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It was about twenty three years ago and I can remember saying to someone who like myself was also health oriented, that I had discovered a rather odd pattern in my then fifty years on the planet—I only got sick about once a year and it was always a heavy cold. My friend smiled and told me something I have never forgotten. She said that when a body that was basically healthy attempts to deal with a **toxin**, all systems go on red alert recognizing the assault with symptoms we say is a “cold”. Interesting point—the healthier one is the faster the system reacts to toxins. Those whose bodies are already on overload hardly notice a little extra dose of “poison”.

So then the common “cold” is not what we were taught to believe—caused by a “germ” that sets up housekeeping in a body with a faulty immune system. Because of the toxic world we live in, more often than not, *your “cold” will not be a bacterial invasion*, but a system impacted by such a simple thing as the air we breath. We become toxic by **inhaling** the artist’s paints, the scent of air fresheners or the new mattress/pillow we’re sleeping on, exposure to carbon monoxide or the synthetic logs that crackle in the fireplace. It’s hard to imagine the assault the human body is under, all day, every day.

Another passageway for toxins to enter the body is through **absorption** usually via the skin (hair dye, nail polish, cosmetics) or any body cavity where there are mucous membranes—think eye, nose, or mouth.

Toxin by **injection** is the third way a body can become poisoned. The most obvious, and the most insidious are the shots to *prevent illness*. However, common sense would suggest that pharmaceuticals are chemicals which only add to the body burden of toxins. Over a lifetime we may be stung by bees, bitten by ants and mosquitoes, all leaving minute amounts of poisons by injection.

Oh, and let’s not forget toxic by *ingestion*, anything eaten or swallowed, including any medication by mouth. A drug taken for one problem may end up causing malfunction in two or three other organs of the body, most notably liver, kidneys and spleen, the body’s detoxifying organs. More meds follow to deal with the side effects of the original medications.

Time for another flu shot?

So let’s talk about the flu and the reports we’re bombarded with every winter about the dangers of not getting your annual flu shot. If you want to do some research on your own, check out symptoms of

poisoning in the Merck Manual (online) *headache, muscle aches and pains, nausea, vomiting, fever.* Sound familiar? That means your symptoms may not be the flu—you may be **TOXSICK!**

Over recent years the media has been bringing to our attention new and unusual varieties of the flu—Swine flu, Asian flu, Bird flu and recently a combination of all three. The threats to health could easily frighten an uninformed (mis-informed) population. And tales of impending vaccine shortages drive a concerned population to line up for another dose of yet another new drug.

Where does it end? The truth is, the body can accumulate a lot of toxins over the years without your feeling the effects, except perhaps as general fatigue—often the first sign of an impending illness/health issue. Many detoxification programs, successful in the past, may not be helpful in a modern day world of new and more potent toxins.

So you have the symptoms that should tell you, if you're listening, that something is amiss in your body. If you believe you're battling a germ/infection, your belief system will generally take you to over-the-counter remedies or an ever-handy antibiotic, adding more toxins to your already overloaded system. *However if the symptoms are caused by poisoning, whatever remedies you choose whether allopathic or natural, won't work.* Although the symptoms may subside, you may soon find them repeating themselves because the true root cause was poisoning and never addressed.

The need for programs or systems of deep cellular cleansing has never been so great. Toxic residues that remain in the body over a period of years are, without a doubt, the cause of much of the illness that over a lifetime we've come to expect. The best hope is in the new quantum-based energy medicine, bioenergetics, because of its ability to *neutralize the most powerful toxins at the molecular level and beyond*, and important because it is not only effective, but safe.

The best advice is not to wait until symptoms become debilitating. Preventive maintenance makes good sense for your body just as it does for your vehicle. It's up to us to keep tabs on the little things that let us know we're out of kilter. And don't let your symptoms trick you into taking medications that not only won't solve the problem but because they are chemicals can complicate your ability to recover.

Remember it's *probably not the flu.* You're toxick!. Don't mask symptoms. De-tox! Homeopathics or herbal remedies are safe. Colon, liver and kidney cleanses help. Raw juice fasting works, and plenty of water to flush toxins from the system. Exercise forces toxins out of the system. For the extreme levels of modern day toxicity, bioenergetics can provide answers.

CASE: Med Toxicity

"I had been diagnosed with high blood pressure by several physicians, and finally, out of fear, I agreed to try some medications (my doctor used major scare tactics). I have not been on any medications since I went on Carol's program six years ago. After playing the part of a guinea pig for three months, my blood pressure went down to acceptable levels and my doctor was extremely pleased with the results. However, I was experiencing many side effects that were most disturbing. I was very fatigued and I awoke every day feeling drugged. I could not wake up and on several occasions I felt dizzy and lightheaded. "I contacted Carol and discovered I had major toxicity by medication. I am now off the medications, cleansing and doing much better...90% back to normal already