

Keep them safe...



Childhood vaccinations including

**Meningitis B and chicken pox**

(Not currently provided by the NHS)

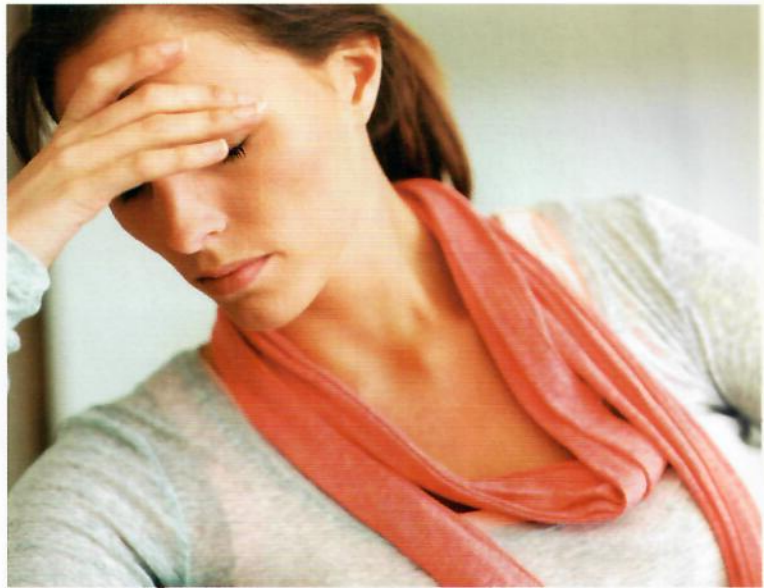
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[www.wimbledonprivategpcclinic.co.uk](http://www.wimbledonprivategpcclinic.co.uk)



## Sluggish or sprightly?

How to spot toxicity – and find relief from the symptoms

Most of us see a detox as something to do a couple of times a year. We might choose to detox for many reasons—to lose weight, to cleanse the liver of impurities, even for spiritual reasons. Cleansing is actually something the body wants to do all the time. But because toxins are everywhere (in the air, in chemicals we use and are exposed to and in our food) the body cannot always cleanse all by itself.

The body protects us from toxins by storing them in a thick rubbery goo called Mucoid Plaque which coats the inside of our stomach, intestines and colon and eventually stops us from absorbing our vital nutrients, suffocating our digestive system and causing allergies, parasites, and bad bacteria to thrive. Human tissue laden with toxins cannot assimilate nutrients well or eliminate its own wastes efficiently. Tissue that needs repair heals very slowly until toxins are removed. Signs of toxicity include: headaches; eye infections; dark circles under eyes; infertility/menstrual problems; water retention; excessive mucus; inability to shake off colds/coughs; skin rashes; cellulite; body odour; bad breath; joint/muscle pain; fatigue; nausea; bloating; constipation; food intolerances; mood swings and low libido.

First gentle steps to detoxing include taking hot and cold showers to stimulate the lymphatic function; skin brushing and gentle exercise. Some detox programmes encourage fasting, eating lots of fruit, juicing and taking supplements.

You will know when you have detoxed successfully. Your skin looks bright, your hair shiny and strong. The blood flows better, Oxygen gets round the system and your brain will function better. Secretions and odours do not build up, your liver and kidneys empty themselves, your bowel gets rid of all of the waste. You will look and feel just as nature – and your body – intended. ■

Total Health Now, [www.totalhealthnow.co.uk](http://www.totalhealthnow.co.uk)

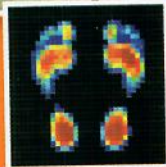
### MORE ONLINE

More signs of toxicity to watch out for?  
Visit [www.timeandleisure.co.uk/toxic](http://www.timeandleisure.co.uk/toxic)

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