

By Ruth Ostrow

Everywhere you look nowadays there are articles and advertisements on detox. It's the hottest concept in a heated wellness market, which is tipped to be the next trillion-dollar industry over the coming decades as ageing boomers around the world struggle to ingest or buy anything possible to stave off ill health and increase longevity. There are detox kits, books promoting juice fasts and detox lounges specialising in colonic irrigation sprouting up like organic mung-beans on every street corner.

But, in all of the material I've read, nothing touches on the most toxic substance I've ever experienced, more caustic to the stomach than acidic foods, more damaging to the nervous system than drugs and alcohol - anger.

Watching Mark Latham so angry and out of control recently, I could only speculate on that poor man's stomach and the stress he is doing to his system.

Last year I wrote about all the new furies we are experiencing as the world speeds up - trolley rage, restaurant rage, even yoga and walking rage ("Get out of the way will you, I'm in a hurry!") Having spent the past two weeks on a detox program myself - yes, I finally relented - I can only say that the juice fast was the easy part. The hardest part was dealing with my own nature and those tendencies we humans have to start arguments, create emotional dramas and invite into our lives a plethora of people who cause unrest and ill ease.

What's the use of consuming all the health products under the sun - the anti-wrinkle creams and longevity diets - if we continue to screw up our faces and our lives with toxic emotions?

We can eat "alkaline" foods such as asparagus until it's coming out of our ears, but if we keep subjecting ourselves to acidic and disempowering people and situations, then we are lost. Anger is not all bad. It can be a signpost helping us to know when to quit a toxic situation or relationship, when our boundaries have been crossed. But then we must either act to expunge the poison, or we need to put into place an acceptance regime, learning techniques like meditation and positive thinking to help us detach.

Mine is this mantra: "Other people have a right to drive on the road. Other people have a right to drive on the road." Now, if I could only believe it, it would take years off my face!

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