



Detoxing - not just a spring cure for the body

Spring is traditionally THE time to purify, detoxify and slow down, all pleasant side effects of the classic fasting period, which traditionally has been used for this purpose in many cultures. This year I have offered my clients/patients a mini-detox-cure instead of the annual "Accompanied Fasting Days". Here is a summary of the information it contained, which should encourage you to become active on your own responsibility with little effort.

There is no danger that your well-being will deteriorate - as can sometimes happen with self-implemented detoxification/fasting cures if a "poisoned" person uses measures that are unsuitable for them because they are unaware of or ignore their specific toxic load, the condition of their detoxification organs or other important factors of the means and procedures used for detoxification. For that reason I focused on "omitting". What can your body be poisoned with?

- Pollutants from treated or processed foods
- Pollutants from clothing or cosmetics
- From e-smog and mobile phone radiation
- Due to excessive consumption of luxury food
- By stressful information and/or the draining energy of fellow human beings

Further factors are

- medication
- bacteria, viruses and their metabolic products
- environmental pollutants in soil, air and water or occupational exposure

The instructions for your mini-detox-cure relate to the first five and are easy to implement:

- Don't use ready-made meals or processed food this week, cook your own with fresh organic ingredients. Don't skimp on herbs of any kind and incorporate ginger [1], turmeric [2] and garlic [3].
- Only wear clothes that have been washed very often and avoid any cosmetics that contain additives such as fragrances or aluminum.
- Reduce cell phone use to a minimum and switch it off completely at night - including a Wi-Fi router. Use wired technology as often as possible. E-smog and mobile phone radiation mean constant stress for your cells because they produce "free radicals" and your body has to expend a lot of energy to neutralize these [4]. Avoid any screen contact one hour before going to bed. Blue light prevents the production of the "sleep hormone" melatonin [5].
- Chocolate? Go for dark chocolate with a high cocoa content. Avoid cakes, snacks, coffee, black tea and alcohol. Limit nicotine as much as possible.
- This is no joke: Fear-inducing, threatening and misleading messages also poison your consciousness, your soul and therefore - because mind, soul and body are always connected - your body, too. They produce stress hormones because they attribute a powerless victim role to you. Stay away from mainstream media, Telegram and WhatsApp messages at least for a week, especially if they come from niggers and scaremongers.

Although "omitting" is the secret to the success of this mini-detox-cure, you can of course add whatever supports you. The most important factor: take time for yourself, don't let yourself be rushed or put under pressure.

- Go out into nature, listen to the birds, hug a tree and enjoy the sun and the first wild herbs, such as dandelion [6] or wild garlic [7]. Both can be eaten with other herbs with potatoes or sprinkled on a sandwich.
- Pamper yourself with a bouquet of flowers or buy a pot of rosemary as an invigorating, fragrant table decoration.
- Listen to some relaxing music or take up a hobby that has been neglected.
- Take time to do nothing and not think. You don't have to be a meditation expert - although the benefits of regular meditation have been proven many times [8]. Only five minutes of mindfulness, e.g. by gazing at the sky without intention, will interrupt the usual rush of everyday life.
- Keep in touch with loving and inspiring persons and avoid "energy vampires" and discussions with people who are not on your wavelength. It is not always possible to stay out of the way with these individuals. However, after a short time you will notice that the contact will automatically become less because vibrating in your own frequency will attract "like-minded people".

My clients/patients know that, as a therapist, I can never be the cause for the improvement of their well-being, but can only give suggestions for behavioral changes based on my education and experience. Healing is always individual and requires a personal decision and responsibility to take action.

Give yourself at least one week to try the mini-detox-cure and let me know how you feel afterwards.

More information:

- [1] <https://greenmedinfo.com/substance/ginger>
- [2] <https://greenmedinfo.com/substance/turmeric>
- [3] <https://greenmedinfo.com/substance/garlic>
- [4] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7405337/>
- [5] <https://www.health.harvard.edu/staying-healthy/blue-light-has-a-dark-side>
- [6] <https://greenmedinfo.com/substance/dandelion>
- [7] <https://www.healthbenefitstimes.com/wild-garlic/>
- [8] <https://www.health.harvard.edu/staying-healthy/what-meditation-can-do-for-your-mind-mood-and-health->



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