

CONSCIOUS DETOXIFICATION

Excerpts from *Conscious Health** by Ron Garner

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Detoxification: The process of removing wastes and toxic acid stores from the body is fundamental and absolutely necessary in our pursuit of improved health and vitality. When the body's needs are being adequately supplied on a continual basis, it detoxifies naturally, as a matter of course. However, when there is a building of toxins from years of depriving the body of what it requires, and from abusing it with toxic foods, drinks, chemicals, drugs, smoke, and other stressors, it needs assistance to clean out and reverse degenerating disease conditions.

Benefits of detoxification: The benefits of effective and regular detoxification are improved health. Poisons and toxins are removed efficiently and good nutrients from foods are readily absorbed as the cellular pH moves closer to 7.0. Digestion is improved. Immune function is enhanced. The endocrine system works more harmoniously. The lymphatic system becomes more fluid for effective drainage and elimination of cellular debris. We begin to notice the difference because we have more energy and feel better.

Turning the Disease Bus Around: To become consciously healthy, we must understand what is involved. We need to be aware of what the body is doing when it is going through various stages, and why. *When we are consciously aware, we can cooperate with it and be patient during the process.*

Bumps Along the Way: It can come as a shock to people, after they have started to do all the right things and begun to feel much better, that there have to be downtimes of illness again. But, our body corrects and builds toward health in stages. The road to normal vitality is not without its challenging times. True healing is not just the removal of symptoms, *it is the complete and thorough reversal of the disease process.*

The Downward Road to Ill Health: In the early part of life we don't go straight from good health to ill health, it usually happens in stages. Toxic accumulations from our lifestyle choices gradually reduce the body's detoxification and energy generation capabilities. Over time, the body's general immunity is weakened. The body fights through each illness crisis by attempting detoxification and repair. But as poisons continue to overload the system, each return to a healthy-feeling state is achieved with a lower level of vitality. This is the movement toward degenerative disease.

Just as the road to ill health is not straight, the road back to energetic health is also traveled in stages. We go back to health gradually with periods of detoxification and repair, first feeling much better, then having a recession, then up, then slipping back; but each time, the reactions UP go father than the reactions DOWN. The body is gaining vitality and immunity *as it cleans and rebuilds itself.* [Ed:

As with other practices we choose for strengthening our emotional, mental and spiritual bodies, a period of integration serves to support the process.]

Healing Reversals: When practices that lead to disease are discontinued, in order to move toward health the body starts by correcting and removing disease conditions. This is called the “reversal process”. There is no way that the body can overcome or overlook the disease conditions that have become established within it without retracing them; they must be corrected. What went in must come out. A condition that built up must be broken down. Conditions that have been treated with drugs or antibiotics, for instance, have been put on hold; a complete natural healing has not taken place, only the symptom has been removed. Disease conditions must be re-entered and reversed for damage to be undone.

Coonstantine Hering, born in Germany in 1800, made many contributions to the study of homeopathy. He is still known today for his observations of the healing process, now known as, “Hering’s Law of Cure.” *It states that during a healing and reversal process, the body heals from the inside out; from the head down; and, in the reverse order that diseases developed.*

The body follows a clear pattern in the process of healing itself. The most serious and most recent disease conditions are given first attention. As progress is made on these, the body works backwards in time, so to speak, retracing and correcting other conditions in reverse order to when they appeared. Remember that this is all conditional on the body continuing to receive regular nutrition and rest, *over and above that which is required to carry on daily activities*, so it doesn’t have to borrow from its own nutrient reserves to accomplish the process.

This is what healing is, There is no magic pill. The body only builds from a firm foundation and does it step by step. *The only way out of the problem is through it.*

Healing Crises: A healing reversal is also [known as] a healing crisis. *It is a turning point in the course of a disease*, a period of intense but necessary housecleaning as the body prepares to heal.

The body cannot accomplish the tasks of serious detoxification and healing and still be able to provide energy for everyday activities. *Rest is required.* That is why we feel we have less energy during a cold or flu. These are times of intense internal cleansing. *The body doesn’t have less energy, it is redirecting the energy it does have for healing purposes.*

We may continue to experience periods of illness and low energy. However, during a healing crisis, there is one very large difference. This time, under the influence of a healthy lifestyle, the body experiences symptoms related to a disease *healing* crisis, as opposed to a disease *survival* crisis. *At the completion of such a crisis, the body will have gained vitality, not lost vitality. The body is getting stronger, not weaker.*

A healing crisis is an accelerated period of symptom reversal in a person who has grown strong enough to throw off accumulated toxic wastes from the past.

The healthier we become, the less intense the healing crisis will be. This is logical, since the amount of toxins to be eliminated from the body is decreasing, while the organs and tissues are getting stronger. Not every healing done by the body slows us down completely. We may note a little less

energy for a period of time, when the body is working on some internal condition before returning to a feeling of renewed and increased vitality.

The body not only heals itself in areas that display symptoms that we clearly notice and can identify, such as allergies, asthma, and arthritis, but *it also works on internal physical problems and emotional aspects as well*. While internal conditions are being corrected, *we may notice a period of low energy and not know the reason why*. As long as we are practicing a healthy lifestyle, we can be fairly certain the body is healing and requires extra energy for the process. *As the physical body is cleansed, it will also bring emotional crises to the surface for correction. Old feelings of inferiority, sadness, depression, anger, and emotional conflicts can manifest. These also need to be eliminated, because in one way or another, they are connected to the development of a disease. We need to be patient and work through these periods.* The body is working to return us to a complete. “wholistic” health of body, mind, and spirit.

A healing crisis usually lasts three or seven days. However, if there is adequate healing energy available, the body may run several healing crises consecutively. *One should not try to interfere with the process* by taking medication to ease pain or discomfort. If this is done, it will slow down and can even stop the natural corrective process. Likewise, it is not wise to stimulate the body to cleanse or focus healing on a part that has not been selected as a priority at any given time. If this is done, the body is forced to refocus and expend energy and nutrients dealing with the medication. It has to change priority. Remember that *the body uses its innate intelligence to heal on a priority basis that is best* for healing and survival. We must work with the body, not against it. Let your body dictate what and when things will be worked on. It knows best!

The Body Starts Healing When It Is Ready: The body will not begin a healing crisis until it has stored enough energy and nutrients to carry out the healing process it intends. The stronger the body is, and the more vitality it has, the greater or more intense a healing crisis can be. A very ill body with low vitality will tend to have less intense and shorter healing crises at first. The body knows what it is capable of handling. However, *it attempts to detoxify whenever it has the opportunity*. ... In my [Ron Garner] personal case, when I know that my diet and lifestyle are healthy, the classic sign my body occasionally sends me, which indicates it is detoxifying, is a mild to medium headache across my forehead. This kind of headache, although unpleasant, is always tolerable and will pass when the detoxification cycle is concluded. *We can assist the body during these times by increasing our intake of healthy water.*

Cooperating With Our Healing: During a serious healing crisis, one should rest to conserve energy, and eat sparingly, if at all. All animals, when they are not feeling well, fast and rest quietly. This is the quickest and most efficient way to heal. The body does not need food for energy at this time because it has already stored the energy required for the healing being undertaken. If it needed the energy from food, it would not have begun the healing crisis. Continuing to eat regular meals during the healing crisis requires a lot of energy for digestion, which the body is then forced to withdraw from healing activities. It also interferes with the focused detoxification and elimination processes. Drinking good water and diluted fresh fruit and vegetable juices is best, or consuming a little broth made from an assortment of vegetables. In this way, the body is supplied with vitamins and minerals in non-solid form, which it can readily use without expending excessive amounts of energy for digestion. A fresh fruit diet only requires about 10% of the energy needed to digest solid food.

When nausea is evident, it is the result of a concentration of toxins in the intestine. ... When there is a toxic overload being eliminated from the body, the liver, which normally metabolizes waste products,

may be forced to expel toxins directly into the intestines, where they cause irritation and nausea. When this happens, the last thing the body needs is more food. The body brings on nausea as an attempt to eliminate the toxins through vomiting and perhaps diarrhea, or at least, to signal that it wants us to fast, that is, abstain from eating until it has re-established digestive equilibrium.

How Long Back To Health?: The actual time required depends on how sick the body is in the first place, and on how willing the person is to give the body what it needs to heal itself. It also depends on the disease present; the vitality and digestive ability of the body; the person's attitudes; the environment the person lives and works in; how quickly the person changes to a healthy diet; what supplements are consumed; and on lifestyle practices.

It takes a long time for our bodily conditions to develop. The body needs to go back chronologically through the disease conditions to reverse and heal them. Serious problems take a long time to develop and are deeply seated. They cannot be corrected and replaced with totally healthy tissue immediately. ...Quantum physics has now proven that in three years we don't have one old cell left. Ninety-eight percent of the body can be totally regenerated in one year on a good program of enzymes, complete foods, and proper detoxification. So the answer to the question, "How long to health?" is that it depends on the age, present health, attitudes and beliefs, determination, circumstances, and capability of each individual.

Detoxification Summary

- Detoxification is the body's process of eliminating toxins.
- Detoxification of the body has many names, including: healing crisis, healing reversal, reactivation, and cleansing crisis. [PWW: much less likely when using Natural Cellular Defense]
- Detoxification will initially cause your symptoms to feel worse.
- Detoxification occurs in cycles of 3 days, 7 days, 14 days, or 21 days to a combination of these days.
- Detoxification may cause your pH to become more acid at first, as you release the stored toxins that have to be eliminated by your body. (Keep your alkalizing regimen the same, your pH will come back up as your body rids itself of toxins.) [PWW: using Natural Cellular Defense is a solution for this]
- You may go through many detoxification cycles before complete health is regained.
- The objective is to help the body move to a neutral acid-alkaline balance [the optimum range is between 7.0 - 7.5].

ABOUT CONSCIOUS HEALTH

(copyrighted material – visit <http://www.namastepublishing.com/garner.asp>) Timely, transformational, and content-rich, CONSCIOUS HEALTH takes the confusion out of understanding health. It presents us with Five Keys we must use to ensure optimum health and lifelong vitality. It presents, in a clear, well-organized, and easy-to-read manner, what we need to know and do to make confident, informed decisions about our own health care. CONSCIOUS HEALTH teaches natural health principles with an emphasis on the causes of disease and methods of prevention. It takes the mystery out of how the body operates, why it succumbs to disease and how health problems can be reversed. We come to see that health is a gift, and disease is a failure to take care of the gift. We are shown what we must do to give the body what it needs to keep us healthy. Book dedication: *To all those who have a vision of creating optimal health for themselves; who dare to depart from conditioned thinking and believe that health is there for them instead of a life with inevitable disease; who are willing to learn and to cooperate with their bodies to achieve vibrant health; and who want*

