

## Cleanse, Detoxification, & Fortification

**Detoxification:** Cleansing, or detoxification has to do with reducing the burden of infection and toxicity in the body. It is the event of reducing the metabolic load placed upon it by metabolic waste byproduct (such as food toxins, heavy metals, poisons—prescription medications, high fructose corn syrup, waters fluorine, chlorine, etc.) thus causing the body to function at a more exhausting rate. Although the initial cleanse/detox is considered a first step and involves dealing with many years of acquired neglect and stored up containments, the initial release is often more dramatic and potent. However, cleansing is never actually finished as life itself is a toxic endeavor requiring constant micro cleansing. The results are of a dramatic reduction in allergic complexes throughout the body, as they have been wreaking much havoc on our immune systems. Simple undetected chronic food allergies, like wheat or dairy, occupy so much of our immune systems activity that once these allergens are removed the immune system is now freed up to the responsibilities that were neglected when it was stressed out and overburdened.

**Fortification:** Generally, nutrients are responsible for initiating repair and fortification. There are basically two metabolic pathways at work in our bodies. Anabolism (to build up), and catabolism (to break down). Anabolism is responsible for growth and repair. Catabolism for the breakdown and recycling. The balance between these two activities determines whether you are growing and thriving or shrinking and degenerating. The process of fortification is partially under the function of the hormonal system (such as the anabolic hormone testosterone or the catabolic hormone cortisone, in addition to others). Suppling the body with adequate nutrient materials such as proteins, minerals, and essential fatty acids encouraged hormonal balance and the necessary growth factors for tissue repair and improving the metabolic process. Balancing one's catabolic hormone activity dealt upon our hormonal and nervous system via daily stresses between the ages 20 to 40 years will have a great influence over the rate of declining health to what I call the disease years when symptoms start to present themselves. This declining health tends to be in proportion to the degree of stimulation endured by glandular structures, such as adrenal, thyroid, and pituitary, and the resulting damage placed upon our fortification process.