



## **Detoxify properly**

Toxins are constantly in our environment, enter our organism and must be disposed of by our detoxification organs - intestines, liver, kidneys, skin and lymphatic system - in order for us to remain healthy. There are ways to reduce the intake of toxins, for example by eating organic food, using cosmetics and cleaning products without harmful substances, through the removal of amalgam dental fillings or simply by avoiding sugar.

Not everyone has the same detoxification capacity. It is known from studies in which it was examined how certain drugs are processed in an organism or how their residues are excreted that this is very individual. Therefore, it is possible that a commonly prescribed dose of a drug that you take regularly is too high for you and should be reduced. Your lifestyle also determines your detoxification capacity. Plants in your diet may contain substances that can bind and eliminate toxins. If you regularly use the sauna or do sweaty sports, you will get rid of toxins through your skin that accumulate in another person's body. The dose makes the poison: Our body is a miracle and is set up in such a way that it can cope with a lot. But the gradual accumulation and - studies indicate - the combination of certain pollutants and other stressors - can no longer be balanced as a permanent burden.

Therefore, I recommend to perform a general detoxification at least once a year. However, this is not sufficient if someone is burdened by specific toxins that require special substances for elimination. A variety of complaints provide an indication of this.

In my practice, I first do an individual check when I suspect symptoms of poisoning. This includes an analysis of which toxins someone has been exposed to, for example occupationally. It takes into account the symptoms and checks certain common laboratory values that can indicate specific poisoning. An example is the lab value ALAT (Alanine aminotransferase), whose elevation can indicate poisoning with lead or cadmium. The symptoms are both physical and psychological and can be very general, such as sleep disturbances, a weakness in the muscles or anxiety. Only a query of a whole list of complaints and their combination make an analysis meaningful.

Before a general detoxification begins, it is necessary to first bring your detoxification organs back into shape. This is because your existing impairments show that these organs are already overloaded or are only working to a limited extent. During the actual detoxification process toxins will be released and re-enter the bloodstream, which your body has deposited in connective or fatty tissues so that they can do little harm. For that reason it is very important to cleanse and strengthen the detoxification organs before, because the procedure will otherwise be an enormous burden on the organism. Only certain toxins should be

eliminated immediately under therapeutic supervision in order to limit further damage they may cause.

During this "Preparatory Detox" you will notice that your symptoms are already improving. Good things take time. It takes about 2-3 months until your body is well prepared for the coming detoxification through a certain type of diet and some homeopathic remedies, which are tested especially for you. This preparation will fit your preferences, your lifestyle and your everyday life, so that you can implement it successfully.

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