

Detox / Farmacia Urban Healing.

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detox

fact sheet 2

Why detox?

Our bodies are designed to clean and renew themselves automatically. However, in today's polluted and stressful environment, with chemicals in the form of pesticides or additives in almost all our food, this task is that little bit tougher. Often we take in more toxins than our bodies can expel and its ability to cleanse itself is reduced. Consequently, our health and appearance may suffer. Symptoms experienced by someone in need of detox may include:

Headaches	Heaviness
Poor sleep	Constipation
Nausea	Difficulty waking up
Tiredness	Bags under the eyes
Mouth ulcers	Spots and acne
Thrush	Depression

What is detox?

Detox involves reducing the amount of toxins the body has to deal with. This allows the system to rest and recharge because it isn't expending energy continually processing incoming toxins. Furthermore, it allows the system to 'catch up' on the cleansing process by clearing toxins which have been stored.

Detox may also help you lose weight, although this is not its primary aim.

Benefits of detox

A healthier, cleaner body and mind

Radiant skin

Increased energy and vitality

Increased creativity

Increased productivity and ability to concentrate

Increased motivation

A more positive attitude and increased confidence

The detox process

Diet. Food nourishes and balances all levels of our being - physical, mental and attitudinal. A good diet and healthy lifestyle is key to optimum health and well-being. Controlling your diet is the most effective way of managing the input of toxins into your system. Finding tasty healthy alternatives is easier than you think and healthy eating does not mean you have to be chained to the cooker!

Drinking. Most of us do not drink enough to meet the needs of our body. It is especially important to drink lots of water during a detox to flush out toxins. Aim to drink at least 2 litres a day - try herbal teas, vegetable juices and hot or room temperature mineral water. Add ginger and lemon juice to aid with detoxing.

Exercise not only improves your overall health and well-being, but also helps in the elimination of toxins, in sweat through the pores in the skin. Look into brisk walking, yoga or joining a gym - most gyms have qualified assistants who can

advise you on a course of exercise and also show you how to exercise properly. If you're worried about being surrounded by perfect bodies decked in lycra, don't be! Most gyms don't meet this stereotype, and you'll feel more at home in your baggy T-shirt and leggings than you think.

Skin brushing and massage will not only leave you feeling revitalised and relaxed but will also help in the elimination of toxins and allow you to pamper yourself a little.

Skin brushing is a simple way to boost circulation, stimulate the lymphatic system and unblock pores - allowing for improved elimination of toxins through the skin. It is something you can easily do at home - invest in a good skin brush and always brush dry skin.

Massage is a wonderful way to release deep-seated toxins from muscle and fat tissue. An aromatherapy massage using detoxifying essential oils will leave you feeling deeply relaxed and calm. Manual lymphatic drainage is a more specialised form of massage, concentrating on stimulating the lymphatic system (which delivers nutrients to the cells and carries away waste), releasing blockages, encouraging cell regeneration, circulation and the removal of toxins. Remember to always drink plenty of water after a therapy to ensure toxins are flushed out of the system.

As a special pampering therapy, treat yourself to a detoxifying facial. The skin of your face is very delicate but yet is exposed to more air pollution than any other part of the body. A facial therapy

will not only draw out toxins and encourage circulation, but will also nourish the skin and release tension from the head and face, leaving you to feel refreshed, calm and cleansed.

How Farmacia can help

The Farmacia Detox kit. Farmacia have developed a unique detox kit with its complementary therapist team of nutritionists, medical herbalists, massage and holistic beauty therapists. It is a simple-to-use, step-by-step 3-week plan including:

3-week diet programme

Recipe sheets

Advice on relieving detox side effects

Information on skin brushing and massage

The kit contains a number of carefully chosen natural herbal products to help your body through the detox process:

Psyllium husks act as a bulking agent to gently cleanse the colon.

Triphala tablets are an Ayurvedic combination of herbs to harmonise the digestive function.

Detox tea is a blend of Dandelion, Nettle, Marigold, Cleavers and Licorice to assist the kidneys in flushing out toxins.

Detox elixir is a mix of Dandelion, White Birch, Golden Rod and Pelletary of the Wall to help the liver work more effectively and cope with the increase in toxins in the blood.

Farmacia detox clinics:

As the detox process may test your will-power, we include a £5 voucher which you can redeem against the following detox therapies - we encourage you to use this to reward yourself for sticking to your plan, whilst also helping the detox process.

We recommend:

Aromatherapy Massage	1hr
Manual lymphatic drainage	2 x 1 1/2hr
Detoxifying facial therapy	1 1/2hr

Please call the clinic reception on 020 7404 8808 for more information or to reserve a treatment.

If you have any concerns or health issues, our qualified staff are available to offer additional support and encouragement. Should you have specific issues, please consult one of our medical herbalists or nutritionists who will be able to advise you on a plan to meet your individual needs - ask in-store at the clinic reception or call 020 7404 8808 to reserve your appointment.

Herbal consultation

First consultation	1hr
Follow-up consultation	1 1/2hr

Nutritional consultation

First consultation	1hr
Follow-up consultations	1 1/2hr

Any side effects?

During the detox your body automatically taps into its fat stores for energy. This also happens to be where the body stores the toxins it hasn't been able to deal with. As toxins are released back into your system a range of different symptoms can arise including headaches, nausea, feeling cold, and the return of old symptoms. You may not suffer all these symptoms, and any you do experience will soon pass.

There are a number of natural remedies you can take to ease these symptoms, which won't interfere with the detox process - you will find full details of these in the detox kit.

Commonly experienced symptoms are:

Headaches	Insomnia
Diarrhoea	Sensitivity to cold
Skin rashes	Bad breath & a coated tongue

Finishing the detox

Finally, congratulate yourself! But, resist the temptation to head for the nearest burger bar to replace all the toxins you have successfully lost! To maintain good health, you will need to continue with your healthy diet. Do allow yourself treats occasionally, but don't become hooked, and don't give yourself a hard time if you do break the rules. Variety and moderation in the diet are essential to balance in life. Enjoy your new-found energy and vitality!