

## Healing Arts Update

A guide for wellness.

May 2007

Toxins are everywhere: the food you eat, the water you drink, even the air you breathe. All are laden with chemicals that are foreign to your body. Many adverse and often difficult-to-diagnose health conditions can be caused by toxins.

Heavy metal toxins can weaken your immune system and also damage your nervous system to the extent that you may experience a constant state of nervousness. It's estimated that about 25 percent of the US population may not even be aware that they suffer from heavy metal poisoning.

More than 70,000 chemicals currently are used in commercial production in the US; 65,000 of them have been classified by the EPA as potentially, if not definitely, hazardous to human health.

To compound the problem of toxicity, we have refined away much of the nutritional value of our food supply and replaced it with artificial coloring, preservatives and flavorings. Now more than ever, detoxification is an important concept for your overall health.

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### NUTRITION+YOU

It's practically impossible to avoid toxicity completely. However, you can support your body's efforts to eliminate accumulated toxins.

First, lighten your toxin load. Eliminate alcohol, coffee, cigarettes, refined sugars, saturated fats and foods high in additives and preservatives, all of which act as toxins in the body and are obstacles to your good health.

Enjoy a healthy diet with plenty of fresh fruits and veggies. Eat moderate levels of protein (about 15 to 20 percent of your calories) and fat (about 20 percent of your calories), and increase consumption of complex carbs (about 60 percent of your calories).

If possible, eat organic animal products and produce. Also, drink plenty of water (bottled, not tap).

Not sure how to stock your pantry with healthy food essentials? Contact the Healing Arts Center to request a copy of our [free](#) detox shopping list.

### WELL BEING by John Patton, AP, LMHC



A toxin is any compound that has a detrimental effect on cell function. Some toxins cause minimal negative effects, while others can be fatal.

An accumulation of toxins can damage your body in insidious ways and compromise your health. For example, when your body's natural detox system becomes overloaded, toxic metabolites accumulate and you can become progressively more sensitive to other chemicals-- some of which aren't even typically toxic.

The most common external causes of toxicity are: *inhalation* (smoking, air pollution, dental amalgam fillings, sick buildings), *ingestion* (chemical residues on food, chemicals in water, drugs); *injection* (vaccinations, flu shots, tattoos); *absorption* (chemicals from synthetic fabrics, paints, plastics, pesticides and

Contact us**WE'RE GLAD YOU ASKED**

**Q:** I'm considering a detox diet, but a friend warned me about "detox flu." What's that all about? Should I be concerned?

**A:** You may be referring to the Herxheimer Reaction, which can occur when the body detoxifies too rapidly and toxins are released faster than the body can eliminate them. When this occurs, you may briefly experience headaches, nausea or vomiting. Some people experience these symptoms in varying degrees of severity, while others don't experience anything at all. These possible side effects should not deter you, as they are rarely more than uncomfortable.

An effective detox diet need not be complicated and can consist of basic food items found at the grocery. With the addition of key nutritional supplements to enhance liver function and fortify lungs, kidneys, bowels and blood, your detox plan is complete.

Many people detox four times a year and find that the change of each season serves as Mother Nature's reminder to start a detox diet and eliminate internal pollution.

A word of caution before you start, however. Be sure to use a safe and healthy detox diet, drink plenty of water to speed up the toxin flushing process, and minimize daily exercise. If possible, avoid pharmaceutical drugs as they may put more toxins back into your body. Relaxation techniques also can be helpful. Of course, consult with a health care practitioner before undertaking any diet or change in eating habits.

The Healing Arts Center can help you eliminate internal pollution. To receive a free copy of our detox diet, contact us.

What's your question?**VIP (Very Important Product)**

With our focus on detoxification, we are featuring several effective supplements this month.

**N-Acetyl-L-Cysteine (NAC)** provides powerful nutritional support to cells as an antioxidant and specifically supports healthy lung functioning. A powerful free radical scavenger, NAC also supports the body's natural defense system.

**ClearDetox** is an innovative, hypoallergenic beverage formulated specifically to support detoxification and liver health. Rice protein provides a full complement of essential and nonessential amino acids. A combination of milk

chemical fertilizers sprayed on lawns); and *irradiation* (medical x-rays, nuclear power plants, cell phones and towers, computer and TV screens, microwave ovens, and power grid, radio and satellite transmissions).

Detoxification can take many forms, but usually refers to the cleansing of toxins from the bowels, kidneys, lungs, liver or blood. The degree of detoxification necessary can vary from person to person, but experts agree that nearly everyone could benefit from some form of detoxification.

Detoxification can give your body a break from toxins. An effective detox can aid your body's natural cleaning process, provide a rest for key digestive organs, stimulate the liver, promote elimination, improve blood circulation, and refuel the body with healthy nutrients.

By detoxifying, it's possible to experience more energy, clearer skin, brighter eyes, a stronger immune system, greater mental clarity, possible weight loss, additional protection against illness, and an increased feeling of well-being.

It's important to choose a detox technique that meets your specific needs. Therefore, it's recommended that you

thistle, artichoke, turmeric, greater celandine, and barberry extracts, ClearDetox is an effective addition to any detox program.

**OptiFiberSCFA** is a pleasant tasting, mixable fiber formula for the relief of occasional constipation. It promotes bowel regularity and healthy intestinal function, helps maintain cholesterol levels within the normal range, and supports heart health.

**Place your order**

work closely with a health care practitioner who is familiar with detoxification techniques.

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