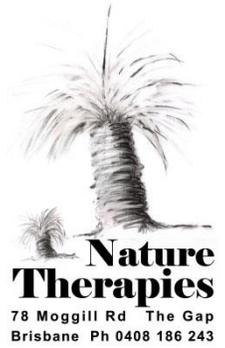




# Need to Dump Some Toxins?



If there was just one thing that most injured your health and well-being, and made your body perform well below its potential, it is allowing the accumulation of toxins in your body.

As you may know, Ayurveda (Traditional Indian Medicine) views these toxins as anything you did not "digest" properly and has now left a non-beneficial residue in the body or the mind, limiting its healthy, balanced potential. It is interesting to know also that Ayurveda sees our "Food" as anything that comes to us through our five senses plus the thoughts that we have as a result of these stimuli. It even divides these thoughts into highly beneficial (Sattwic), neutral (Rajasic) and non-beneficial (Tamasic), each of these having their effect on our health and well-being.

Following this philosophy we soon realise that "detoxification" can take place on many levels and the physical removal of toxic chemicals from your body can be just as beneficial as the removal of toxic thoughts or emotional wounds from the past. Ayurveda, Chinese medicine and Western nutritional wisdom all have effective means of removing toxins that have been used for centuries. At Nature Therapies it is my preference to custom-design a detoxification programme with you that best suits your needs. Most of us immediately think that detoxification programs are going to be difficult, hard work and really disruptive to normal living, probably involving just having juice, water or clear soups. Nothing could be further from the truth; it has to be, because not too many people are interested in juice fasts, even though they are very useful!!!!

No matter where you are with your health or life circumstances there are ways that you can start immediately to rid yourself of harmful toxins, and start improving your wellbeing. Let's outline some of the more popular and effective methods that we have here at Nature Therapies.



## Tongue Scraping

This simple procedure that you can do every morning helps to remove bacteria and toxic metabolic substances of the gut that have accumulated at night during the process of digestion. These toxins accumulate on the tongue as a white, yellowish, creamy or even bluish coating, and are known as "Ama" in Ayurveda. It should be cleaned away by using a tongue scraper upon rising or they will be re-ingested while eating breakfast.

The build up of bacteria on the tongue can cause bad breath (Halitosis), various teeth and digestive problems and of course increase your toxic load due to their reabsorption. You only have to scrape your tongue once, and see the residue it has removed go down the sink, to continue doing it regularly. Scraping the tongue can become as much a part of your daily oral hygiene routine as brushing your teeth and using floss, it also freshens the breath and revives the taste buds.

Good tongue scrapers are available at the clinic for around \$12.50.

## Ion-Cleanse Foot Spa

The Ion Cleanse foot spa is a powerful adjunct to the other detoxification protocols and stimulates your body's natural detoxification processes. It does this quickly, effectively and with little or no stress to the body, and is easy to do on a periodic maintenance basis.

How does it work?

Your feet are placed into a tub of warm, specifically saline water with the Ion-cleanse machine. Positive or negative ions are



generated into the water and absorbed osmotically through your feet and into your circulation. Here they bind on to toxins and make it easier for the liver and kidneys to excrete them, with some flushing out through the skin of your feet and into the water. These toxins are often visible as specific discoloration of even foam in the water.

*Please ask for our specific handout explaining this procedure in more detail.*

Ion-Cleanse treatments can be performed at the clinic for \$45 each or the machine can be hired and training provided to do this in the comfort of your own home. This is a simple, effective and often dramatic treatment that only takes half an hour every second day and can be done for the heavily discounted rate of \$210 for 14 sessions.

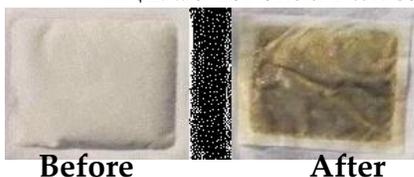
## Detoxifying Herbal Foot Patches

Some forms of detoxing are as simple as going to sleep. In a procedure similar to poultices used in traditional medicine, pads treated with a high quality wood and bamboo vinegar and several herbal synergists are adhered to the soles of the feet for an overnight treatment. Numerous reflexology points located on the soles are stimulated to encourage cleansing of the lymphatic system. Toxins are mobilised for excretion and some are drawn through the soles of the feet into the pads. A substantial detox can be achieved within 4 weeks of treatment. The pads are useful for removing heavy metals and environmental toxins.



- Efficient, pain-free removal of heavy metals.
- Cleansing of a wide variety of environmental toxins.
- Promotes relaxation, enhanced sleep and a sense of wellbeing.
- Supports healing via emission of far infra-red heat and negative ions.

\$29.95 for one a 1 wk course



## Multi-Metal Detox

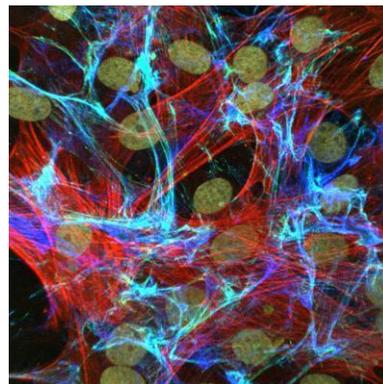
This recently formulated solution is a chelator (binder and eliminator) of the various heavy metals that can accumulate in our system. If your heavy-metal test produced any other colour than the negative green, then heavy metals may need to be removed at some stage during your detoxification procedure.

Heavy metals are particularly destructive of the nervous system and often accumulate in the fatty tissue surrounding nerves. There are now strong causal links between common forms of neural dysfunction like Alzheimer's, Parkinson's and even poor memory and 'brain fog' and the accumulation of heavy metals. The multi-metal detox drops are ideal for helping to clear heavy metals and are often used in conjunction with the Ion-Cleanse Foot Spa.

## Homoeopathic Detox Kit

The clever Germans have developed a homoeopathic way of clearing toxins from the fluid space between our cells. This space is called the extracellular matrix and is a common dumping ground for toxins when the liver cannot clear them from the bloodstream in a timely fashion. The cells keep on producing waste by products, the bloodstream levels are all ready high due to poor liver clearance and the space in between the cells accumulates toxins.

The detox kit contains three bottles of almost tasteless herbal drops which facilitate the clearance of toxins from this extracellular space, the liver and the kidneys, thereby decreasing toxic load and improving tissue function and cell communication. It is believed that poor cell communication is the instigator of many cancers. Investment: \$65 per kit.



The extra-cellular matrix

## The Integrated Detox

This is the Platinum level of detoxification and involves not only removal of water soluble toxins from all areas body in a logical, sequential fashion, but also the healing and restructuring of the gut, digestion, immune system and liver. This detoxification process is safe, effective and takes place gently over a period of around six weeks.

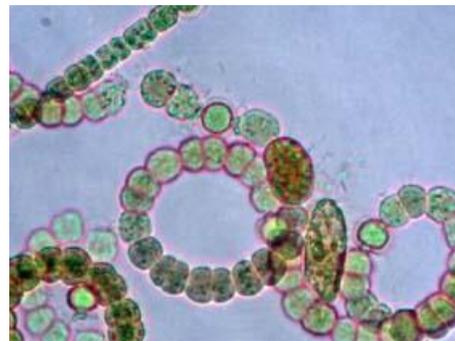
**If you want to make the biggest permanent change in your health and go to the next level in energy, then this is the detox for you.**

During this process we sort out what foods work best for your system to help you create sustainable health, lose excess fat and gain the energy necessary to live life the way you believe you should. The benefits of this process, developed over many years of detoxification experience, are profound, ongoing and life enhancing. There is hardly a major area of the body that does not escape noticeable improvement. The mind becomes clearer and more focused, relationships can improve (especially with self), and things which once were an effort are now easy. Pain, discomfort and inflammation reduce dramatically, and your overall health and vitality improves.

I affectionately call it the **“Weed, Seed, Feed and Dump!”** We **weed** out the non-beneficial bacteria that can accumulate in your gut with incomplete digestion causing bloating and gas, **seed** in the good bacterial species of specific acidophilus and bifidus strains to recolonise the bowel, then **feed** them up along with regenerating and healing the gut wall, then finally **dumping** accumulated toxins from the liver and regenerating its own detoxifying capabilities. Along with dietary and lifestyle education the **integrated detox** effectively removes and treats the cause of water soluble toxin accumulation.

This process does take some dietary and lifestyle modification, but it is not onerous and most people complete the process easily. All that’s left to do now is to remove fat-soluble toxins from the fatty tissues, nervous system and joints, and then address any heavy metals that may remain. Toxins do not accumulate “overnight” and we find

it beneficial to remove them gently over a period of time. This detox may also take advantage of the other technologies previously mentioned. A modified and shortened version of this process is wonderful to repeat once or twice a year to not only maintain but further improve health. *Full integrated detox, is around \$650 to \$950 for 8 weeks including tests, supplements, and appointments, depending on the severity of the toxicity and how long it has been present.*



**Endotoxins:** found in the body from incomplete digestion

### What to Choose?

I am pleased to be able to offer you such a wide variety of effective detoxification therapies, but this can often create a dilemma. What to choose? I suggest you discuss the various options with me and bring to that discussion an honest appraisal of how much effort, time and dollars you would feel comfortable spending on removing your toxic load. Also it is a good idea to evaluate the lifestyle challenges that may need to be overcome to achieve success. With this information I am confident of arriving at a personalised effective and hassle free detoxification pathway that will lead you to better health.

More information on integrated detox and detoxification in general can be found at: <http://www.metagenics.com.au/why-natural-medicine/detox>

Warmest regards,  
Terry Hitzke