

What does health prevention mean?

HEALTH

According to the WHO (World Health Organization), health is defined as "a complete state of physical, mental and social wellbeing, not just the absence of disease and infirmity."

PREVENTION

Prevention means taking steps to maintain health and prevent the onset of illness, which essentially means reducing the risk factors responsible for the most common medical conditions and the mechanisms of ageing.

DETOXING THE BODY'S NATURAL FILTERS

The main risk factors encountered in practice can be divided into four categories:

- Accumulated and poorly managed stress, with excess gastric acid
- Eating disorders, of both quality and quantity
- Imbalances: relaxation / physical activity / sleep
- Intoxication of the body by the abuse of toxic products: smoking, excess alcohol, excessive consumption of meat and overuse of prescription drugs, regular exposure to various pollutants, poor diet, etc.

These risk factors are not seen in isolation: they accumulate and multiply!

All these factors clog the body with toxins, which are responsible for most medical conditions, including the most serious.

Programmes to detox the body's natural filters (the liver, kidneys, intestines and lungs) using nothing but plant-based treatments offer a guarantee of a longer, healthier life.