



TINDERBOX

SPIRITUAL BEINGS BEING HUMAN

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The rut-busting herbal detox

Too much being a bit naughty

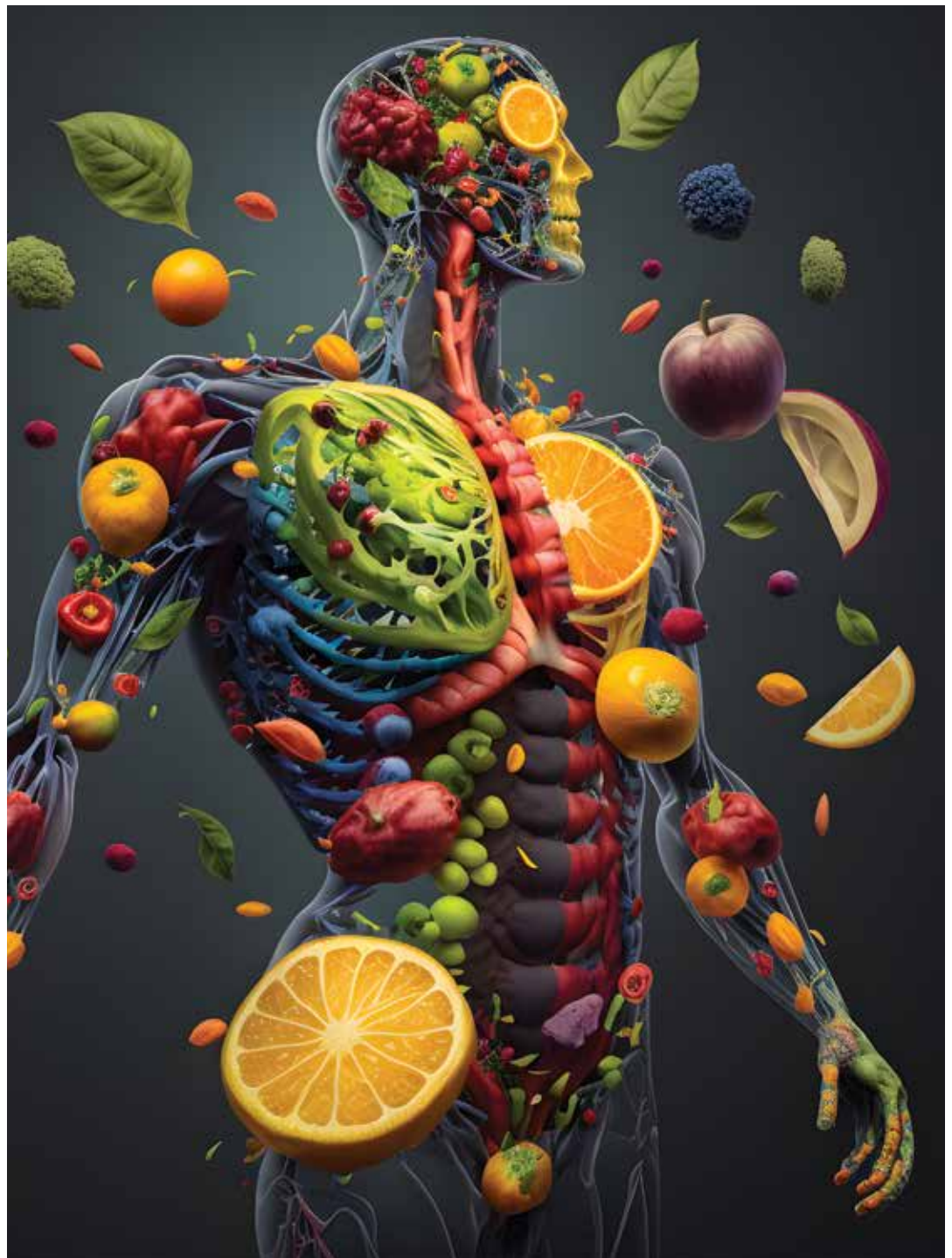
We can go along being a bit naughty for so long with our dietary habits, but eventually the body will tell us enough is enough and signal to us that we have gone too far and reached critical mass with accumulating toxins. The body never lies. Over time, it will start to bear the imprints of every excessive transgression or deleterious habit in which we have indulged. It is not only congestive and processed foods that are the culprits, but also elevated cortisol levels from chronic stress and the endogenous metabolic toxins of internal origin that build up to adversely affect our health. Indeed, in this modern world, we humans are exposed to multiple stressors that can burden our bodies' own detoxification systems with excess waste. This includes vestige detritus from pharmaceutical or recreational drugs that still lurks within the body's cells. The broad array of external environmental toxins includes pesticides, hidden food additives, heavy metals as well as the chemical pollutants in the air that we breathe. Improper clearance of toxins can certainly play a role in obesity, cardiovascular disease, neurocognitive concerns, immune dysfunction, allergies, chemical intolerance and reproductive and developmental concerns. It is no wonder that humans have always turned to reliable, detoxifying herbs to deal with this ubiquitous and vexatious problem.

Your gut is not Las Vegas. What happens in the gut does not stay in the gut."

Peter Kozlowski

The toxicity of the modern world

The salubrious practice of detoxing the body to help remove harmful toxins plays such a crucial role in maintaining optimal health and well being. Our body's intrinsic physiological mechanisms that naturally remove these hazardous contaminants include the workings of the liver, kidneys, the lungs, the skin and the lymphatic system. If too much toxic matter amasses and our organs become overlaid with toxicity affecting our blood, we invariably begin to notice various adverse impacts manifesting



through a wide variety of chronic symptoms such as skin problems, sluggish metabolism and fatigue.

Detoxing the body is not only beneficial, but also necessary. By engaging in detoxification practices, we can catalyse, augment and hasten the natural elimination of accumulated toxins, promoting a

more efficient metabolism, improved digestion and enhanced immune function.

Additionally, detoxing can boost energy levels, improve mental clarity and rejuvenate the entire body, ultimately leading to a greater sense of vitality and overall wellness.

What's the most effective detox program? Distancing yourself from self-destructive thoughts, behaviours, and people. Charles F Glassman

Detoxing is an ancient practice

Detoxing may have been modernised into cult New Age status, but we should note that there is nothing new about it; detoxification has been practiced worldwide across multiple cultures for thousands of years. To be exact many of these practices date back to 2000 B.C.E and were documented to have been used in Ancient Egypt, the Roman empire, China, India and early North and South America. Indeed the noble and highly beneficial detox was practised for the well being of the individuals and collectives who suffered from diverse ailments and all sorts of built-up excess. It reminds us again of the innumerable kinds of poisons that humans have always generated within themselves and externally from the very beginning of medicine and healing.

The innate human impulse to cleanse the body and the mind of impurities is central to most spiritual practices and at the heart of healthful living. Many cultures throughout time considered fasting or a period of deep inner purification as a devotional act and a necessary prerequisite to attain higher spiritual states of consciousness. Detoxing was prized for its ability to connect the human mind and body with its Divine source. The corporeal

vessel of the body with the mind must be made pure to be worthy of receiving Divine grace. It was akin to purging the body and soul of impurities, karmic debts, sins, negative habits and thought patterns, unwholesome attachments and desires. These, being the very obstructions that impede our spiritual growth and physical wellbeing. Indeed when viewed through a cultural lens, detoxing was not only for maintaining health but a sacred ritual and methodology for spiritual purification and consequential evolution towards unity consciousness.

Detox - the cross-cultural tool for healing

Amongst multi-cultural tribal communities the designated high priest, shaman or holy person would retreat in solitude to engage in vigorous detoxifying rituals including fasting and ingesting herbal concoctions before significant spiritual events. This practice raised their consciousness to the resilient, uncorrupted state necessary to undertake various otherworldly Spirit quests into the great mystery to receive Divine wisdom to bring back for the benefit of the whole community.

Ancient biblical regulations for life and for temple activity included dietary restrictions, physical cleansing and aromatic fumigations.

Native American traditions include many of the same cleansing concepts, combining herbalism with restricting food intake and aromatic rituals to help clear the body. Ancient Greece and Rome had their herbal purification baths and then there was the ancient Nordic practice of saunas. These sweat baths, sitting in a hot, humid room for extended amounts of time to relax the body and mind, encouraged the body to sweat more in order to shed toxic accumulation.

Traditional Chinese Medicine (TCM), also an ancient system of healing, also regarded toxins as a disturbance in the body that must be removed for health. As certain points of "energy flow" are considered, attempts are made to remove disturbances and blockages in that region or a connected one. Supporting the liver as the body's detox organ is a key component to this process, as well. Herbal decoctions, acupressure and acupuncture are essential tools in this endeavour.

The early masters of detox

Detoxification was, and still is, a key component of Ayurveda in India; one of the oldest most venerated forms of medicine in the world. "Langhanam paramam aushadham" is a popular Ayurvedic phrase that translates: "Fasting is the supreme medicine". Herbal decontaminating

formulations and lifestyle adjustments comprise the focal point of Ayurveda, for the removal of toxins (*Ama*). *Ama* denotes the abnormal or impaired process of digestion and metabolism that leads to build up of toxic by-products, which cannot be neutralised or eliminated by the body. *Ama* overflows from the digestive system, coats the cells of the body and mixes with the entire constitution. The traditional Ayurvedic detox involves a cleansing dietary regimen, herbal treatments and purges as well as stress-relieving practices like meditation and massage. The avoidance of toxins is so important in Ayurveda that there is even a process for removing the toxins from the plant itself, before ever reaching the individual who would consume it.

A traditional Vedic detox involved utilising the Panchakarma which included five cleansing practices: 1) Virechana: internal cleansing by administering powders and pastes prepared from medicinal plants. 2) Vamana: using herbal medicines to induce vomiting. 3) Vasti: using warm medicated oils for enemas. 4) Basti: Enema therapy. 5) Rakta moksha: bloodletting by making precise incisions using surgical instruments. The Vedic detox might be considered extreme by some, yet when performed correctly has proved to be a valuable and efficacious therapy.

*Have mercy on me, O God,
according to your unfailing love;
according to your great compassion
blot out my transgressions.
Wash away all my iniquity and
cleanse me from my sin.
For I know my transgressions,
and my sin is always before me.*

Psalm 51 1



A mind & body complex overhaul

The plethora of detoxification programs that are prevalently promoted these days can carry the stigma of being extreme or weird from the sublime to the ridiculous. It is hardly surprising that many perceive detoxing programs as gruelling, self-abnegating conquests that must be endured with punishing restraints imposed upon the body. The detox is dreaded because it is believed that it will

take away our pleasures so we put it off for another day when we're feeling better, even if we know in our hearts that we really do need to detox to feel better - much better.

It is wise to turn around the negative connotations to understand that detoxing is an expression of the highest form of self care and love that makes whole again, all the fragmented pieces of our fractured self. The detox won't last forever,

it is but a blink of the eye in the big scheme of things yet powerful enough to recalibrate and empower our complete embodied organism to vibrate at a higher frequency. Giving up food habits and stopping ourselves from ingesting all that we want to eat strengthens our willpower, prioritising will over instinct in a conscious strategy over a physical desire so we can better manage our life in the world.

We come to know our deepest, innermost thoughts and also gain the ability to persevere with what we have set out to do.

As we consider herbs and dietary regimes to help us detox, decongest, de-bloat our body and clarify our mind, it's important to remember that detoxing is a very personal experience.

Detoxifying herbs

Liver cleansers Burdock, dandelion, milk thistle, sarsaparilla, yellow dock, elderberry, thyme, vervain.

Blood and lymph cleansers Nettle, turmeric, spirulina, red clover, alfalfa, echinacea, rosemary, ginkgo, barberry, horsetail, corn silk, bearberry, yarrow, buchu, elderflower, sage, epilobium, saw palmetto.

Gut cleansers Ginger, fennel, chamomile, meadowsweet, peppermint, aloe vera, calendula, bladderwrack, yarrow, lemongrass, liquorice, marshmallow, turmeric.

Bowel cleansers Buckthorn, cascara sagrada, senna, aloe vera, yellow dock, slippery elm.

Respiratory cleansers Mullein, elecampane, echinacea, thyme, coltsfoot, chamomile, chickweed, green tea, elderberry, horsetail, peppermint.

Brain/nerve cleansers Ginkgo biloba, gotu kola, rhodiola, brahmi, passionflower, schisandra, frankincense, damiana, ashwagandha, ginseng, lemon balm.

Skin cleansers Calendula, chickweed, plantain, golden seal, chamomile, elderflower, ladies mantle, linden flowers, rose, marshmallow, nettle, sarsaparilla, witchazel.

Detoxifying essential oils

We can definitely include essential oils in our detoxification program to support and augment the whole process. Aromatherapy helps us shift into a more positive energetic frequency by kindling a calm and relaxed state via our olfactory system. We diffuse them to clear our lungs, add them to salt baths, massage them into the body and add them to clays to detox the face of impurities. We can also spray them about our person or space. All of the citrus oils will be effective to assist the body shed toxic waste. Circulatory stimulants like rosemary, ginger, juniper and cypress will also be our reliable allies. Nerve tonics like bergamot, chamomile and sandalwood will elevate our mood.

Detoxing liver oils

Lemon, grapefruit, carrot seed, mandarin, peppermint, basil, chamomile, vetiver, marjoram, lime, patchouli, cedarwood.

Detoxing kidney oils

Pine, juniper, rosemary, fennel, sage, carrot seed, myrrh, petitgrain, grapefruit, basil.

Detoxing digestive system oils

Peppermint, fennel, ginger, oregano, lemon, orange, black pepper, carrot seed, basil, coriander, cinnamon.

Detoxing lymphatic oils

Juniper, lemon, chamomile, rosemary, clary sage, bergamot, frankincense, litsea cubeba, mandarin.

Detoxing skin oils

Geranium, helichrysum, chamomile, lavender, sandalwood, neroli, jasmine, manuka.

Detoxing lung oils

Eucalyptus, niaouli, cypress, rosemary, peppermint, cajeput, fragonia, cedarwood, thyme.

Detoxing the environment

Palo Santo, sandalwood, sage, frankincense, myrrh, cedarwood, cypress, clove.

Things we can do to enhance detoxification

There are many complementary things we can do to assist the detox apart from the obvious cutting out unwholesome, processed foods from our diet.

Retreat or take a holiday

It is wise not to sustain our usual working lives when we detox, so we can focus on elevating our healing process.

Digital Detox

This is a no-brainer - tech overload causes mind clutter and anxiety. Refrain from using electronic devices, unplugging from smartphones or computers to reduce stress and distraction of social interaction in the physical world and recharge the brain.

Meditation

Detoxification enhances meditation and meditation enhances detoxification. If we regularly meditate, detoxing makes meditation more profound or longer than usual, we make the mind less reactive and more intentional. We often look at meditation as a chance to unplug from the world, but in reality, we are plugging into the entire universe.

Hydration

It's vital to stay well hydrated while on any detox program, particularly, if we don't get enough water throughout the day. Refrain from drinking caffeinated or milky drinks and drink only quality, pure water and copious herbal decoctions that will significantly add to our necessary fluid intake.

Enemas

Undergoing hydrotherapy of the colon or colonic irrigation will hasten the exit of toxins.

Hydrotherapy

Include different types of hydrotherapy like aromatherapy hot baths, cold showers, very cold plunges, ocean swimming and footbaths. Water is the great universal purifier.

Deep conscious breathing

Also called pranayama is highly effective to help the body detox, making the lungs high functioning detoxifiers of stagnancy in the body and subtle bodies. Breathing acts as a lymphatic pump helping the flow of lymph through the deep vessels of the chest.

Body brushing

Dry skin brushing with a natural bristle brush, unclogs pores in the exfoliation process and helps detoxify our skin by increasing blood circulation and promoting lymph flow and drainage. By unclogging pores, it is easier for the body to sweat and eliminate toxins from our system.

Lymphatic drainage massage

This type of massage is very beneficial to flush out excess liquids and toxins from our system and subsequently helps to combat water retention and inflammation.

Probiotics

Take high quality broad-spectrum probiotics. Probiotics may enhance enzyme production and efficiency involved in detoxification processes. Their modulatory effects on bile acid synthesis is one mechanism that may support the healthy excretion of heavy metals.

Get quality sleep

Sleep helps the brain detox by increasing the space between brain cells and flushing out damaging molecules in the brain that are associated with neurodegeneration. It also clears a lot of stress and negative thought congestion.

Burn pure plant incense and smudge

In this way, we can cleanse away the negative or unwanted energy from the spaces in which we live to keep us calm, grounded and in a positive mindset.

Immerse in nature

Spend contemplative time in the wild places where Nature has prevailed and the area is rich with prana-donating plants and trees.

Sweat regularly

Saunas are indicated as a detoxifying tool for multiple ailments. The temperature, humidity and duration of the sauna can change based on need, with longer sessions used for heavy metal detoxification.

Minimise environmental contamination exposure

During a detox it is high time to unclutter the cupboards of synthetic, chemical cleaning and personal care products. Remember the garden shed too for nasty pesticides and fertilisers still lurking.

Do not over exercise

Conserve energy for healing and regeneration. Walking and gentle yoga is ideal.





Yoga will be our best detox buddy

Systematic detoxification, that includes fasting, helps bring both the body and mind into the higher functioning state that is essential for meditation to attain unity consciousness - the true goal of yoga. The mind needs quiet and the body needs to be supple and strong to comfortably remain seated for prolonged periods of time, to sustain meditation. Patanjali (the father

of Yoga) in Yoga Sutra describes the purpose of Yoga practices as eliminating physical and mental impurities or toxins to achieve a true sense of wisdom. Until toxins that are in energy channels are discreetly disposed from one's body, one cannot attain a supreme state of health. Yoga hugely assists detoxification of the body by improving the functioning of our

circulatory, digestive and lymphatic systems to flush out the toxins from the body. Yoga asana contracts and releases the large muscles to move lymph fluid along the lymph vessels towards the lymph nodes and elimination.

Sun Salutations (Surya Namaskar) flow through a variety of poses that activate many different muscles. The variety of muscle contractions and

changes in position and pressure in the body benefits lymph flow. Inversions reverse the effect of gravity, helping lymph fluid to drain from the legs. Twists (as well as forward, backward and side bends) stimulate the flow of lymph through the core of our body. BKS Iyengar said that twists are detoxifying because of the squeeze and soak action. The organs of detoxification and elimination are compressed pushing out old stagnant blood and so then when we release the twist, fresh oxygenated blood can flow in.

Eagle pose (Garudasana), is a great yoga detoxifier that helps to boost circulation and wring out the toxins from the bloodstream and lymphatics by squeezing the limbs as they wind around the body and the whole core contracts.

Downward dog pose for instance helps the lungs detoxify. This pose is an inversion, whereby; our inner organs slop cranially (toward the brain) within the abdominal and thoracic cavities. This challenged position for the heart and the lungs, enhances the ability for them to detox and eliminate carbon dioxide more efficiently because the phase of the exhalation is naturally lengthened. This rejuvenates the body because it is both relaxing and energising, ensuring better endurance and resilience for our practice.

The rewards of a good detox

FEEL AN INNER AND OUTER REJUVENATION

Boosts energy levels

Chronic fatigue can make it so difficult just to face our most basic day-to-day responsibilities, let alone enjoy life. Too often we turn to caffeine or sugar to keep us going, but as we well know energy spikes then crashes to worse proportions. Detoxing will boost and stabilise our energy levels by removing toxins that slow down our metabolism and make us feel sluggish.

Improves digestion

Toxins can build up in our digestive system and cause a variety of common digestive issues, such as bloating, constipation and diarrhoea. Detoxing improves digestion by removing these toxins first in order to rebuild a functional micro biome in the gut and retrain the digestive system to function more optimally.

Supports weight loss

Detoxing can also support weight loss by removing toxins that can interfere with our body's ability to burn fat and assisting the liver to do its job properly making body weight easier to shift. A detox program can cause loss of weight in the short term, but it's important to establish healthier eating habits after detoxing the body.

Clears the skin and builds healthier hair

Toxin overload can affect our skin negatively as the pollutants try to escape through the pores causing blemishes, acne, rashes and other irritating skin issues including a poor complexion and premature aging. Detoxing clears the skin letting it heal and become more clear and smooth. When our hair is able to grow uninhibited by internal toxins we can often see and feel the difference, sometimes it gets less brittle, shinier and softer to the touch and can grow more quickly - all signs of healthier hair.

Boosts immune system

Detoxing removes toxins that can weaken our body's defences. A stronger immune system will be more resilient to resist sickness and more able to fight off infections.

Promotes healthier habits

Detoxing can also help break bad habits such as smoking, drinking alcohol, or eating unhealthy foods. Taking a break from these harmful substances during our detox, we may feel more motivated to continue making healthy choices after the cleanse is over, encouraging us to eat whole, nutrient-dense foods that support our body's natural detoxification processes.

Reduces inflammation

Toxins can also cause chronic inflammation in the body, which leads to a variety of health issues, including arthritis, heart disease and cancer. Detoxing can help reduce inflammation by removing these harmful substances and allowing our body to heal.

Improves mental clarity

When toxins circulate through our body they inevitably reach the brain and our central nervous system affecting our mental clarity, causing brain fog and difficulty concentrating. Detoxing helps improve our mental clarity and mental alertness by removing these harmful substances and allowing our brain to function more efficiently.

Clears bad breath and body odour

One contributor to bad breath and body odour can be a backed up colon. Detoxing clears out the toxins in our colon and gets our digestive system functioning well again and as a result, our breath and body odour eventually improves. It is normal that both may worsen before improving while the toxins are being released.

Enhances mood

Toxins can lay havoc on our emotions leading to irritability, anxiety, depression and a decreased tolerance for stress. Detoxing enhances our mood by improving the functioning of the brain, reducing inflammation, balancing hormones and improving sleep; as a consequence we feel happier and more content. When we detox, we eventually feel good and when we feel good, good things happen to us.

Increases longevity

Detoxing can also increase longevity by reducing the risk of chronic diseases, such as cancer, heart disease and diabetes. By removing toxins and reducing inflammation in the body, we may be able to live a longer, healthier life.

Enhances and elevates spirituality

Any toxic behaviour, attitude or negative influence that we allow into our life may be secretly poisoning our soul. When it comes to spiritual detoxification, our diet consists of all we consume physically, emotionally, mentally and spiritually. Detoxing raises our energy vibrations, vital forces and aligns us to our true self.

Recover, reset and reinvigorate

Detoxification requires us to dive within the deepest parts of the mind/body complex and clean out all toxic waste both physical and metaphysical. It requires an inspired commitment to significantly modify our daily habits to recreate those that will serve us so much better. It necessitates that we prioritise the needs of our true highest Self - who we are at our best and how well and comfortably we can live in the world. As such, it should always be done with care, respect and understanding which is why it was always done in ritual. Holistic care always prioritises the body as a whole rather than a symptom or condition on its own so toxin accumulation isn't something to be singled out as the sole consideration for remedial treatment. It is a component of an entire host of bodily and mental issues and must be brought back to health as a whole. A body filled with impurities will pollute the mind and a mind that is imbalanced will correspondingly imbalance the body. Detoxification is the go for authentic healing if we want to strengthen the mind, feel refreshed, restored and be revitalised on a deep cellular level.



Herbs are at the core of a good detox

A personal detox program can be simple, yet impressively effective.

We have the advantage in this fast information era to thoroughly investigate the myriad options that best suit our needs. There are 1001 detox programs that we can employ, but it is best to tailor a system that suits our individual constitution, age, level of physical fitness and health. We can moderately modify or radicalise our diet or maybe just make a few tweaks here and there while using herbal decoctions to flush through our body of all the detritus of detrimental eating and living. A detox program can include: fasting on only water, juice fasting, intermittent fasting or simply eliminating all sugars, fats, meats, dairy and processed foods to eat sparingly of only fresh plant based food for a designated period of time. No matter what we decide to do, using alkalising, blood cleansing and adaptogenic herbs to augment and enhance the whole detoxification process makes the best sense to attain robust health.

Detoxing is often associated with a wide range of restrictions, which does not necessarily have to be the case or the sole foundation of an internal cleanse. For instance, adding excellent detoxifying herbal infusions to our existing diet alone can have a powerful effect on removing toxins and uplifting our sense of health and wellbeing. At the core of detoxification, the goal has always been to free the body of disturbance while feeding it with good, balancing habits, foods and supplements including secondary support like bodywork and a low stress lifestyle. The discipline of some kind of fasting does give a much-needed rest for the organs especially the digestive system, freeing up the body's vital energy to focus on addressing causal pathological disorders.

The plant world can be our biggest ally

Herbs have and always will be at the very heart of detoxification because they have a special affinity to support the natural function of our intrinsic detoxification systems. Herbs like dandelion, burdock, nettle and red clover support and nurture rather than deplete systems as they wash them clean by replenishing essential nutrients to rebuild tissues. Herbs are very effective at promoting elimination through the intestines, kidneys and skin, improving circulation of the blood and refuelling the body with easily assimilated plant actives in the absence of food. When debilitating digestive issues start to manifest it is a sure warning from the gut that it needs a break from digesting food to regroup and start from scratch to rebuild a healthier digestive system. Fortunately there are myriad digestive herbs that excel at detoxing, soothing and restoring an impaired gut, like meadowsweet, ginger, marshmallow, chamomile, lemon balm or fennel.

The extraordinary antioxidant and anti-inflammatory action of some detoxifying herbs stimulates a supreme intracellular pathway that up regulates the genetic expression of the powerhouse antioxidant molecule glutathione and reduces overall pathological inflammation. This is very important when detoxing and for reducing the pro-inflammatory effects of intermediate metabolites that give us pain.

The body's primary detox systems

The liver is often considered the primary organ of detoxification. Once a molecule has been processed in the liver, it is returned into circulation to be removed via the kidneys or through the intestines (via bile) where it is eliminated with the faeces. This is why it is wise to employ special liver herbs like

dandelion, milk thistle and burdock to stimulate the liver to drive toxins from the body. Alkalising herbs like burdock, alfalfa or red clover will be of enormous value when detoxing, because alkalisation is anti-inflammatory and vital to tissue regeneration. Such herbs build electrolytes for proper ionisation, oxidation and neutralisation. It allows for proper cellular respiration and for the distribution of nutrients throughout the body.

Lymphatic tissues take all the toxins from around the body and then transport them to the organs that are responsible for toxin elimination (such as the liver and kidneys). In turn, these organs then metabolise toxins and prepare them to be excreted from the body. There are also areas of lymphatic tissue scattered in other parts of the digestive system and respiratory system. Like lymph nodes, lymphatic tissue helps remove waste, bacteria and damaged cells from lymph.

If the blood and lymphatic system were pure, no disease would exist. Blood cleansing, alternative herbs catalyse a natural detoxification, opening a variety of eliminatory systems to keep the blood and lymph clean and clear from the build-up of toxins and inflammatory agents.

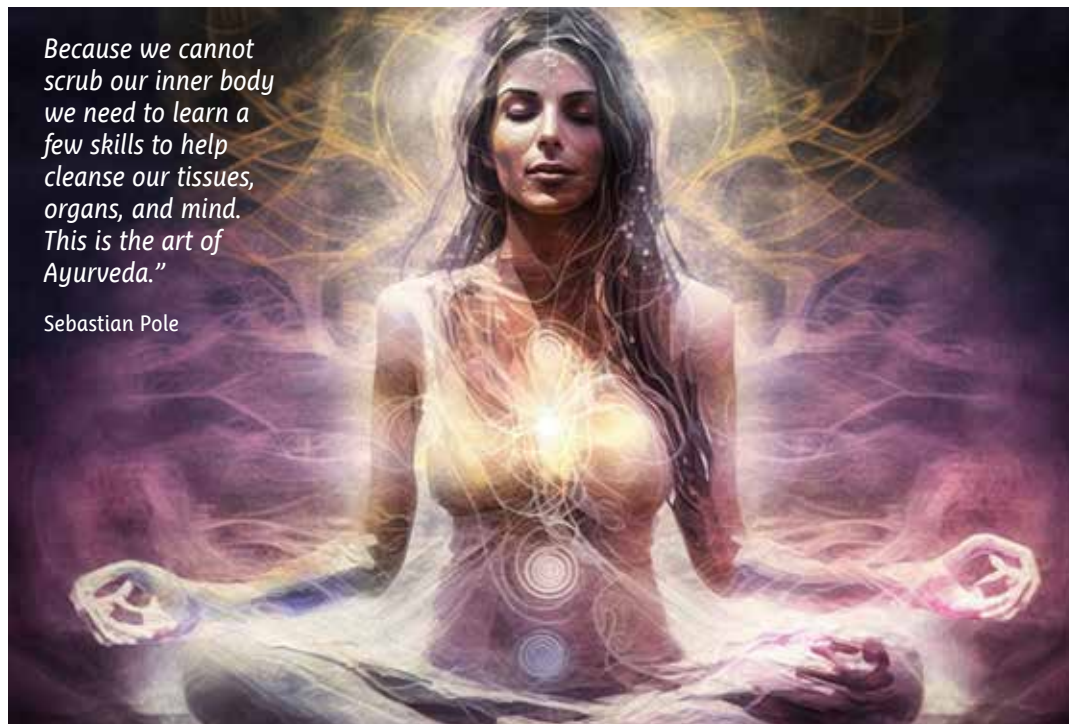
Riding through the 'healing crisis'

Sometimes it seems like we get worse before we get better; when our body reacts negatively to our detoxification efforts it is called a 'healing crisis'. This phenomenon is what happens when our natural detoxification cycle encourages stored toxins and accumulated waste to release from storage sites and flood our blood on their way out. When the toxins being released from the body's tissues outpace the body's ability to eliminate them, they stay in the bloodstream, triggering an inflammatory

response and causing people to feel quite crappy. How much so, is proportionate to the state of health we were in when we started the detox.

The diverse list of detox symptoms includes but isn't limited to fatigue, headaches, body aches, nausea, brain fog and irritability. During the process of detoxification, associated emotions can often come to the surface and need to be felt and processed: Fear, anger, irritability, sadness and grief are the most common emotions known to arise during a detox. Some people can feel spacy, anxious, depressed or emotionally fatigued. Like all things, this will pass. The instinctive mind is still reacting to genetic data of primordial, generational conditioning that fears scarcity and hunger prompting us to keep eating for survival. The hollow gut grows in perceived hunger, when in fact most of us in this lifetime have never experienced real hunger in our privileged world.

People can also experience acne or skin irritation because their skin is a large exit pathway for toxins. Nausea from detox is a result of the stomach unaccustomed to being idle and not processing necessary nutrients. Fatigue is our body telling us that we need to rest, as healing takes up a lot of energy. Our energy levels should improve a little more each day as our body recovers. As brain fog lifts during detox, our awareness increases and we experience a renewed sense of purpose, motivation and mental strength that increases our ability to control cravings and overcome addictions to alcohol, drugs, sugar and other unhealthy habits. We must be patient when we break away from old patterns and allow our body the time it needs to adjust to new, healthy lifestyle choices if we want to enjoy the fruits of purification.



Because we cannot scrub our inner body we need to learn a few skills to help cleanse our tissues, organs, and mind. This is the art of Ayurveda.”

Sebastian Pole

The physiological process of detoxification

Medically speaking, fasting is a state of metabolism achieved after digestion of food or eating no food for at least 10-12 hours. Detoxification involves metabolic processes called biotransformation, during which the alteration of the chemical structure of toxic substances renders them inactive. The body then excretes these substances. Detoxification is the overall term for taking harmful or no longer useful substances from within the cells and tissues of the body and transforming them from lipophilic (or fat-loving) molecules into hydrophilic (or water-soluble) substances that may then be eliminated via additional tissues and organs (predominantly the bowels) and to a lesser degree via the kidneys, lungs and skin.

The spiritual merits of the detox

It could be said that that if we cannot muster the self-discipline to control to some extent what we put into our mouth, then we will have greater difficulty disciplining ourselves in other aspects of our lives. Indeed, the process itself of detoxification can be quite a discipline of endurance and austerity for many, which like all worthwhile things, is well worth the effort. The act of abstinence as a spiritual observance prompts us to internalise our attention to investigate the sources of the cravings, desires and aversions that drive us. We can continue to suffer in a preconditioned life stuck on repeat and stagnate in a groove

of age-old habit, self-destructive desires and unsupportive memories; or, we can choose to discontinue being a victim of our own making. The herbal detox offers an evolutionary and advantageous way forward that aligns with Nature and our higher-functioning Self.

If herbal detoxification with food restrictions is done for long enough, it effectively busts us out of our ruts; the places we have become stuck - wherever we have resisted the natural laws of evolutionary change. When we combine the detox cleansing process with dedicated meditation and breathing practices, the positive outcomes increase exponentially.

The impure obstructions caused by unwanted thought patterns like self-doubt, anxiety and uncertainty that create repetitive loops of suffering in our lives are washed through all the energy channels of our body liberating us from their hold.

As a result, the grime that obscures the inner light of pure consciousness is cleansed so it might radiate outwardly more vibrantly. We can now dive unencumbered into the vast, creative ocean of pure consciousness and live each moment sparkling fresh and joyful as it unfolds.

Who should NOT fast?

- ~ Children and babies
- ~ Pregnant or breast-feeding women
- ~ Underweight people
- ~ People with serious illness and medications
- ~ People on medication that must be taken with food
- ~ People with type 1 and 2 diabetes who take insulin
- ~ People with eating disorders



Inner Radiance
Cleanses, detoxes and alkalises.



Wee Tea
Purifies kidneys and lymph system.



Poo Tea
Cleanses colon, bowels and digestive system.



Power Detox
Liver detoxifier.



Power Greens
Alkalisng cleanse.



Grapefruit Detox Bath
Drains body of aches and toxic build up.



Juniper Body Rub
Purifying, improve blood flow.



Equanimity
Clears negative thinking patterns.



Face Pack
Clarifying - draws out skin toxins.

TINDERBOX PRODUCTS FOR HERBAL DETOX



Herbal Smudge
Clears negative energy.



Protection
Cleans air and body of harmful microbes.



Super Plant Vitality Powder
Revitalises the entire system.