

Detoxification Strategies

Vincent Leo ©
Ph: 0407 229 302
www.acnh.com.au

Foot ionisation baths

In our experience, an alternative and less onerous method to chelation is an ionisation bath, where individuals place their feet in slightly charged water. This corrects the polarisation of their own water molecules, which allows toxins to be efficiently transported through the body once more. These toxins are then physically drawn out through the skin by osmosis (which is where molecules move from a high concentration – the body – to a medium with a lower concentration – that is, the water).

Extremely rarely, this can make your symptoms worse, because the toxins enter your bloodstream, but you cannot excrete them. Uncommon as this is, it means that your detoxification organs need additional support and, where the unit permits, the strength of the detoxification program needs to be turned down so that it is more gentle.

In my practice, I avoid the ionisation systems that employ wrist bands. This is because in these systems, the body is within a circuit, which makes detoxification less efficient and

Infra-red saunas

In addition to their detoxification purposes, the deep penetrating heat of infra-red saunas dilates blood vessels, thereby improving circulation and increasing blood flow; in turn, this allows more oxygen to reach the muscles and soft tissues. Although research is sparse, advocates claim that this makes infra-red sauna therapy effective in treating arthritis, rheumatism, muscular spasms, soft tissue injuries, general pain and fibromyalgia-related symptoms. One small study of individuals with either rheumatoid arthritis or ankylosing spondylitis found that infrared saunas produced significant improvements in their pain and stiffness (40 to 60 percent reduction), with lesser improvements in fatigue and no effects on range of movement (probably because their joints had been damaged by the diseases). The gains were felt at the time and for a few days afterwards, but did not persist once sauna treatments were stopped.

However, most benefits seem to come from far infra-red heat, which is expensive and therefore seldom available in commercial saunas.

Cilantro pesto

Raw Cilantro can assist in the removal of heavy metals and other toxins in your body: heavy metal stress in the body is a major cause of hormonal imbalances, cancer, thyroid problems, neurological disturbances, learning problems, depression, food allergies, parasites etc.

This is a great recipe that is easy to make, tastes great and helps with detoxification.

Raw Cilantro is truly a healing food. Two teaspoons of this pesto daily for 3 weeks is enough to stimulate the detoxification of the metals in your body.

Consider doing this cleanse for 3 weeks at least several times a year to detoxify your body or as a preventative measure.

Cilantro pesto ingredients

2 cloves raw Garlic

1/3 cup raw Brazil nuts (selenium)

1/3 cup raw Sunflower Seeds (cysteine)

1/3 cup raw Pumpkin Seeds (zinc, magnesium)

2 cups packed fresh raw Cilantro (coriander, Chinese parsley) (Vit A)

2/3 cup raw cold-pressed Flaxseed Oil

4 tablespoons raw fresh Lemon juice (Vit C)

2 tablespoons Dulse powder (kelp)

Sea salt to taste

Process the cilantro and flaxseed oil in a blender until cilantro is chopped. Add garlic, nuts and seeds, dulse and lemon juice and mix until finely blended into a paste. Add a pinch of sea salt to taste and blend again. Store in a dark glass. Keep in fridge and also freezes well.

Water

Water is vital for detoxification. Nutrients and waste products have to pass through intercellular fluid on their way into and out of cells. Dehydration blocks these detoxification pathways, which is why clients undergoing bioresonance therapy are advised to drink adequate amounts of water per day (at least one large glass or 300 ml per 10 kilograms of body weight). This helps to flush out any released toxins and keeps the connective tissue hydrated. Only water can achieve this: drinks containing 'chemicals' (cordials, coffee and so on) slow down the movement of the cell's nutrients and waste products. Just as we would not clean tiled or hardwood floors with these drinks, neither can we clean our cells with them.

The water filter that we recommend, has a double filtration system to remove chemicals, metals and pathogens. It also replaces the minerals that have been removed, offering healthy mineralised water.

Contact for our recommended water filter: Michelle Politi. - michellepoliti73@gmail.com

Sesame Oil Cleanse

Use cold pressed, unprocessed Sesame Oil - this can be purchased in your local health store

Massage over entire body

Using the flat of the hand do a brisk massage. Use circular motions over rounded areas (joints) and straight strokes over arms and legs

After massage, cover with an clothing and leave oil on for at least 10 mins

Follow up with a 10-15 min warm-hot shower

Initially, do the massage daily (morning or evening) for 2 weeks. Then reduce to 3 times a week for 2 weeks, and then reduce to 2 times per week

The skin is the largest organ in the human body and is about 16% of our body weight.

Biologically, skin is a very active organ and it is the richest source of hormones.

Stimulating the skin releases a shower of healing chemicals into the blood stream, promoting detoxification of internal organs and the skin. The most important of these are growth factors which cause vasodilation at all levels of the physiology

References

Oosterveld, F.G.J., Rasker, J.J., Floors, M., Landkroon, R., van Rennes, B., Zwijnenberg, J., van de Laar, M.A.F.J. & Koel, G.J. (2009). Infrared sauna in patients with rheumatoid arthritis and ankylosing spondylitis. *Clinical Rheumatology*, 28 (1), 29-34.