounds, whether generated within the body through faulty enzyme pathways, or through exposure to environmental toxins such as pesticides, plastics, radiation, electromagnetic pollution, chlorine, alcohol or tobacco. Our detoxification protocols are designed to work synergistically with the body, creating a cleaner and more harmonious endocrine system in general, while simultaneously supporting the detoxification processes directly. The endocrine system, or the system of secreting glands within the human body, is essential to the entire functioning of all of the body's systems. This includes the immune system, the cardiovascular system, the lymphatic system, and the liver's detoxification pathways.

By addressing detoxification as a systemic process, we are aiming to create greater harmony in everyday life. This means that what we consume everyday, including the medicines we take, the foods we eat, the beverages we drink, and what stresses we take on in the form of emotions and allergens are a big part of our toxic load, and therefore, our need for detoxification. We can do coffee enemas, colonic irrigation, fasts and raw food diets, gallbladder cleanses with olive oil and lemon juice, saunas, hydrotherapy, and a multitude of other detoxifying modalities used to clear the toxic load from the body. However, these methods are temporary, in that they can pull away some of the toxic burden, yet they do not eliminate the source of toxicity, whether coming from within our bodies, or from the environment surrounding us. Additionally, many of the short-term detoxification modalities used today can be draining to the body. This is very important when we consider that many of the people seeking these therapies are already deficient, and their vital force has been depleted by the stress of their toxic load.

This is why our approach to detoxification involves layering several therapies together, and tailoring them to the specific needs of the individual. By addressing the endocrine system as a whole, we can rebuild the body's deficiencies while simultaneously facilitating the process of detoxification. Combining the use of specific herbal and nutritional therapies aimed at facilitating detoxification along with undertaking the dietary and lifestyle changes necessary to help one thrive in daily life, we can eliminate both the toxic load within the body, *and* the source of the toxins.

The fact is, in our modern society, we are going to be exposed to many toxins everyday. This is why it is so important to do what we can to not only minimize our intake of toxins by avoiding exposures, but to protect our cells and our organs with the use of adaptogenic

remedies, and to aid our body's detoxification pathways by taking in the nutrition necessary for detoxification to take place readily and efficiently.