

## Detoxification – is it necessary?



Our bodies are busily detoxifying all the time, so is it really necessary to do a detox? The answer is yes due to the dramatic changes we've seen over the last 100 years. Historically our detoxification processes were generally completely adequate for our needs. These days, the speed at which toxins enter our body has increased dramatically while our bodies ability to deal with these toxins is generally compromised by our modern day diet and lifestyle.

### **“The tap and bucket analogy”**

Imagine a bucket being filled with water from a tap while water escapes through a hole in the bottom of the bucket. If the tap is turned up and the hole is slightly blocked the bucket will soon fill.

Now imagine the bucket is your body and the tap represents toxins entering your body (via the mouth, your skin and your lungs). The hole in the bucket represents your body's detoxification processes. Just as the bucket fills, your body soon becomes overwhelmed with a build up of toxins. This can be expressed as fatigue, headaches, body aches and pains, poor immunity, digestive issues, mood disorders and hormone balance issues.



### **What is a detox program?**

A good detox program aims to not only unblock the hole in the bucket, but to also turn down the tap.

Just some of the benefits of a good periodic detox include:

- \* It can reset your appetite, decreasing sugar cravings and assist weight loss
- \* Happy, healthier, glowing skin
- \* Lots more energy
- \* Better sleep
- \* Better moods
- \* Less colds and flues
- \* Better concentration and motivation
- \* Better digestive processes (less bloating, discomfort, nausea)

Balm Natural Health offers a number of detoxification programs and packages, including the program offered through Metagencis.

Please visit our [Detoxification](#) page for more information.