



THE COMPLETE DETOX GUIDE

*Detox*  
YOURSELF



# Introduction

We live in a very chaotic world. We also live in a very polluted world. You probably don't need me to remind you of this fact. There are all sorts of pollution available and, thankfully, the United States is one of the world's leaders in cutting down on physical pollution.

I am, of course, talking about pollutants that make their way into our air, water, and food. The Environmental Protection Agency, despite whatever issues it have, has done a generally good job of protecting citizens from physical and chemical pollutants.

The same can be said of the US Food and Drug Administration. Thanks to their vigilance, they have done an outstanding job making sure that most of the food items that make their way to our table are generally safe. Of course, there are certain issues that we can nitpick over like GMO and certain types of chemical residues. Still, it can't be denied that, by and large, the US and other developed countries are fairly well-protected against standard the sources of pollution.

If you don't believe me, just hop on a plane and go to Beijing, China. The difference in air quality, water quality, and food safety is like day and night. This is not a slam on China because they are making great progress in tightening regulations but it has to be said that when it comes to protecting its citizens, the developed world has done a fairly good job.

This is why a lot of people are kind of confused as to with the whole idea of detoxification has gained a lot of traction lately. After all, federal, local, and state

regulatory bodies have done a fairly good job of protecting people from chemical toxins and physical threats to their safety.

If only things were that simple. You have to understand that the toxins that afflict modern people aren't just restricted to chemical forms. Chemical toxins and pollutants are very easy to screen. They're very easy to detect. And, yes, they are very easy to prevent and treat. The same goes with diseases.

Forget what you've heard before. Detoxification is not just a simple matter of going on a juice diet or going without food for an extended period of time. It goes beyond that.

If anything else, it means that you're going to have to re-examine the kind of life you are living and the kind of life you have built for yourself. You can quickly discover that a lot of the things that you choose to believe to be true are actually making you sick. At the very least, they're not helping you perform at peak levels.

This book teaches people from all walks of life to conduct a complete detox of their life. This detox regimen applies across the board. Whether you are suffering from mental toxins or you're struggling with spiritual pollutants or you are faced with the standard physical adulterants that weigh you down and drag you back, this book has something for you.

By using a holistic method to detox, you will be able to live life to the fullest. If you are in any way, shape, or form unhappy, frustrated, or feeling stuck in your life, it is because you have allowed certain things to weigh you down. This is just as bad as being addicted to drugs. This is just problematic as struggling with chemical pollution. Just because you can see it, smell it, taste it or hear it, it doesn't mean it doesn't exist.

You know full well the effects of mental pollution. This book enables you to break free from all of that so you can live up to your fullest potential. All of us are on this planet for a purpose. The sad truth is that we have allowed certain mindsets to get the better of us and this has clouded our view of what our purpose should be.

It is no surprise that the vast majority of us are simply going through the motions. You go from hour to hour, day to day, and moment to moment with really no clear direction as to why we're here. This book cuts through all that fog and enables you to bask in the sunlight of purpose, clarity, and meaning.

A close-up photograph of a person's hands holding a red, ribbed electric heating pad against their abdomen. The person is wearing a plaid shirt. The background is a solid dark red color.

# Chapter 1

## Are You Sick?

In western cultures, sickness has traditionally been defined as physical, medical or mental. While western psychology and psychiatry have progressed quite a bit over the years, there's still a long held impression in the medical community regarding the mind-body connection.

Unfortunately, given what's going on and the trends in general society both in the developed and developing world, traditional definitions of sickness are short sided and all too limited. It doesn't do any good to define sickness in very narrow biochemical terms.

As western medicine dug deeper and deeper into a biochemical germ based or pathogen-centric definition of medicine, a lot is lost in translation. While it has made big strides in bridging the effect of psychology and overall stress on physical health, there's still a lot to be desired.

The bottom line is that we can learn quite a bit from Hindu traditions or eastern traditions that deal with the concept of sickness. In those traditions, sickness is defined holistically. They're more likely to put a lot of stock on the concept of spiritual pollution, emotional stress, interpersonal sickness and other factors that have a strong impact on the human psyche and overall sense of well being.

These factors then manifest themselves in actual physical illness or substandard physical performance. You may be perfectly “healthy” in biochemical terms. All your tests may