

Detoxing: Beyond the Buzz

By Michael Massey

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Is the fasting and cleansing of detox really a panacea for a mass of physical and social ailments facing society? Why is it that people with stress, weight issues, relationship challenges, low vitality, diabetes and a host of other physical and emotional conditions are voting with their wallets and travelling around the planet for ‘miracle cures’?

One clearly evidenced miracle of detox is that whatever the state of your body, mind and spirit, you can undertake a professionally supervised cleansing program and you WILL receive measurable and noticeable improvement within seven to ten days. All manner of disorders have responded positively to this treatment: blood pressure, cholesterol, joint pain, psoriasis, diabetes, respiratory disorders, the list is endless.

People experienced in cleansing and detoxifying know the recovery of vibrant health and wellbeing through these processes is a reflection of the laws of nature. Your body will recover and restore itself to vibrant good health when the bowel is cleansed and provided with correct nutrition. This miracle is deserving of much more excitement and publicity than any generated by a press release for the latest ‘miracle drug’ being released.

The rapid growth of detox as a healing modality is well evidenced; what was once considered an activity for ‘fringe dwellers’ is now a popular and common process embraced by people of both genders, a wide variety of ages, races, nationalities and spiritual or religious faiths. Anecdotal evidence indicates a large proportion of first time ‘detoxers’ do so out of curiosity or frustration with lack of options available to them from their allopathic practitioners.

The growing acceptance of detox as a solution to poor health and as part of a viable health maintenance regime is rooted in increasing disillusionment with regular medical practice. The wider population are slowly beginning to increase their knowledge and understanding of complementary medicine. At the same time, as more detox clients report on satisfactory and better experiences, there is a burgeoning word-of-mouth campaign that supports and encourages the detox process as delivering measurable improvement in wellbeing.

In 400 BC Hippocrates stated: ‘Let food be your medicine and your medicine be your food’. This proverb has been proven over and over throughout time. Over the last 150 years we have moved so far from our centre, become so seduced by ease, convenience and external stimulations, that collectively we have embraced a lifestyle progressively more and more divorced from a way of being that serves and honours us on any level.

Our choices determine our results. This global collective choice to proceed along a pathway of resource abuse, destruction, conspicuous consumption and poisoning of our environment and ourselves has contributed to the majority of our population living in an illusion of what is appropriate and balanced. Put simply, our behaviours are out of line with a sustainable, ecological and harmonious way of being as individuals and as a species. It is not sustainable; this is not survivable.

Change happens one person at a time. Detox affords the opportunity for individuals to reclaim and recover not only their physical balance, but also their emotional, mental and spiritual wellbeing. When a physical body is cleansed and purified there is no doubt the entity benefits fully. When a person visits a centre for cleansing, they do not leave their brain at home, their heart in a locker at the airport, and their spirituality (or lack of) in their suitcase. Wherever you are, you take all of you; therefore, whenever you cleanse one aspect of yourself, you purify other aspects. When unexpected healing benefits accrue for the individual who has undertaken what they believe is a purely physical process, in their eyes, this is a miracle. ❖

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