

Detoxification



While healthy eating is our birthright, for many of us it seems like taking the plunge into eating a whole foods-based diet is the equivalent to traveling to some distant land. But it doesn't have to be such a scary or foreign experience.

As a Naturopath and Nutritionist, my priority is to guide each client through a safe, simple, realistic and *pleasurable* (yes!) transition into healthy eating and healthy living.

Because whole foods-based diets remove all the sugary, fatty, chemical-laden, artificial stuff from the diet, they sometimes get called a detox or a cleanse, however, I would rather like to think of it as embarking on a healthy lifestyle journey to outrageous wellbeing!

Our bodies have five detox organs: Skin, Lungs, Kidneys, Liver & Intestines. These organs help to pull out toxins in our bodies that we are exposed to every day through food, air, radioactivity, etc. If our body is healthy and our detox pathways are open and working properly (a healthy body will pull toxins out naturally) then our body does the work for us and the toxic chemicals are transported to these five organs through our lymph system and our blood.

However, when these detox organs cannot eliminate **the overload of toxins** (our organs become overwhelmed and damaged from the toxic load of toxic chemicals coming from food, pollution, plastics, beauty products, alcohol, pharmaceutical drugs, over the counter pills such as Advil, Tylenol, etc.), your body will try to work to eliminate these toxins through the mucous membranes of our bodies. The scary part about this is that many of the symptoms we think of as common to our daily lives are actually our bodies working overtime - trying desperately to remove these toxins that do not belong inside of it.

Why is detoxification important?

When our bodies become "toxic," it means that our natural means of ushering out metabolic waste from normal human metabolism, environmental pollution, and what has become known as the Standard American/Australian Diet (or SAD diet – funny, right!) have exceeded the threshold for what the body's innate detoxification system can tolerate on its own.

With this toxic load, *every* system in the human body can become affected - from our head to our toes and everything in between.

Toxicity makes us sick!



Signs and Symptoms of Toxic Accumulation:

- Diarrhoea / Constipation
- Sneezing
- Coughing
- Excessive Urination
- Runny Nose and/or Lung Congestion, which are your mucous membrane secretions
- Vomiting
- Acne
- Rashes
- Memory Loss
- Fatigue
- Arthritis and Gout
- Depression
- Eczema

The scary part about all of this is that these symptoms above don't seem like much, do they? And most conventional medical practitioners may just treat them with an over-the-counter drug or an antibiotic...not addressing the real reason behind the symptom. When these secondary mucous membranes cannot remove the toxins from your body, you will start to store the toxins in your tissues because your body can no longer excrete them. Here, your symptoms will depend on where the toxins accumulate in your body.

Again, most conventional doctors treat these symptoms with drugs and steroids and chemicals that are just clogging up your detox pathways even more and making your body more toxic- and more acidic- which leads to illness.

Here's an example of how you may be blocking your own detox pathways today. You wake up, take a shower with your plastic shower curtain, use shampoo, body wash, soap, etc. with parabens and other chemicals in them, brush your teeth with toothpaste made from chemicals, put on an Aluminium-laden deodorant that's an antiperspirant (which stops you from sweating-and you can visualise this because you NEED to sweat to RELEASE toxins, so if you are using antiperspirants then you are clogging your detox pathways for your body to release toxins).

You've only been awake for 20 minutes and the toxic load you are exposed to is overbearing. That, in its simplest terms- is how we become toxic and how diseases start and how our bodies literally stop working properly.

So sad, yet every big company out there is putting out tons of these products making us more unwell on a day to day basis. When our detox systems (the five organs we spoke about earlier) are compromised in any way - detoxification becomes less and less efficient and over time illness sets in.

How do you know if you are toxic and need to properly cleanse?

Some examples of what might indicate a toxic system are:

- Constipation
- Persistent headaches, muscle aches and muscle fatigue
- Several mercury fillings and dental amalgams
- Food allergies
- Difficulty with weight loss
- Hormonal imbalances
- Hormone replacement therapy or creams like progesterone.
- birth control pills / injections / implants
- Consistent use of NSAIDs such as ibuprofen or aspirin etc.
- Skin abnormalities such as acne, rosacea or eczema
- A lifetime of consuming the SAD Diet.
- Eating a lot of swordfish, tuna, shark etc. (may be at risk of Heavy metal toxicity)

How long should you stay on a cleanse?

Safety means allowing the body to do what it wants to do naturally, with a little assistance from some guided healthy eating, appropriate supplements and relevant lifestyle modifications. I usually have my patients do a cleanse for 7 days to 6 weeks, or even longer, depending on their particular needs.

How can you prepare for a cleanse?

- Take some basic measurements before you begin so that you can track your progress as you go through your program. For example, if weight loss is your goal, measure your waist, hips and weight. If, migraines are an issue, determine the duration, intensity and frequency they currently plague you.
- Make lists! Organise your pantry, toss out the junk, gather recipes, sketch out weekly menus, make shopping lists for healthy foods you will be eating and formulate a cooking schedule to ensure you allot time to prepare your food for the week.
- Use journaling as a way to “cleanse” your inner world and relieve yourself of mental and emotional stress.
- Gather any supplements you need that have been advised for you
- Think about the kind of exercise that will best complement your end goal and plan for it in your schedule.
- Detoxification requires you to slow down. Make sure you fit time for deep relaxation into your plan.

Often, unsavory side effects appear in the initial phase of a cleanse. Two side effects to look for and keep track of in your journal are:

- **Constipation:** Move those bowels! Drink plenty of purified water. Try warm water with lemon first thing in the morning. Or, try an Epsom salt bath.
- **Food allergies or sensitivities:** These can be obvious or obscure. But chances are, as your body lets go of toxic waste, it will be easier to recognise a hidden reaction to gluten, dairy, soy or any of the other common food allergies.

Common Symptoms of “Withdrawal” from a Toxic Lifestyle

The following symptoms are very common at the beginning of the program and should dissipate within the first few days of your program. Don’t worry, these symptoms are indicative that your body is eliminating toxins and are a good sign!

- Bad breath
- Constipation
- Achy, flu-like feeling
- Fatigue
- Headaches
- Hunger
- Irritability
- Itchy skin
- Nausea
- Offensive body odor
- Sleep difficulties (too much or too little)
- Worsening of initial Signs and Symptoms (this is just temporary and a good thing!)

These symptoms can occur for a number of reasons.

First, eliminating food allergies and un-junking the diet causes reactions similar to withdrawal from other addictive substances like caffeine, alcohol, nicotine, cocaine or heroin. *Note: We are often most addicted to the foods we are allergic to!* Getting off those allergens can cause a brief, flu-like achy syndrome that may last 1-3 days.

Second, toxins in our digestive tract may make us feel ill if we don’t eliminate them. The best way to get relief from these symptoms is to follow the recommendations below.

How to Avoid Withdrawal Symptoms

Those who consume the most caffeine, alcohol, and sugar, and those who have the most food allergies, will have the most difficulty initially. Symptoms usually disappear after 3-4 days.

- It is best to slowly reduce your intake of caffeine, alcohol, sugar, white flour, and over-the-counter medications (except as directed by your doctor) a week or two before you start your program.
- Make sure you drink at least six to eight glasses of filtered water daily. Stay away from plastic bottles, but glass bottles are okay.
- To prevent headaches, make sure your bowels are clean (I will prescribe specific Supplements or herbals to assist)
- Fatigue is normal during a cleanse, so allow more time for rest and sleep.
- To boost energy, exercise for 30 minutes a day. Walking outside in the fresh air is best. Roll up those sleeves and let the sun hit you with some vitamin D too!
- Don't wait till you are starving to eat! Balance your blood sugar by eating protein-based meals and snacks every 3-4 hours. Excellent sources of protein are baked or broiled fish, lean poultry and legumes.
- Heat is a great resource while cleansing as it helps draw out the toxins from within. Try a sauna or a warm bath with *Epsom salts* for 20 minutes a few times per week.

While safe, these types of cleanses can still be stressful on the body and mind so remember to relax.

Actively engaging your parasympathetic nervous system helps restore your energy, which your body needs to replenish itself. Meditation, deep breathing or any calming activity is good.

Eliminate all refined sugars, flours, caffeine, alcohol, dairy, gluten and any other addictive substance. By allowing certain triggers to stay in the diet, the body stays on the vicious cycle of cravings and addictive behavior. Reset your biology to eliminate all triggers.

Keep a journal and track your symptoms. You should feel better in 3-7 days. If you do not feel well at this point, please exercise caution and check in with me.

Tune in to your body and listen to the cues it provides you. A cleanse is a great journey to learn more about understanding how to operate your very own owner's manual!

How can I help?

1. With Bioresonance we can identify the exact toxins present in your body and then we can specifically treat and eliminate those toxins present (eg Mercury and other Heavy metals, Chemicals, Drugs and medications as well as parasites and other disease-causing organisms)
2. Using the BICOM Bioresonance machine to stimulate all the detox organs in the body and open the pathways for elimination of the toxins.
3. We may use external clay applications if required
4. I will prescribe specific supplements or herbs to assist in the process if required
5. I will design a whole food-based detox treatment plan for you

You may not be sick, but TOXIC!

So, book an appointment with Tess (M|0410 476984) to get you started on your journey to outrageous health and wellbeing.

WHAT TOXIC CHEMICALS IS YOUR BODY ABSORBING?



WE ABSORB UP TO 60% OF WHAT WE PUT ON OUR SKIN

Children's bodies absorb 40-50% more than adults. They are at higher risk for diseases later in life when exposed to toxins.

Health issues linked to toxic chemicals in the body



LIST OF INGREDIENTS TO AVOID

12 toxic & carcinogenic compounds found in beauty & skin care products

Benzoyl Peroxide: Used in acne products, the MSDS states: Possible tumor promoter. May act as mutagen; produces DNA damage in human and other mammalian cells. Also, toxic by inhalation. Eye, skin and respiratory irritant.



DEA (Diethanolamine), MEA (Monoethanolamine), & TEA (Triethanolamine): This foam booster is a skin/eye irritant and causes contact dermatitis. Easily absorbed through skin to accumulate in body organs & the brain.

Dioxin: Won't appear in ingredients. Often in antibacterial ingredients like triclosan, emulsifiers, PEGs and ethoxylated cleansers like Sodium Laureth Sulfate. Dioxin causes cancer, reduced immunity, nervous system disorders, miscarriages and birth deformity.



DMDM Hydantoin & Urea (Imidazolidinyl): 2 preservatives that release formaldehyde which may cause joint pain, cancer, skin reactions, allergies, depression, headaches, chest pains, ear infections, chronic fatigue, dizziness, & insomnia.

FD&C Color & Pigments: Synthetic colors from coal tar contain heavy metal salts that deposit toxins in skin, causing skin sensitivity/irritation. Absorption can cause depletion of oxygen and death. Animal studies show almost all are carcinogenic.

Parabens (Methyl, Butyl, Ethyl, Propyl): Used as preservatives. Not always labeled. Used in deodorants & other skin care products, have been found in breast cancer tumors. May contribute to sterility in males, hormone imbalance in females & early puberty.

PEG (Polyethylene glycol): Made by ethoxylating Propylene Glycol. Dangerous levels of dioxin have been found as a by-product of the ethoxylation process. PEGs are in everything including personal care, baby care and sunscreens.

Phthalates: Found in many products, usually not listed on labels. Health effects include damage to liver/kidneys, birth defects, decreased sperm counts and early breast development in girls & boys.



Propylene Glycol (PG) & Butylene Glycol: Petroleum plastics. EPA considers PG so toxic it requires gloves, clothing, goggles & disposal by burying. EPA warns against skin contact to prevent brain, liver, and kidney abnormalities.



Sodium Lauryl Sulfate (SLS) & Sodium Laureth Sulfate (SLES): Used in car washes, garage floor cleaners, engine degreasers and 90% of personal-care products that foam. Eye damage, depression, labored breathing, diarrhea, skin irritation, & death.

Sunscreen chemicals: Avobenzonone, benzophenone, ethoxycinnamate, PABA are commonly used ingredients that are known free radical generators and are believed to damage DNA or lead to cancers.

Triclosan: Synthetic antibacterial ingredient. EPA registers it as a pesticide, posing risks to human health and environment. Classified as a chlorophenol, chemicals suspected of causing cancer in humans.

SOURCES:

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- <http://www.earthsave.org>
- <http://tlc.howstuffworks.com>
- <http://safecosmetics.org>
- <http://www.nrdc.org>



www.NaturalHealthyConcepts.com

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