

Understanding Detoxification



WHAT CAN BE EXPECTED TO HAPPEN WHEN A MARKED IMPROVEMENT IN NUTRITION IS BEGUN?

Remarkable things can begin to happen for both the mind and body. When the nutrition or food entering the body is of higher quality than the quality contained within the body's tissue, the body begins to discard lower grade materials and tissues and begins rejuvenation of cells and tissues with the superior elements provided.

Some noticeable symptoms are indicative of systemic detoxification. Most people are aware that discontinuance of the stimulant caffeine (in coffee, tea, and chocolate) may cause headaches for a short time. This is because the body is discarding toxic residue of caffeine and theobromine - removing the residue from tissue and transporting through the bloodstream. Before these toxins are eliminated, they may produce noticeable effects on the body's filtration system. The detoxification process of removal and elimination of toxins from the body is an incredible and desirable cleansing process. Detoxification symptoms usually level off within three weeks and can include headaches, nausea, diarrhea, constipation, lethargy, or general malaise.

CATABOLISM

Initial detoxification, known as catabolism, lasts about 10 days, on average, but may last as long as several weeks depending on the individual. The body, in a reconstructive state, will redirect its vital energies from the external areas of the body, such as muscles and skin, to focus on internal organs for the purpose of cleansing. This shifting of power to the internal region may produce a feeling of decreased energy in the muscles. This can be mistakenly perceived as weakness, but in actuality, power is probably increased. However, that power is temporarily being used to rebuild and reconstruct important organs on a cellular level.

The body may begin to eliminate excess bile from the liver and the gallbladder, expelling it through the intestines. It may also begin to cleanse the blood, removing sludge from the arteries, veins and capillaries. Arthritic deposits in and on the joints may be reduced. Toxic residues from irritating food preservatives, pharmaceuticals, aspirin, sleeping pills, and tobacco that burden the body can be eliminated.

Waste materials may be discarded more rapidly than new tissue can be made from the new food and nutrients being supplied to the body. Symptoms may persist for awhile until the body can regenerate and the second phase, stabilization, begins.

STABILIZATION

During stabilization, the amount of waste material being discarded on a daily basis will be more equal to the amount of tissue that is being formed and replaced by higher quality nutrients. This occurs after an excess of material in the tissues has been eliminated.

One of the more noticeable symptoms that can occur during detoxification could be the elimination of toxins through the skin in the form of a rash. People who have a tendency toward recurring skin rashes or eruptions will be most likely to experience this symptom. In those cases, symptoms can be treated topically with many over the counter remedies to help eliminate discomfort.

ANABOLISM

In the third phase, called anabolism, most of the wastes will have been discarded.

Understand that detoxification symptoms are constructive, even though they may be unpleasant. Detoxification symptoms are not typically indicative of an allergy.

Symptoms will vary according to each individual and the kinds of toxins being discarded by the body. The symptoms experienced will depend on the condition of the organs involved in elimination and the amount of physical energy that is available to complete this process. The more an individual can rest and sleep, the more tolerable the symptoms may be. Realize that your body can become healthier each day, as you throw off and eliminate the wastes and toxins that could have eventually brought on more serious disease. Drinking at least 8 glasses of water a day will also help.

As your body capitalizes on health nutrients, you may be able to enjoy reduced duration of illnesses accented by longer periods of wellness. Life Force International encourages you to give yourself this chance to experience just what it means to be fed well.



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