

BOOK REVIEW

Natural Detoxification

The Complete Guide to Clearing Your Body of Toxins

By

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INTRODUCTION

Our bodies detoxify naturally every day, which allows some people to have a low and an acceptable body bioaccumulation that allows them to stay healthy. However, for other people a slow detoxification system and exposures to a multitude of toxins causes their bodies to become overloaded. Their detoxification mechanisms are unable to completely cleanse their bodies and organs. Their body bioaccumulation reaches toxic levels and their health suffers. Even if people receive treatment for their allergies and sensitivities, they need to undergo detoxification so that their cells function properly.

Natural Detoxification is a comprehensive guide both to the types of toxins to which we may be exposed, as well as to many different types of detoxification methods that can be used to cleanse, detoxify, and balance the body. Cleansing toxins from the body can dramatically increase quality of life, and nearly everyone needs some type of detoxification. Preventing reaccumulation of toxins is also important and is addressed by this book.

Part I, Approaches to Detoxification, discusses what detoxification is, who needs it, and why. It also presents historical views on detoxification as well as historical methods of detoxification. Contemporary methods and thinking is contrasted to these historical efforts. Current medical disciplines are described along

with their techniques that contribute to and affect detoxification.

The body and its responses to toxins are presented in Part II, The Body. The biochemical phases of detoxification that take place in the body are explained in detail, as are the organs of protection and detoxification. Both major and minor routes of detoxification and excretion are considered.

Toxins are considered to be any substance that adversely affects the body. Part III describes how we are exposed to toxins. It considers toxins in the home, toxins in the workplace and school, toxins from art and leisure activities and travel, toxins from medical treatment, and toxins that affect children.

Sources of external toxins are presented in Part IV, Sources of External Toxins. External toxins are those to which the body is exposed. As the name suggests, they are encountered externally and adversely affect the body. These toxins may be found in and can include food; water and air; plants and organisms; chemicals and metals; noise, weather, and altitude; and radiation, electromagnetic fields, and geopathic stress.

Part V deals with internal toxins, toxins stored in the body, toxins produced in the body, and toxins of the mind and spirit. External toxins that accumulate in the body become internal toxins. Inability of the body to process natural substances produced by the body causes them to become internal toxins. Toxins that affect the mind and spirit are another type of internal toxin. Emotional and psychological traumas suppressed and forgotten can be toxic to the spirit and mind, and in many cases a toxin has damaged connection to the spirit of a person.

All of these types of toxins must be detoxified, cleansed, and balanced for a person to be healthy. Part VI, Ways of Detoxification, presents methods for detoxifying all of the types of toxins discussed in this book. Sauna, baths, and hydrotherapy are considered in detail, as are all of the nutrients that help with detoxification. Several types of diets, fasting, and juicing are discussed in terms of cleansing the body. The importance of exercise, bodywork, as well as breathing and oxygen are considered. Allergy treatment and chelation are of primary importance and are described in detail. Homeopathy, Bach flower remedies, herbs, and aromatherapy are also useful and the ways in which they may be used are presented. Topical detoxification, organ cleansing, and energy balancing, all necessary for complete detoxification, are covered. Detoxification methods for the mind and spirit, as well as detoxification methods for children are included.

Prevention of the accumulation and/or reaccumulation of toxins is of utmost importance in maintaining health and balance in the body. Prevention is the thrust of Part VII. The best food and water is

essential for this aspect of prevention, and the chapter on food and water in this section is very instructional on how to find and recognize quality food and water. Healthy indoor and outdoor environments can be attained, and the best way to achieve these is presented. Avoiding toxins from medical treatment is considered, and prevention methods aimed at keeping children balanced and healthy are described.

Detoxification programs are presented. Basic detoxification measures, a simple detoxification program, and an advanced detoxification program are given in detail, as is a detoxification program that can be adapted for specific health needs. Suggested detoxification programs that will help arthritis, asthma, cancer, chemical problems, diabetes, fatigue, gastrointestinal problems, hormonal problems, infections, insomnia, effects of medical treatments, mood disorders, obesity, pain, pregnancy preparation, and skin disorders are described. A detoxification program suitable for children is also presented.

A helpful, detailed glossary is included as are books in Suggested Reading that will enable the reader to learn more about detoxification. Recommended Sources and Organizations enable the reader to know where to get help, as well as knowing the source of products that might be helpful. This book enables both people and healthcare professionals to understand detoxification and to become acquainted with methods to both handle and to prevent accumulated toxins. It is a comprehensive guide to detoxification.

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