

Diet and Nutrition: DETOXING AND REPAIR WORK

by Teresa Abril, Ph.D.

The cells of our bodies have two main functions: assimilation and elimination. Assimilation means that they are constantly taking in nutrients in order to rebuild, repair, and maintain the body. Elimination means getting rid of the waste products, or toxins. Both processes are necessary for good health. Another way of saying this is that we need to get nutrition in and impurities out.

Body Balance helps the body cells to be far more efficient in both assimilation and elimination. In terms of assimilation, this means your body may do some major repair work and require extra rest in order to complete the process. You will know this is happening if, after feeling great for a while, you suddenly feel the need to nap for hours. If you can cooperate, the body will "shut down for repairs" and you'll be much better off for it. It's truly amazing what the body can do when given proper nutrition and rest.

I've had some people tell me that after a few days of Body Balance, they began to ache in places where they previously had injuries or problems. I always tell them, "Just ride it out - your body is doing repair work." Sure enough, after a day or two, the aches go away and they feel better than ever.

In terms of elimination, the body will step up the normal house cleaning functions and throw off more toxins than usual. This is excellent for your health because it means the body will be cleaner, thus healthier. In the long run, you feel a lot better - it's like the "sludge" has been cleaned up. However, this process, also known as detoxing, can make you feel temporarily bad. For example, you may feel tired or achy all over for a few hours or even a few days. Or you may get a headache. This is because impurities are being expelled from the cells and they make you feel bad on their way out of the body.

Even though I had been taking vitamins and minerals in pill form for years, I went into detox shortly after I started Body Balance. I knew then that Body Balance was a lot more powerful than the pills I had been taking. After feeling great for two days, I suddenly felt tired and achy kind of like I was coming down with the flu - only I wasn't. I knew my body was expelling toxins, so I cooperated with the process by taking a nap. The next day I was fine. After several such episodes, I felt like I was 20 years old again. So it was really worth it.

Another type of detoxing occurs when the body begins to dump a lot of the sugar that has been stored in the cells - this can cause a mild depression. When the sugar has been eliminated, however, the depression lifts, you feel better than ever.

A third type of detoxing that may happen is that the body will eliminate yeast that is systemically stored in the body. When this happens to women, they may experience a vaginal yeast infection. It's not pleasant, but it is healing and it is temporary.

Because Body Balance facilitates healing at the cellular level, symptoms disappear when healing occurs, not because of a drug cover-up. The end result is a healthier, younger you. The healing is well worth the temporary discomfort. In fact, if you become aware that your body is detoxing, be thankful, and know that you are giving your body something it really needs.

Some people are so toxic, however, that it is difficult for them to "ride it out". When this happens, it is good to cut back on the Body Balance for a few days to give the body a chance to "clean house" just a little slower. You may want to take just 1/2 ounce a day for a few days, then increase the amount to 1 ounce, and keep increasing until you get back to 2 ounces per day.