



## FACT SHEET – DETOXING / CLEANSING

The definition of a “detox” is to eliminate toxins and impurities from your bloodstream. Detoxing will renew and enhance your body’s functions, it will assist your body to repair and restore the health of your organs and will improve your immune system.

Wellbeing is much more than being fit, healthy and active, although these are all important. Holistic detoxification through cleansing can assist you in becoming the best that you can be – in body, mind and spirit. By participating in a detoxing program, through the practice of a cleansing fast, that also includes colemas (colonics) you are providing your body with the opportunity to start healing and repairing itself.

You can detox your body through a number of different methods – by participating in a full fast, a juice fast, or a raw food cleansing program.

Fasting is an ancient ritual of abstaining from the consumption of all solid foods for a period of time. Some people do practice water fasting, but this is not a practice that I have personal experience with and therefore I cannot recommend or comment. During the cleansing programs through Detox Destinations you will be consuming liquids that you will provide your body with the nutrients and minerals that your body requires during this time.

Cleansing through fasting re-alkalises your body, and provides your body the opportunity to rest your digestive system. When our bodies are the opposite of alkalised, they are acidic. Unfortunately when our bodies are acidic we are providing the perfect environment for disease, inflammation, pain, viruses, infections, sickness and other illnesses to thrive.

Prior to commencing your fast, Detox Destinations will provide you with information on pre-cleansing which will assist you in conditioning your body for cleansing in a gradual manner and also to ensure that you achieve the best possible results. This will consist of eating mostly raw foods (salads, fruits and vegetables) fresh juices and lots of water. You should also avoid heavy animal proteins, white foods (breads, cakes, sugars etc), processed foods, as well as coffee, alcohol and soft drinks.

Most people don’t feel hungry during the cleansing program. You may find that your energy levels fluctuate and that you have better days than others. You may experience mild headaches, dizziness, skin breakouts, and in extreme cases even some nausea. In most instances, these symptoms are very mild and pass quickly. These symptoms do not indicate that you are sick, in actual fact they are positive and your body is sending you the message that it is the process of toxins circulating around in your system and the cleansing process has started. Often these cleansing reactions are referred to as the “healing process”. Depending on your level of toxicity, or how well you have pre-cleansed prior to starting your program, will depend on whether you may, or may not experience any of the above symptoms.

During your cleanse, you will have colemas (colonics) – please refer to the separate Fact Sheet on this subject. Colemas are an integral part of your cleansing process and one of the methods in which toxins and waste are released from your body. We also encourage you to visit the steam room daily to eliminate more toxins through your skin, and also to swim in the ocean and give your body a good old fashioned seasalt scrub. And we can’t forget to mention treating yourself to a daily massage. You will be glowing!

You need to listen to your body during this cleansing process. If you are tired, sleep. If you have some energy, go for a walk or a swim, do some yoga, join in a meditation class. However it is not recommended to participate in vigorous exercise such as running or weight lifting.

After the fast, you need to gradually ease back into eating. You will find the day you break the fast, you will be surprised that you can't eat as much as you normally would consume, or think you can eat. For at least 3-4 days after the fast, we recommend that you eat mainly raw; fruit, vegetables, lots of salads and drink fresh fruit and vegetable juices and lots of water. This easing back into eating allows the digestion to come into action easily without burdening it with "heavy" foods. These raw foods contain lots of enzymes and fibre and will support your body's digestive processes get back into action. It is essential that you don't "clog" up your system.

When you get back home to your normal routine, you will naturally be drawn to healthier food options as you continue to feel the benefits of your fast. If your dietary intake was unhealthy prior to your cleanse then take things slowly and make gradual changes. Drink lemon water first thing in the morning, eat smaller sized meals, drink more water throughout the day, drink a fresh green juice or smoothie each day, eat a salad a day, don't eat any processed foods. These are all small, but achievable changes that everyone can do!

Also consider other activities that you can incorporate into your life to keep your stress levels under control (and maintain that holiday feeling longer) besides what you eat and drink. Constant stress weakens our immune system and leaves your body vulnerable to illness. Why not incorporate just 1 new activity or behaviour into your working week; be it yoga, meditation or a daily walk! Try to get a min. of 8 hours sleep per night.

The benefits from completing a cleanse through fasting are numerous, and everyone will have a different reason for cleansing and therefore perhaps a different experience. Completing a cleansing program is a great "kick starter" for weight loss, your skin will glow, your eyes will be clear and white, you will experience increased energy levels and vitality, you will feel clearer in your thinking and calmer in your being, you can experience improved circulation, improved concentration and have a more positive outlook. You will feel lighter in body, mind and spirit!

**Further reading:**

The Benefits of Detoxification: [www.energygrid.com](http://www.energygrid.com)

Fasting for Health & Healing: [www.allaboutfasting.com](http://www.allaboutfasting.com)

Benefits of Fasting: [www.medindia.net](http://www.medindia.net)

***Detox Destinations' offers numerous detoxing and cleansing programs.***

*Wellness Holidays to cleanse the  
Body, Mind & Soul!!!*

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