

A WORD ABOUT DETOXIFICATION

What you

can expect



Detoxification is the term used to describe the process your body goes through to get rid of toxins.

Detoxification symptoms - both physical and mental - may appear as you alter your lifestyle by starting something new, such as changing your diet, exercising, or by discontinuing a current habit, such as consuming a lot of sugar or processed foods.

Symptoms may include: headache, stomach ache, cough, diarrhea, skin eruptions (rash), clogged sinus, fever, feeling run down or tired, and irritability. Depending upon how severe your toxicity is, the symptoms may be of short duration and slight irritation, or they could last longer and cause you considerable discomfort.

Because these symptoms are the same as those that show up in certain illnesses, changing your diet or lifestyle can result in misunderstanding: If I am doing something that is supposed to be good for me, why do I have these symptoms? Why do I feel worse, not better?

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 contradiction carefully, however, it is easy to understand.

Think of how you might have experienced this on a short-term basis. If you do not get regular exercise and then play softball, 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 soda drinker and stop this habit, you may notice that you have less energy and you may even have a headache for a short term as your body shifts into a healthier mode. When you change your diet or lifestyle, the same thing happens; your body reacts to the change.

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

When you make a healthy change in your diet or lifestyle, toxins are released into the bloodstream and carried through the circulatory system before being eliminated from your body. This process may result in headaches, diarrhea, or constipation, and often toxins are eliminated through the skin, resulting in rashes or skin problems. You most likely will also feel a lack of energy.