

# What is detoxification

## Detoxification - removing the effects of harmful organisms

We can divide the methods of work with humans and their health problems as well as methods of prevention into official scientific methods of medicine and alternative methods. Alternative methods generally fall into the field of natural medicine. We classify managed and controlled detoxification among alternative methods of natural medicine.



It is important to understand that the method of managed and controlled detoxification is a classic representative of the gestalt (holistic) approach towards the human organism. Using [preparations](#), which combine knowledge from informational (vibrational) medicine and phytotherapy, the organism uses its own strength to eliminate the negative effects of poisons ([toxins](#)). There are many developed preparations are many since the number of toxins are also great and they behave differently in each organ of the human body. The strategy of using preparations is governed by traditional knowledge of Chinese medicine which forms the foundation of holistic thought in nurturing health..

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<https://www.joalis.eu/en/513-what-is-detoxification>