

# Did you know... about Detoxification



Phoenix Homeopathy Ltd

3/4/2009

# Did you know... about Detoxification

## Did you know that ...

The body heals itself by clearing out its clutter: this means getting rid of built-up toxic wastes created by our own system, as well as the obvious toxins we take into the body (like nicotine, caffeine and alcohol), and of course our emotional baggage.

A healthy body removes these via discharges. These discharges can be either physical or emotional, or perhaps both: think of the snot produced when we develop a cold, or the tears we cry when we process sadness, for example, or the fact that we sometimes produce lots of tears (because we're feeling a bit sorry for ourselves) as well as mucus when we have a cold.

The most important thing to remember about detoxification is that a healthful detox means opening the pathways of elimination so that these discharges can flow.

For many of us, this means making sure that our bowels are opening frequently (aim for two to three motions a day on a detox), but it may also mean making sure that we're feeling, expressing, and releasing any emotions (like bitterness or resentment) that we're hanging on to.

A well-managed holistic detox should leave us feeling energetic, vibrant and clear - spring-cleaned!

*Disclaimer: Any views or advice in this article should not be taken as a substitute for medical advice, diagnosis or treatment, especially if you know you have a specific health complaint. Prescribed medication should not be stopped or varied without conventional medical advice. Please remember that homeopathic remedies and other health measures should be individually-selected to match the whole person, not just the unwelcome symptom. Seek professional advice rather than self-prescribing if your complaint is chronic, severe or long-standing, or if you are pregnant, elderly or on orthodox medications.*

Check out the *Nutritional Supplements/Detoxification* department at [www.holistic2go.com](http://www.holistic2go.com) for detox products we use and recommend at the award-winning Phoenix Homeopathy clinics.

- **Homeopathy can help you heal · gently · naturally · safely.**
- **Why not book a phone, Skype, email or face-to-face consultation with Sarah Whittaker, award-winning homeopath?**
  - **If you are in the UK, call 0845 166 8108**
  - **If you are outside the UK, call +44 1273 715822**
- **For more information about how homeopathy may be able to help you to detox and let go of physical wastes or emotional baggage, wherever you are in the world, visit [www.phoenixhomeopathy.com](http://www.phoenixhomeopathy.com).**