

10 Principles for Detoxification & Elimination*



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1. Most cultures have incorporated concepts of detoxification and elimination ("D&E") into their secular and religious rituals. Most traditional (as compared with modern) health models prescribe D&E for healing, by varying diet and activity with symptoms, body type, age and seasons of year and of life.
2. Toxins come from within (endotoxins) and without (exotoxins). Toxins accumulate in various tissues of the body, and interact in ways that we don't yet fully understand. Most modern research is limited to one or two controlled factors at a time, while in life, we are influenced by hundreds, if not thousands, of factors at a time.
3. The main tissues of elimination and detoxification are gut (liver and bowel), kidney, lung, skin, and immune (cells, nodes, spleen, lymphatics).
4. "Allergy" is a complex phenomena that not only involves cellular and antibody components, but also neurological and energetic components. There is no one test or process that can fully "diagnose" allergy.
5. While allergy can be a primary process, in most cases it is secondary and multifactorial, influenced by: gut (dysbiosis, "leaky gut"), hormonal imbalance, circadian imbalance, energetic imbalance and accumulation of toxins.
6. No one elimination diet can identify all food allergies. No one detoxification process can work for all toxins and all people.
7. D&E should involve as many layers of health as possible: biochemical/genetic, hormonal, immune, mechanical, neurological, emotional, cognitive, community/society, and energetic/ spiritual.
8. The process of D&E involves the addition of critical "nutrients", which may be deficient or insufficient. These include (not in priority order): supplements and herbs, light, sleep, gentle and/or vigorous exercise and yoga, quiet, self-examination, prayer, forgiveness, study, play, music and song, art, justice, truth, love, sex, and community service.
9. An ideal D&E should be strategized and planned in advance, and in most cases will involve several phases.
10. Since many healthy and unhealthy factors work in synergy, single factor D&E may not be effective. However, with chronic conditions, varying one factor at a time may be essential to evaluate subtle, cancellation or additive effects. A comprehensive D&E program involves strategies for each factor.

***IMPORTANT NOTICE:** This material is for educational purposes only, and may not apply to individual needs. This material will not replace, substitute for, comment upon, or replace medical care. The user is required to review these contents with his/her health care practitioner(s) before and during use. Some supplements may interact with medications. Risk of injury or death without individual adjustment and monitoring. Do not use if pregnant or if you are trying to get pregnant.

For More Information

- O Our website, www.c4oh.org, has helpful articles on related topics
- O Cheikin, M: Fibromyalgia and Chronic Fatigue Syndrome: A Nine-Step Pathway to Healing. 2005 (in press).
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- O Sivananda Center: The Sivananda Companion to Yoga. New York: Simon & Schuster, 1983. ISBN: 0684-87000-2.
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- O Joy, W. Brugh: Joy's Way. New York: St. Martin's Press, 1979. ISBN 0874-770-858.
- O Challein, Jack: Inflammation Syndrome: Nutritional Program to Prevent & Reverse Heart Disease, Arthritis, Diabetes... Wiley, 2003. ISBN 0471-478-814.
- O Hanley, J.L et al: Tired of Being Tired. New York: Putnam, 2001. ISBN 0399-147-497.
- O Kellman, R & Colman C: Gut Reactions : A Program for Treating Chronic Stomach Distress & Total Body Wellness. Broadway, 2002. ISBN 0767-907-361.
- O Bland, Jeffrey: The 20-Day Rejuvenation Diet Program. Los Angeles: Keats, 1999. ISBN 0879-839-805.
- O Campbell, TC: The China Study : Most Comprehensive Study of Nutrition Ever Conducted & Startling Implications... 2005. ISBN: 1932-100-385.

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