

Detox Vs Drainage

The term detoxification is usually referred to as the release of toxins from their binding sites. However, detoxification is not completed unless the released of free-flowing toxins are actually eliminated from the body. The process of moving a free-flowing toxin though to its final elimination is called drainage.

Several important factors must work together to promote effective drainage. Improving the efficiency of elimination organs and enhancing circulation/blood flow are just two key components of maximizing drainage. Drainage can be stimulated through the use of certain herbal or homeopathic remedies at 1x or 2x potency, and through the improvement of the biochemical terrain of the body using targeted nutritional co-factors.

The Toxic Ping Pong Effect

Effective drainage is an essential part of a healthy body and should be a major part of any detox or cleansing program. It also plays a part of any detox or cleansing program. It also plays a big role in recovery from both acute and chronic conditions. Lack of adequate drainage may itself be the reason for many symptoms as the body struggles to eliminate free-flowing endo/exotoxins. The inability to effectively eliminate these toxins can result in their settling within the system and causing toxicity, further symptoms, and/or tissue functional degeneration.

If adequate drainage does not occur during detox therapy, the released toxins may end up resettling in a new site, leading to a phenomenon referred to as the “Toxic Ping Pong Effect.” **This occurs when the toxins are bounced around from one binding site to another without leaving the body.**

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