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EVIDENCE OF DETOX

By J. Morris Hicks

As vibrant health begins to permeate your body, you may very well witness some evidence of detox along the way. I did, and I wasn't expecting it.

After eating the Standard American Diet for 58 years, I switched to the 4Leaf level of a whole food, plant-based diet in a matter of weeks. Since the *natural* detoxification that I experienced was unexpected, my goal here is to help you be prepared for, and indeed welcome, the natural process of your body healing itself.

One of the first changes you will notice is that you will no longer need any reading material in the bathroom. While on that topic, you may also notice some colors, textures and odors that you've never experienced before. This is just nature doing her work.

In early 2003, in addition to making radical changes in my diet, I also looked into the possibility of having a colonic hydrotherapy treatment. If you're not familiar with the procedure, they basically put a tube in your rear end and clean out your entire colon with a whole lot of water. Also

referred to as a colonic irrigation, I was told that lots of movie stars have the procedure on a regular basis as it helps with their appearance. So I scheduled a treatment but later canceled it.

Why? Because I noticed that my body was taking care of that cleansing process all by itself. Now that I was feeding it lots of fiber and phytonutrients at every meal (instead of a steady intake of toxins), my body began the process of cleaning house.

And I began to notice the evidence of that process in my stool--seeing stuff that I had never seen before. Noticing that Mother Nature was taking care of business herself convinced me to cancel my colonic appointment and never reschedule it.

Nature at work. Think about the incredibly complex task that nature conducts continuously--the task of replacing practically ALL of the 100 trillion cells in your body every ten years. In going about her work of nurturing and replacing cells, nature manages a nonstop detoxification program of her own--IF you give her the right food.

Emergence of vibrant health. After detoxifying your body, you will likely notice other signs of vibrant health emerging:

- Clearer complexion. Even at age 58, I was still plagued with a fairly minor case of acne on a regular basis. Then, all of a sudden, it disappeared. I had blamed it on my oily skin, when in reality, it was the toxins in every pore of my body.
- Better facial color. Instead of looking old and gray, your skin will start having a youthful glow.
- Sometimes hair color and eyesight improves as well!
- Weight-loss. Almost everyone experiences weight loss

if they are carrying extra weight. More on that in the next chapter.

- Improved sleep and better energy.
- Less bad breath and body odor.
- You will be sick a lot less frequently. When you do come down with an illness, it will likely be much milder and you will probably recover much more quickly. All of those fruits and vegetables provide phytonutrients that fight off disease!

You see, all of the above conditions primarily result from a toxin-loaded diet and will probably disappear when you let nature start keeping those 100 trillion cells healthy and clean.

So when you begin noticing evidence of detox, don't be alarmed! Soon you are going to see first-hand the miracle of vibrant health starting in your body. It's almost like giving your automobile the kind of fuel recommended by the manufacturer--for the very first time.

Speaking of cars, consider that most people give much more thought to the type of fuel that they put in their vehicles than to the fuel that they put in their bodies. Can you imagine how your new BMW would run if you put a mixture of kerosene, milk and Gatorade in its tank? Sound absurd? It's no more absurd than us humans getting only 7% of our calories from whole plants, when nature designed us to get 80% or more from those foods.

Making every bite count. Back in 2005, I decided to count all of my bites for a few days and then ran the numbers. Based on the roughly ten trillion cells that my body replaces each year, I computed that the future health of 100 million cells was riding on every single bite I put in my mouth.

I now try to think about my “bite-counting exercise” when making a decision whether or not to chow down on some junk food.

A final bonus. There’s one more piece of evidence that I would like to present before wrapping up this chapter. As nature goes about cleaning out all of the cells along your thousands of miles of arteries, she touches every single part of the body. And blood flow improves everywhere, not just in your coronary arteries. For men, this means that you and your partner might soon be in for a little more action in the bedroom.

The Bottom Line. If you get serious about what you put in your mouth, Mother Nature will get serious about rewarding you with vibrant health. And that will probably include some effortless and permanent weight-loss that we will cover in the next chapter.