

Natural Detoxification
A Practical Encyclopedia
The Complete Guide to Clearing Your Body of Toxins
2nd Edition Revised and Expanded

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&

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Have you ever had one of those chemical moments when you know there is *something* you should be doing to clear a chemical exposure from your mind/body, but you're so overcome and dazed by the exposure you do nothing even though you know better? If yes, then **Natural Detoxification** is the book for you. With this book by your bedside you will always be able to find just the right treatment for any exposure.

Doctor's Krohn and Taylor have organized the book into eight parts:

- Approaches to Detoxification
- The Body
- How We Are Exposed to Toxins
- Sources of External Toxins
- Sources of Internal Toxins
- Ways of Detoxification
- Prevention
- Detoxification Programs

Clear Complexion Juice
The following juice mix helps clear skin problems. When taken several times a week, it also acts as a blood purifier. Beet juice, celery juice, tomato juice. Mix two oz. of each juice together and drink two or three times a day.
excerpt from Natural Detoxification

In my house part six, Ways of Detoxification, is by far the most thumbed through section of the book. There are thirteen chapters in this section:

- Saunas, Baths, and Hydrotherapy
- Nutrients
- Diet, Fasting, and Juicing
- Exercising and Bodywork
- Breathing and Oxygen
- Allergy and Chelation
- Homeopathy and Bach Flower Remedies
- Herbs and Aromatherapy
- Topical Detoxification
- Organ Cleansing
- Energy Balancing
- Detoxification for Mind and Spirit
- Detoxification Methods for Children

The authors take a comprehensive approach to natural detoxification and their process is consistent with the level of care most chemically injured people require. Of course, not every detox method will be safe for every person so proceed with common sense and caution. Amazingly, nowhere in the book is there reference to MCS, though I did find a few brief paragraphs on Chemical Sensitivity. In addition, there is only one reference for Environmental Illness in the chapter on Breathing and Oxygen Therapy. This was surprising to me in a book that is clearly addressing safe treatment methods for chronic conditions on every page. In many ways this is the book I wished for when I was first injured and at a loss on how to proceed. Dr. Krohn and Dr. Taylor's in depth encyclopedia, in conjunction with the right healthcare provider, and some financial resources could take a person, in the early phase of injury, a long way on the path to wellness. On the other hand, the beauty of the

Few detoxification treatments are offered in allopathic medicine. It does not generally acknowledge the effects of chemicals on the body except in cases of poisoning and death. The allopathic use of drugs for most treatments introduces more chemicals to bodies that are already laboring under a toxic load.

excerpt from Natural Detoxification

book lies in the fact we are all in need of safe and natural detoxification in the 21st century, and thus Natural Detoxification is a great guide for anyone seeking better health in this toxic world.

GI Tract

The gastrointestinal tract is an important route for the absorption of toxins. In our lifetime the GI tract processes over 25 tons of food, representing the largest load of antigens and xenobiotics confronting us. The mucosal surface of the stomach and intestines is 200 times that of the body surface area, making it very susceptible to toxic exposure.

excerpt from Natural Detoxification

Each chapter is well laid out with interesting factoids and easy to read tables on specific nutritional and vitamin guidelines. I must say, I have not read the book cover to cover; instead I have enjoyed the book piece meal examining the charts and detox methods as I need them. The final section on Detoxification Programs is wonderful for it's easy to read charts based on condition or disease; though some of you will find them too general it's a great starting point. There are product recommendations in the appendix, but not as an extensive listing as I have seen in other alternative medicine books.

There is also an excellent foreword written by Dr. Allan Lieberman, Medical Director Center for Occupational and Environmental

Medicine. He writes, "*If we adhere to the principles outlined by the authors, we can undoubtedly reduce the chances of major organ and system injury due to toxic exposure of all kinds.*" Which of course, is what it's all about.

Lucinda Hodges lives in Montana where she home schools her children, tends her garden, wild crafts herbal remedies, and writes and maintain websites, for [Pariah](#) and [Toxic Trains](#).