I’m Toxic. You’re Toxic. We’re All Freakin’ Toxic!!



A few years ago, you may have read my blog post, “I Was an Itchy Little Girl.” That article gave you a glimpse into my childhood.

Within a few short weeks of my birth, I had health challenges. Eczema, allergies, and seemingly every -itis and -osis sought me out.

My mother searched for answers, and as I became older, I joined her in the search. But unfortunately, what the MDs (and later, naturopaths, clinical ecologists, and functional MDs) told me made me even *sicker*. At least it seemed that way.

My condition escalated from allergies and asthma to allergies and asthma *with anxiety*. And I got progressively worse.

Every appointment with the naturopaths, clinical ecologists and functional MDs "proved" how deeply sick and noxious my system was. The specialists tried to convince me I had been poisoned and would remain that way until I took "this." I was led to believe my condition would only worsen unless I fasted with "that." Whatever the "this-and-that" du jour was, I *had* to have it, or I would suffer forever because of the toxins in my body.

One doctor convinced me that my maladies could be cured by ingesting lots of fresh parsley. And I do mean, lots of fresh parsley. But at my next appointment, I was still toxic. I wanted to say, "Of *course* I'm toxic! I've been breathing carbon monoxide – stuck in traffic every day while driving to look for fresh parsley!"

If I had to tally up all the money I spent over the years on "detox," the total amount would be astonishing. Water filtration systems, air purifiers, treatments, and supplements, supplements, supplements! At the time, I was convinced the expense would be worth it, but what did it buy me in the end?

I didn't gain all that much from it in the way of health. In fact, one herbal fasting program I tried left me covered in itchy hives for a long time. But at least I gained experience, and maybe some good will come from my sharing that experience with you.

Sometimes these aggressive detox treatments can be dangerous. Working in this field, I've heard many stories, but let me tell you just one. This one happened to my mother!

Many years ago, my mother had been suffering from itching.

There were no skin eruptions, just rash-less itching. She went to a naturopath who recommended intravenous chelation therapy to “detox” her.

Mom started feeling unwell immediately after the treatment.

That night she broke out in eczema. It became progressively worse until, by day three, she was totally covered in a horrible rash. It was all over her face, her arms; her whole body was blanketed. And this lasted *an entire year*!

Unfortunately, this was before I knew anything about homeopathy, but eventually (after around a year) my mother’s eczema faded away on its own.

But that was a very long year of suffering for her.

As for me, after a couple of decades of following a frightening, anxiety-provoking “detox” lifestyle, after years of coffee enemas, fasts, juicing, handfuls of nauseating supplements, vitamins and stuffing God-only-knows-what-else into my mouth, I found a different way …

HOMEOPATHY.

Not only has homeopathy worked better for me in terms of achieving health goals faster, but it’s so much less expensive and much, much gentler.

In the “detox” lifestyle, everyone assumes it’s good to get worse before one gets better. In homeopathy we have a similar concept, referred to as an “aggravation” but let me be clear: With the method I use/teach it rarely, if ever, occurs. There’s a good reason for this and I plan to go into this subject in the near future but for now, let me just say that it has something to do with the repetition of the medicine.

In the detox lifestyle though, people endure periods of

feeling worse for days, weeks, even months – all the while convinced that they must be getting better.

That doesn't look like health to me!

I've decided to teach a course on this topic. I'm calling it *"Rethinking Detox with Practical Homeopathy®: How to Stop Stressing About Toxins and Fearlessly Achieve Health the Simple Way."*

(Click here to download an infographic I designed just for this course to give you hope that real homeopathic medicines exist.)

My aim is to show how homeopathy approaches the whole concept of toxicity in a way that's different from what we have grown accustomed to in recent years. We've all watched pop culture develop an unhealthy obsession with detoxing and cleansing.

I know there are many of you out there who are stuck in that same detox swamp I was mired in many years ago. It truly felt like quicksand to me. No matter how much I struggled and clawed to get out onto firm ground, I kept sinking lower and lower. I now believe there are much easier, simpler ways to get that firm ground under us and run fearlessly towards health.

So please, consider joining me in this new course! You can read more about it here.

In the meantime, here's a little protocol I used for my first detox. When my homeopath gave it to me in the mid-80s, I didn't actually think of it as a "detox" at the time. But it indeed can be considered one – in a homeopathic sense.

I teach how to use it in a more sweeping fashion in my course. However, for those who suffer constipation (particularly given the regular use of medicaments): *Nux*

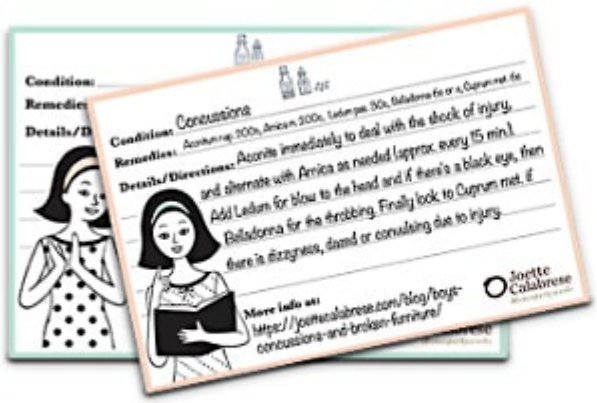
vomica 30, twice daily.

My homeopath gave it to me a little differently. She instead gave me *Nux vomica* 200 every 3 days. In homeopathic tradition, *Nux vomica* is considered one of the primary medicines to consider when there is a need to clear the toxic effects from too many drugs. For me, it cleared not only GI conditions but asthma, headaches, insomnia and much more.

As popular as the current detox trend is, now – more than ever – is the time to pass on the good news of homeopathy and leave the angst of toxins behind.

Warmly,





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