



Why it is important to Nourish, Cleanse & Balance Your Body

By: - Elizabeth Osman, MIFPA

Fundamental to any state of well-being is an efficient elimination system.

If the colon, which can be likened to the main drains, is sluggish, compacted, filled with trapped gas or distorted in any way, excretion would be restricted or blocked. The body in its wisdom will then utilize secondary avenues such as, the lungs, skin and uterus, to cleanse itself. However, these other avenues cannot cope with a continuous over load and will begin to suffer.

Dependant on one's inherited weakest link in the genetic chain, symptoms will eventually become apparent. If the respiratory system is the weakest area, asthma, sinusitis and lung problems could develop, or the skin could begin to get irritated, causing rashes or urticaria. Once the liver is over loaded with the re-absorbed toxic waste, headaches, migraine and menstrual symptoms begin to manifest themselves.

All these discomforts are the body's way of trying to get your attention. Ignore these warnings at your own peril, for if the underlying cause is not addressed the situation would deteriorate and go deeper into the core of the body. Chronic symptom patterns would begin to develop such as IBS, PMS, full blown asthma, eczema and other immune weaknesses, leaving the body vulnerable to life threatening diseases.

Identifying the cause of any symptoms rather than just treating them is of vital importance. If one has a red, itchy rash and applies hydrocortisone cream the rash will go away, only to return again at a later date, until the cause is addressed.

Colon cleansing can be easily achieved using diet changes, herbal preparations and, if required, hydrotherapy. Once the colon is fully active the rest of the lymphatic system is stimulated into action and most symptoms begin to recede. It is then the time to assess any remaining problems, which can be blood sugars imbalances, yeast over growth, adrenal exhaustion, depleted brain chemistry, weak thyroid, allergies and addictions, poor diet or hormonal deficiencies. Using dietary changes, amino acids and herbs, all these problems can be corrected in a matter of months to regain a state of wellness beyond recent memory.

It is wonderful to know that it is absolutely possible to regenerate your cells with nutrition so that your mind, body and spirit could work harmoniously. Once this is achieved, a new lifestyle is required. Clear out of your life as many chemical cocktails, additives, synthetic hormones, toxic water and air, as possible. These may require wardrobe changes, emptying out bathroom and kitchen cupboards, changing flooring and even furniture. Some may require to change career or move house but these are personal decisions. However, given the choice, surely no one would choose to live in a toxic environment, with poisons in the air, chemicals in the water, food, cleansing products, make up, and clothing, which over stress the body systems.

In a centrally heated office or home, for example, a cocktail of gases are experienced daily, specially with double-glazed or sealed windows; even our polluted streets are healthier!

If all of this sounds overwhelming, may be it is time to obtain professional help - it could be your first step towards wellness.

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