



What is detoxification?

A common explanation of detoxification is: a bodily process in which toxins are converted into less harmful or harmless substances and excreted. The liver is our body's main detoxification and filtering organ, while the colon, kidneys, gallbladder, lungs, skin, blood, and lymphatic system also serve to escort waste products and unhealthy substances out of the body. The general principle is that the liver, among its hundreds of functions, tries to convert harmful substances in the blood to less harmful or innocuous substances *before* sending them on their way to be eliminated.

Benefits of Detoxification

Cleansing the body and bloodstream of harmful substances helps to restore normal organ processes and functions. It also strengthens the immune system and eliminates free radical damage that speeds up the ageing process.

Symptoms of toxic buildup

There are many indicators that a system may be overloaded with toxins. Here are a few to keep in mind: fatigue, unexplained muscle aches, joint pain, chronic sinus congestion and allergies, headaches, digestive upsets, unable to loose weight, unable to focus, skin rashes, depression, anxiety and hormone imbalances.

OMG this is me, what do I do??

If you are experiencing any of these symptoms then perhaps a detoxification protocol designed specifically to address your unique situation may be a solid first step! Here at Healing Alternatives we see this all of the time and have been successful at guiding clients through the process. Please feel free to call us with any questions!