

Eden Detox Health Spa

Why Detox? Programme

Doctors today are saying the major reasons more people are getting unhealthy and sick is due to our overall "weakening immune system."

One of the greatest results that following a detox can achieve for you is an enhanced immune system, which will help keep you from illness and disease.

The survival of every animal, bird, fish, plant and germ depends entirely upon its' environment. When the environment is altered, the species of animal life changes. The same is true of our bodies. Germs can cause infection in a susceptible host, but pathogenic germs cannot overcome a clean, healthy and active human body.

Disease is not acquired; it is created by, and often the result of, an unnatural lifestyle, a development that can lead to unnecessary suffering. Allowing our bodies to become acidic, polluted and congested, we are weakening our glands and organs to the point they cannot function.

Rid your body of toxins, good health can be obtained and sustained.

Cells are dependent upon a well-functioning digestive system. If digestion is off, good food can become toxic. Continuation of this problem can cause our bodies to weaken and become prone to deficiencies and disease.

A compromised digestive system can result in mucous accumulation along the intestinal wall, and in the colon and is known as 'mucoid plaque'.

As this plaque coagulates, it retains various substances such as drugs, heavy metals, yeast, pathogenic bacteria, parasites and more, which combine to interfere with normal bowel function, nutrient assimilation and regular elimination.

When you improve your diet and strive for maximum health, the first and most important step is to remove this 'mucoid plaque'. As this occurs, you have made the most important step towards improving bowel function and restoring good health.

Cleansing is a process of removing toxins and debris from the inside. The most effective has been shown to be the cleansing of the entire digestive tract. The colon, liver, and blood are also cleansed in the Eden Detox Program.

The digestive system is the key to our entire body, and if it is polluted, every component of our body can become polluted; tissues, organs, blood, all the way into the cells.

The Detox has been designed to assist in the removal of built-up toxins and to move you toward a better state of health.

It is not uncommon to experience many benefits from cleansing, such as:

- significantly increased energy and vitality
- more efficient digestion
- greater stamina
- increased clarity of mind
- Over-all feeling of improved health
- more radiant complexion and fewer blemishes
- a cleansed and regulated colon, weight loss (fat, not water),
- balanced pH and blood sugar levels,
- strengthened immune system, improved immune system function,
- loss of cravings for sugar and other stimulants,

- cellular cleansing and rebuilding
- diminished toxin load,
- diminished pains and allergies (some disappear completely),
- blood, tissue and organ cleansing,
- restored liver function capacity,
- increased energy levels,
- enhanced sense of joy and lightness

Results will vary widely from person to person.

Boosting Your Immune System

Most of the processed foods eaten in today's society produce an acid ash in our systems. The alkalizing foods, such as raw greens, veggies and the non-sweet fruits, certain grains and nuts, and other whole, natural foods, are often not as prevalent in our diets as is necessary.

We are over 70% water, our internal fluids need to be kept pH neutral. Our bodies are at work constantly to keep our internal world neutrally balanced, but when more acids accumulate in our body than our elimination systems can handle, we become too acidic.

Eventually our cells are drowning in acid wastes, our system begins to slow down and we literally begin to decay from the inside out. We begin to have overgrown amounts of yeasts and fungi, and as they devour the excess sugars and acids, we enter the initial stages of deterioration. We get ill and have low energy. We have aches and pains, insomnia, can't focus, poor memory and arthritis.

Our immune system by this time has become greatly weakened and our body shows signs of imbalance. It is reversible, by changing your internal terrain through detoxing and adjusting to healthier foods.

Fresh Organic Juices Provide Everything Your Body Needs

Juices provide plenty of fresh natural sugars, salts, enzymes, electrolytes, vitamins, minerals, trace elements and probiotics, all in their appropriate proportions, for the rebuilding your body will be doing during the fast.

Because juices require minimal digestion and are readily absorbed into the system, they do not interfere with the need for the digestive system to be almost completely shut down, which leaves the body's energy available for the deep cleansing and rebuilding activities of a detox. Juices also provide enough fluids to ensure the colon becomes thoroughly washed, while simultaneously allowing one to feel satisfied and never hungry.

Detoxing for the Mind-Body-Spirit The detox program is designed to address the entire individual - Mind-Body-Spirit. There is no point in focusing on only the physical aspect of health, because we are an integrated whole with each of our parts affecting the whole. During the detox, you will receive information, stimulation, and restoration for your entire being. The detox includes yoga, private meditation time, world class gym, morning walks, soaking in the pool, sitting the sauna, and the floatation tank, and much more.

A Penny for Prevention is Better Than a Pound for Cure Health care today can be an extremely costly undertaking, once you're sick. So, why let yourself get sick in the first place? The body is amazingly resilient, and with a little care it will serve you well for a long time. Honour your body and your life by spending a little time and money to keep it healthy to begin with, instead of waiting until it's too late! Ideally, one should fast twice a year. If you can discipline yourself to do it at home, fantastic! Many people like to treat themselves to a health vacation, where they get away from the stresses of regular life and all that surrounds them, and retreat to a place of peace, quiet and beauty. The Eden Health Spa offers sanctuary to those wishing to relax, release toxins, rebuild, refresh and totally recharge their energy levels.

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