

new you

Look & feel 10 years younger



Why should you DETOX?

IT'S WORTH REMEMBERING THAT 90 PERCENT OF DISEASE DEVELOPS IN THE COLON — INCLUDING HEADACHES, BLOOD PRESSURE, SKIN DISEASE AND BLOOD DISORDERS

Holistic health is all about healing. To heal, you need to also detoxify your body on a regular basis,” says Dr. Ludmila Vassilieva. Think of it like garbage. If you don't throw out your garbage, it starts to rot and smell. The same with your body — unless you cleanse and eliminate, your body will develop toxins.

“You need to clean through the stool, skin, kidneys and breath — you eliminate through the kidneys by drinking water; the stool through high fiber foods and colonic hydrotherapy; skin with sweating; and your breath through deep breathing and exercise.”

“In this world there are two kinds of medicine: one that controls and makes you sick and another that helps you to heal and feel better,” — says Dr. Ludmila Vassilieva.

What are toxins?

Some toxins in the body are developed from food and drinks that are artificially developed, says Vassilieva. “When ingested, the body doesn't know what to do with the chemicals and finds it difficult to clean them from the body. Toxins are the small amount of poisoning day by day. Internal toxins start to poison our own system.”

Toxins accumulated in the body start to show themselves as conditions such as headaches, bad breath, migraine, nail biting, worms, bloatedness and gas or a bad body odor. In addition, Vassilieva adds, you will start to see behavioral changes including anger, short — tempered — ness, tiredness and stress.

If you eat and drink natural foods, your body knows how to use it for nutrition and breaks it down into pieces for use around the body, whether that's carbohydrates for energy, calcium for strong teeth and bones, protein to help build muscle or other nutrients. Not surprisingly, if you eat something that is artificially manufactured, your body becomes confused as it doesn't recognize it and therefore sends it through the natural elimination channels of the kidney, liver or skin.

“If the molecule is small, it may be eliminated from the body,” says Vassilieva. “If too big, it may be stored in the body until the body sends out signals to attack it as it can't be eliminated. This can lead to inflammation which eventually manifests as pain or sickness.”

Detox and disease

The first road to detox is to understand where your garbage is coming from, where it's being stored and how to eliminate it. “You need to clean, eliminate and throw,” says Vassilieva.

It's worth remembering that 90 percent of disease develops in the colon — including headaches, blood pressure, skin disease and blood disorders.

At the Holistic Healing Medical Centre, each new patient undergoes an NLS — Oberon screening, which outlines the individual's level of health and potential risk for disease.



Already established in Dubai as one of the leading traditional medicine clinics, The Holistic Healing Medical Centre is continually increasing its natural treatment options to provide healthcare for the increasing number of illnesses in Dubai, which have no 'apparent' medical cure.

Dr. Ludmila Vassilieva, founder and owner of the clinic, has spent many years in Dubai championing the benefits of traditional medicine and how it can help fight many of today's common illnesses such as asthma, eczema and diabetes.

In the third of the series, Dr. Vassilieva stresses that detoxing your system can help where modern medicine, she says, often fails.

Oberon can identify the individual's potential risk for disease and get an accurate report on how to reduce or eliminate the occurrence of disease later in life.

Based on the results, a personal, custom made healing programme is developed that focuses on the individual's specific needs.

The NLS — Oberon is a nonlinear computer diagnostic device that enables the user to focus on the root cause of the illness rather than the symptoms.

As well as the NLS — screening, the Holistic Healing Medical Centre recommends that patients follow a diet and lifestyle consultation, colon hydrotherapy, homeopathy and Ayurveda. In addition, it's important to exercise outdoors (not inside where you are breathing in other people's air) and to follow some stress — reducing exercise such as yoga or martial arts.

Top detoxing tips

Detoxing in a healthy way doesn't only make you feel and look healthier instantly — and improve your sleep, digestion, concentration and energy levels — but can have long — term benefits by reducing internal inflammation, which is the root cause of disease and premature ageing.

- Eliminate processed foods from your diet and eat only wholefoods such as fruits, vegetables and grains
- Try not to take painkillers or non — prescription medications unless absolutely necessary — this can slow down the detoxification process
- Drink plenty of water — this will help the kidneys to process and eliminate any unwanted toxins
- Give up smoking
- Limit your intake of alcohol, tea or coffee (select herbal and green tea)
- Get plenty of fresh air — go for walks outside and get fit at the same time. Try to practice yoga or martial arts to help reduce stress
- Have regular massage as an enjoyable way to eliminate toxins from the body
- Help the flow of lymph around the body to aid with the removal of toxins by indulging in an everyday session of skin brushing.