



Detoxing - not a one-off action, but a standing order

When I recommend to detox at least once a year, I often hear the question "Why? I only eat organic products and only use organic cosmetics and cleaning products. Why should I be poisoned?" Here is the explanation:

- Even if you drink filtered water, it can still contain the physical "fingerprints" of these substances that cause harm. Even if you only eat "organic" food, the products of organic farmers inevitably are polluted through the air and rain. Unfortunately, airborne poisoning is further exacerbated by weather manipulation [1, 2,] or even war-generated material that is released into the atmosphere and dispersed worldwide [3]. Defects in the oral cavity or dental materials can constantly secrete toxins in tiny quantities, which is a constant stressor for your immune system. The same applies to residues from vaccinations deposited in connective tissue or fat cells.
- Even if you don't use a cell phone and don't have harmful electrical and electromagnetic fields in your household, you are still constantly exposed to them outside your home.
- Any unresolved trauma poisons your mind and emotions, which can have a secondary negative effect on your bodily functions.

If you have no symptoms: Congratulations! Then simply continue to prevent poisoning. See below for more information. However, if you have (seemingly inexplicable) symptoms, it is worth taking a closer look to identify possible poisoning:

- Some values of a standard blood analysis provide information about the condition of the detoxification organs liver and kidneys and their possibly decreasing detoxification capacity. These values show that they have already been overburdened by their detoxification work.
- A detailed questionnaire can be used to determine the presence of certain substances based on your symptoms. Such symptoms can be, for example, skin rashes, dizziness or brain fog.
- You will also be asked in detail about your lifestyle and possible stresses and strains. How do you eat? Do you have a lot of stress? Do you relax regularly? Do you exercise? Do you take any medication regularly?
- I also use tests that are based on your body's "response" when I bring it into energetic contact with certain toxins, e.g. through the kinesiological muscle test or radionics. I will explain the respective method to you in detail in advance.

As the results of such a comprehensive analysis can vary greatly, it becomes clear why there cannot be "THE" effective method for detoxification. There is no "one fits all". What is useful for everyone, however, is the following information.

- The elimination and extensive reduction of all avoidable sources of poisoning or elements that limit your detoxification capacity (chemicals, radiation, stress, refined foods such as white sugar).
- The "supply" of supportive substances and activities that promote self-healing and elimination capacity, e.g. dry brushing or walking to activate the lymph flow [4].

- Supporting restful sleep through non-harmful measures, e.g. herbal teas or relaxation exercises.
- Looking at and dealing with the trauma you have suffered: If you have been hurt, betrayed or taken advantage of by someone, you may not be able to let go of resentment towards them or even harbor thoughts of revenge if the person has not apologized or tried to make amends. This creates emotional poison that does not harm the "offender", but only you. Be aware that this person's soul knows exactly what they have done. However, it is possible that they are repressing their wrongdoing because it would contradict their own self-image. This is why he cannot admit guilt to himself and will therefore - possibly - never apologize. You can be sure that he will be held accountable for his actions elsewhere and receive the corresponding karma. You don't have to worry about that, but you can take care of YOUR well-being by forgiving him/her in your mind.

If your analysis has shown that there are specific toxins that need to be removed, be careful: Targeted detoxification measures always involve re-intoxication. This is because existing toxins must first be re-mobilized from their storage site (fat cells, connective tissue, where your intelligent body has brought them so that they cannot cause any more damage by circulating) so that they can then be bound and excreted. It is a sensitive phase while the mobilized toxins circulate in your body until they are bound and excreted. This phase should be accompanied by a therapist because - depending on the measures taken for a specific toxin - unpleasant or dangerous detoxification symptoms can be triggered [5, 6].

Summary: Although our environment is becoming increasingly "toxic", you can do a lot yourself to avoid toxins and support your body in detoxification and thus in self-healing.

Resources:

[1] Film "The dimming" <https://www.youtube.com/watch?v=rf78rEAvhY>

[2] Talk about Geo-Engineering (in German language) <https://www.kla.tv/2024-01-10/27872&autoplay=true>

[3] <https://wissenschaft-und-frieden.de/dossier/kriegfuehrung-mit-urangeschossen/>

[4] <https://media.mercola.com/ImageServer/Public/2024/April/PDF/lymph-flow-pdf.pdf>

[5] <https://www.naturheilkunde-aktuell.de/therapie-diagnose/durch-ausleitungsverfahren-giftstoffeentfernen>

[6] <https://www.zentrum-der-gesundheit.de/bibliothek/ratgeber/detox-uebersicht/anleitung-zum-entgiften>



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