



By Dr. Ludmila Vassilieva

Published: January 7, 2004

Flush out toxins with yoga therapy

Did you know that most of our ailments and diseases result from the accumulation of toxins in our bodies? Yet most of us still seek to alleviate the symptom rather than the root cause.

Every fortnight Dr Ludmila Vassilieva (MBBS, MD, PhD, GP), homeopath and iridologist, makes simple the concept and practices of holistic healing. Having practised medicine for 25 years, she is the first licensed homeopathic doctor in Dubai.

*The body is your shrine. Keep it pure and clean for the soul to reside in.
— Yogacharya B.K.S. Iyengar*



If disease manifests itself in the physical body, we usually seek physical treatment, whereas if it pervades our minds or emotions, we undergo mental therapy. However, these layers of our being are inextricably linked. Think about it. If you physically have a headache, obviously you will not be feeling elated or on top of the world emotionally; similarly if you are feeling emotionally depressed or anxious, you physically may react to this emotional distress by developing a headache. Is it not apparent then that the most effective method for addressing the ailment or illness is to treat the underlying cause rather than the symptom and take a holistic approach by eliminating the toxins from your body that are generating the distressed mental or physical state?

Yoga Therapy, more specifically Detox Yoga Therapy, helps eliminate the toxins from the body, keeping it fit, healthy and whole. Detox Yoga Therapy is the combination of pranayama (breathing), asanas (postures), kriyas (purification techniques) and relaxation to aid in the elimination of toxic matter.

According to Yogacharya Nelson Thomas, Detox Yoga Therapy will teach you breathing exercises that will assist in purging bodily toxins through the breath. The stretching, squeezing and twisting effect of the yoga asanas help increase the blood flow to your vital organs, purifying energy channels and ridding the body of waste and toxic matter.



While asanas and pranayama are important aspects of a Detox Yoga Therapy session, the mental achievement in yoga, the "mind over body" control and detoxification processes, begin with cleansing techniques known as kriyas. Yogic kriyas cleanse the nasal passages, digestive tract, respiratory system and even the eyes. Moreover, the relaxation portion of the therapy session helps manage the stress we so often experience in this fast-paced, pressure-filled environment that we live in today.

Stress, as we all know is a major contributor to the build-up of bodily toxins. To help manage stress, and for the ultimate detoxification experience, combining yoga therapy with homeopathy, colon hydrotherapy and massage will cleanse the body completely of disease-causing toxins.

Homeopathy is a natural healing process using remedies from natural resources to stimulate the body's own immune and defense systems and initiate the healing process. It is a holistic approach that respects the wisdom of the body and mind and is free from foreign, synthetic remedies that induce toxic effects on our being.

The body releases toxins via the breath, skin and bowels. One of the most common complaints among overweight people is about their potbelly. This is a classic sign of colon toxicity. Toxins present in the unhealthy colon can be transported into the circulatory system and soon the body may be unable to properly metabolise food and fat, or provide vital energy for living.



During a colon hydrotherapy session, toxic material is broken down so it can no longer harm your body or inhibit assimilation and elimination. Colonic debris built up over a long period is gently removed over a series of irrigations. Once this impacted material is removed, your colon can again begin its normal elimination function. Colon hydrotherapy is one of the most effective treatments to help detoxify the digestive system and is a rejuvenating treatment for the body.

Massage is another natural purification treatment used to relieve digestive disorders, pain and stress-related conditions that contribute to the build-up of bodily toxins. The skin, with millions of specialised receptors that react to heat, cold and pressure, is the body's largest sensory organ and a significant one for the elimination of toxic matter.

Massaging the skin stimulates the release of endorphins, the natural painkillers produced by the body. It also induces a feeling of comfort and well-being that can aid relaxation and reduce levels of stress hormones such as cortisol and noradrenaline that are toxic and may otherwise weaken the immune system.

After just a couple of weeks of detoxification therapy you will experience increased alertness, improve your body's ability to burn fat and enhance physical, mental and spiritual well-being. Achieving and maintaining optimum health and a balanced lifestyle begins with the purification of body and mind.

— *Dr Ludmila can be contacted at the [Holistic Healing Medical Centre](#) in Dubai*