

Natural Help 4...

Body Cleansing



What is Body Cleansing?

Body cleansing has become **essential in today's modern society**. An increase in environmental toxicity, combined with unhealthy diets and sedentary lifestyles, has resulted in a drastic increase in illness and physical complaints such as headaches, fatigue, and general feelings of being unwell.

We expose our bodies to a **tremendous amount of toxins** via the food we eat, the water we drink, and the polluted environment that we live in. Eventually, our bodies reach a point where they can no longer cope without a little help.

While our bodies have a miraculous and natural ability to expel these toxins, it helps to partake in a natural detoxification once in a while to get **rid of the backlog of pollutants** that build up in our system over time.

A **body cleanse** or body detox is also a great way to **give your body a boost** after a night of over-indulgence, such as eating all the wrong foods or consuming more alcohol than is healthy. Similarly, a detox after giving up alcohol, drugs or cigarettes is a good way to cleanse the system of harmful poisons that remain in the fatty tissue years after you've given up a bad habit!

Who should do Body Cleansing?

A **body cleanse** is not necessarily something that only "unhealthy" people should do regularly. Even people that lead **relatively healthy lifestyles should cleanse their bodies**, as they are exposed on a daily basis to a multitude of chemicals and toxins.

How to do a Body Cleansing

When **cleansing your body of harmful toxins**, it's always a good idea to turn to nature for a little help and inspiration. Whether you take a long walk in the forest, enjoy a relaxing massage with essential aromatherapy oils, or drink a refreshing herbal tea, nature definitely seems to have just what it takes to make the detox process an easy and rewarding experience.

There are also various **herbal ingredients** that can assist in **cleansing your body**. Herbs such as Dandelion and Fennel have been used for centuries to aid in a **full body toxin cleanse** by detoxifying the system, rejuvenating liver functioning, and kick-starting the body back to life!

Pelargonium reniforme is another herbal ingredient that specifically works on promoting optimal liver functioning, supporting the body's natural ability to break

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down and eliminate fat **for a [full body toxin cleanse!](#)**

There are also a number of **herbal ingredients that will help to cleanse the bowel** and act as a tonic for the digestive system. Some of these include Cascara sagrada (bark), Plantago psyllium (seeds), Althea officinalis and Cinnamomum cassia.

Key Things to Remember when Starting a Body Cleansing Program

- **First, do no harm!** There are a number of detox programs out there, and not only are some of these ineffective, many are actually dangerous.
- **A [full body toxin cleanse](#) should be an enhancing and gentle process.** Many people start strict detox diets that cut out food altogether, or live on a diet consisting of one type of fruit or vegetable for a period of 5 days. These diets are unhealthy, as you are merely robbing your body of essential nutrients. Remember to give your body necessary sustenance.
- **Drink plenty of water.**
- **Eliminate foods containing toxins,** and increase your intake of foods containing vitamins and nutrients. Also, increase your intake of fiber.
- **A [body cleanse](#) starts in the mind.** This may seem like a contradictory statement, but the more mentally prepared you are for your detox, the greater your chance of success. Use your detox time to reflect, connect with your inner-self and appreciate the moment. These few mental exercises will have a remarkably beneficial effect on your physical self.

The Natural Approach

While Western medicine has become the norm in many cultures, it is **not the only treatment option**. Conventional Western medicine (often called allopathic or orthodox medicine) is the system of medicine taught at most medical schools, and many pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that only a few decades ago, homeopathic, herbal and other natural medicines were commonly available and freely used-- even by conventional doctors. While there are often heated debates about which system of medicine is 'better' than the other, many responsible doctors (whether they are allopathic or not) recognize that **both have a role to play in the treatment program**.

Natural medicine has often been frowned upon by conventional doctors, especially by those who do not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby **providing doctors with a wider range of treatment options** from which to choose. In many countries, especially in Europe, India and China, **natural and homeopathic medicines are commonly prescribed** by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the **body has an**



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**Michele Carelse, Clinical
Psychologist**



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

innate capacity to heal itself. While natural medicines are often called ‘alternative’ or ‘complimentary’ medicines, they are, in fact, a **unique and independent form of medicine** in their own right, well able to **treat a variety of conditions.** Perhaps the term ‘holistic’ medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine. This encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a **holistic way to support health, relieve symptoms and prevent future disease.** In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to **support health** (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer. In many cases, **holistic medicine can accomplish just as much,** if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, **natural medicines can work quickly and safely to promote healing.**

In many cases, they can **succeed where pharmaceutical drugs have failed.** Despite frequent reports that they are ‘unproven’ and ‘untested’, the opposite is true. Natural medicines have a **long history of usage** and there is a **wealth of empirical evidence** to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to **support the extensive traditional and empirical evidence behind natural medicines.**

It is also important to know that, like any medicine, herbal and homeopathic medicines **must be manufactured in the correct way,** following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately, **not all of them are equipped to manufacture to the correct standards,** often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called ‘standardized’ extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While **‘standardized’ extracts** may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have **grave disadvantages,** including an increase in side effects, as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

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Most naturopaths recommend what is called the Full Spectrum Method of extraction – which **retains the benefits of ALL the active ingredients within the herb** as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, **always choose wisely**. Research what is best for you. If you have a chronic or life-threatening condition, don't make changes without first discussing them with your doctor, in order that your condition may be monitored. **Well-informed and supportive practitioners will support patients** who want to take responsibility for their own health.

Related Natural Remedies:

Detox Drops: To assist in the elimination of toxins from the body.

Detox Drops are a 100% safe, non-addictive natural herbal remedy formulated for adults by our team of natural health experts. **Detox Drops** contain a selection of herbs known for their **supportive function in promoting liver health and well-being**.

Detox Drops can be used as part of a gentle detoxification program to safely cleanse and flush out the system. It supports the body's natural ability to remove toxins and waste by-products, **without harmful side effects and without harsh laxatives**.

The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

By cleansing and refreshing all body systems, Detox Drops can also represent a wonderful start to any new program to stop smoking, fight [addiction](#) or address unhealthy weight issues.

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