

# *Soul Essence*

## *Fact Sheet – Toxicity*

### **Detoxification**

Symptoms of disease are often reactions to a build up of toxins in the body. They are a warning that a deeper process needs to be checked. We repress these symptoms, when we take painkillers for arthritis, cortisone cream for eczema etc. The toxins are then sent back into the body.

A toxin is a substance, which when we breathe it, drink it, eat it, inject it or absorb it through our skin, or when it is generated within our body, may disturb physiology or damage structures within the body.

### **Symptoms of Toxicity**

Depending on the level of toxicity, symptoms may be superficial or deep, and show the body's attempts to eliminate toxins. These can include headaches, joint pain, fatigue, irritability, depression, mental confusion, digestive disturbances, cardiovascular irregularities, flu like symptoms, or allergic reactions such as hives, runny nose, sneezing and coughing. Long standing toxicity leads to more serious illnesses such as autoimmune diseases, arthritis, Alzheimer's, Parkinson's disease, heart disease and cancer. Toxins may create free radicals in our bodies, causing cellular damage and inflammation. These then combine and destroy enzymes, stagnate in tissues and interfere with circulation, possibly causing high blood pressure, thickening the blood resulting in decreased oxygenation and distribution of nutrients. Toxins can also block the transformation of nerve impulses, causing psychological disturbances and can interact with hormones to create glandular imbalances.

### **Phases of Toxicity**

#### **Excretion Phase**

This is the superficial phase; signs may include skin rashes or blemishes, runny nose, sneezing, coughing, fever, perspiration, pus formation, increased urination, diarrhoea, and vomiting. The body is using the best route to eliminate the toxins to the outside. To avoid the build up of toxins in our bodies, we should aim to have three bowel movements daily, drink enough fresh water so we can excrete through our kidneys, if possible, let a fever run its course, practice deep breathing, exercise and sweat daily, avoid suppressing menstruation, also colds help us to eliminate respiratory toxins.

#### **Reaction Phase**

When the bodies attempt to excrete toxins are suppressed (as in lowering a fever and halting perspiration) or incomplete, inflammation maybe created to try and remove residual toxins. Symptoms include eczema, shingles, abscesses, ear infections, arthritis, colitis, IBS, appendicitis, pelvic inflammatory disease, and cystitis.

#### **Deposition Phase**

If the toxins continue to increase, they will possibly be deposited in the interstitial fluid. In this phase there maybe the formation of warts, polyps, neuromas, gallstones and kidney stones, cellulite, varicose veins, swollen glands, uterine fibroids, ovarian cysts, breast cysts, edema, atherosclerosis and weight gain. These are efforts of the body to isolate and contain the toxins, so they do not penetrate to the inside of the cell. High cholesterol and hypertension may result. Constipation, overeating, lack of exercise, inefficient perspiration, poor lymphatic circulation and insufficient water will allow toxins to be deposited into the interstitial fluid.

### **Impregnation Phase**

If toxins are not removed from the interstitial fluid, they will penetrate to the inside of the cells, possibly causing free radical damage, the blocking of enzymes and a change in the function of the cell, which may progress to chronic disease. Once this stage is reached and the cellular regulation is affected, the following illnesses may appear: diabetes, asthma, hepatitis, angina, thyroid dysregulation, hormonal imbalances, cervical dysplasia, and other precancerous conditions.

### **Degeneration Phase**

In this phase the cells are increasingly and sometimes irreversibly damaged, with the changes in cell structure. Diseases include liver cirrhosis, osteoporosis, Alzheimer's and Parkinson's disease, lupus, MS, tuberculosis, hyperthyroidism, scleroderma, heart attack, arthritis, nephritis of the kidney, infertility, and dementia.

### **Cancer Phase**

In this phase the toxins have affected the DNA causing genetic damage and the formation of malignant cells. All cancers fall under this phase.

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