

# Detoxification Process:

**What is Detoxification?** Detoxification is the elimination of toxins and wastes from the body. Every cell in the body uses nutrients and oxygen as building blocks to do its proper function. As a byproduct of the ‘work’ performed are elements that are no longer useable by the cells. We normally call these byproducts ‘waste’ and under ideal situations most of this waste is eliminated from the body. Unfortunately however, much of this waste is retained by the cells because they don’t have enough oxygen/energy/nutrition to remove it. Even over small amounts of time, these wastes tend to become toxic to the cells and thus the body. This is further compounded when we look at all the impure foods we eat, liquids we drink and air we breathe. From this, we can readily see that an accumulation of toxins can quickly add up. And the older we get, the more we tend to accumulate.

**Why don’t we just normally get rid of all this stuff?** Many of us just don’t get enough fresh air, exercise, proper nutrition, and sunlight to assist us in creating and maintaining ideal health. Here we are assisting the natural detoxification process by assisting the body in its removal of waste products.

## Detoxification with the Amethyst Bio Mat

**What to expect when adding BioMat sessions to your regimen:** As the Amethyst BioMat helps the body to cleanse and detoxify, some users will experience one or more symptoms of detoxification— sometimes referred to as a ‘healing crisis’. These symptoms may include more frequent bowel movements and urination, slight nausea, mild headaches, various discharges, mucus, skin breakouts or acne. These are all normal and expected symptoms that can be generated as the body clears itself of accumulated cellular waste and debris.

As the body receives a constant stream of light wave energetics that it needs to strengthen itself, the body’s vital force increases. This enables the body to liquefy accumulated waste and toxins that have been lodged in the tissues, cells and organs of the body for many years, and to eliminate them as phlegm, mucus, etc. Like other light frequency therapies, the lightwaves generated by the *Amethyst BioMat automatically prioritize problems in the body*. Often an area of weakness can become highlighted, perhaps thought of as resolved or something that you were previously unaware of. As the body cleansing, balancing, and restoring begins, you may become aware of this weak point.

## Why is it important to go through this type of detoxification?

Although you may feel slightly uncomfortable during the process, afterwards you may experience a new level of vitality. This process of detoxification is sometimes called a “healing crisis”. The famous homoeopath, Constantine Hering, made a clear distinction between the symptoms of a healing crisis and those of dis-ease process. Unfortunately, we often confuse a healing crisis with a dis-ease process, and suppress it with medication. This only makes the body weaker and more vulnerable to imbalance leading to dis-ease.

When we experience a “healing crisis”, we can assist the process by drinking lots of liquids, keeping warm, resting and exercising for lymphatic movement. This promotes the rapid elimination of any toxins and disease elements that are manifesting themselves as phlegm, catarrh, mucus, running nose, enlarged tonsils, fever, etc. This is nature’s way of ‘righting’ some internal wrong. It is also known as the “reversal process”. Whatever has been suppressed in the body for years liquefies and is eliminated through the normal elimination channels. Initially, during a “healing crisis”, we may feel a lack of energy. This is almost always because the body is cleansing, restoring, etc. at deep cellular levels, and is using a lot of energy for this.

By continuing this cleansing program and drinking lots of liquids, you will assist your body to easily go through the healing crisis. You can further assist this process by exercising (walking, rebounding, yoga, etc.) to increase circulation and flush the lymphatic system.

*After the “healing crisis”, you should feel more energetic than ever! If the healing crisis persists for more than 2 weeks, consult with a Health Practitioner who is experienced in the processes of detoxification and healing crisis.*

With regular use of the Amethyst BioMat, the body gets stronger and healthier, and its vital force increases. Remember, though, that the Amethyst BioMat may initiate still deeper healing crises over a period of time. Each time, more accumulated and stored toxins are eliminated, after which you can experience higher levels of vitality and well-being.

**No results?** You might be unaware of the “work” that is facilitating at deep cellular levels, where there is a priority in the body. Because you may not be consciously aware of the changes, you may think that this is not working for you. Numerous people have at first reported “no results”, and only after having undergone regular medical check-ups, discovered that their cholesterol and/or blood pressure levels had dropped significantly. There are similar accounts regarding the normalization of blood sugar levels, and an improvement in the immune system, without the user even being aware of the process. Many people report having to gradually decrease medication dosages, as the body cleanses, and becomes more balanced. *If in doubt, always consult with a Health Practitioner who understands the processes of cleansing and detoxification.*