

## **Susan Wallace Health Newsletter #9 - June 2010**

### **Detoxify Your Body and Experience Better Health – Part 1**

Many of my patients ask me about detoxification with questions like: “How do you know you need to detoxify?” If on a daily basis you need caffeine in the morning to wake up, candy bars to pick you up or fast food snack in the afternoon to ease your hunger and alcohol at night to unwind you’re a good candidate for a cleansing program. When our bodies are working well we automatically are detoxifying impurities & properly eliminating waste 24/7. If your body is not detoxifying well or your body has too many toxins you may be experiencing some of the following symptoms:

- Fatigue, headaches, low grade infections, poor skin color, skin rashes, joint pain.
- Digestive problems, food allergies, and difficulty concentrating.

### **3 Steps to Detoxify Your Body**

If you’re not feeling as good as you used to and think you need to detox your body, there are 3 actions you can take to get your body working at optimum detoxifying levels.

1. Drink enough water. Water is essential for your body to detoxify. It helps every cell exchange water for waste through the cell walls. Make sure your water is filtered to remove any possible impurities.
2. Antioxidants: we need plenty of antioxidants which are abundant in fruits and vegetables; as a bonus, fruits and vegetables like tomatoes and broccoli also contain up to 95% water.
3. Medical Food: Start a specially formulated cleanse using “medical food” to detoxify the body of toxins and waste in a controlled and safe manner.

### **How did we get so toxic in the first place?**

“The air we breathe, the water we drink and shower in, the foods we eat, the household products we clean with, the cosmetics we use all contribute to toxin build up. The buildings we live and work in can be loaded with chemical by-products from carpets and paints that alone or in combination cause disease. When we remove some or all of these contaminants from our lifestyle and feed our bodies with good nutrition that it is lacking, then our bodies can feel reinvigorated and healthy for the first time in years.” Quote from [www.cleanprogram.com](http://www.cleanprogram.com).

As you can see, many of the toxins we are exposed to are nearly unavoidable. We are also discovering that many things that we have used for years have cancer causing substances in them that in small quantities our body can break down and eliminate. But over time we accumulate more of these toxins than our body can handle properly.

### **Would you Eat 3 Pounds of Lipstick?**

Of course not, but did you realize that over the average woman's lifetime she ingests 3 lbs of lipstick? I'm not suggesting you stop using lipstick but you should consider using cosmetics that are made from more organic and natural substances. What you put on your hair and your skin affects your health as much as what you put in your body.

As a culture with a fast paced lifestyle we suffer from a variety of chronic disorders which will eventually cause disabilities that impede our quality of life and feeling of well being. Too many toxins in the body cause inflammation of the joints, muscles and connective tissue which leads to chronic poor health and pain. You can do something to eliminate those toxins and reduce the inflammations by helping your body to process toxins more effectively.

### **Your Body's Detoxification Process**

The basic body detox goes through 3 stages after substances containing toxins are eaten, breathed in or absorbed through the skin.

1. Stage One: the liver converts the toxins with the help of a family of enzymes. These enzymes convert the toxins into chemicals, some of which can be very harmful like free radicals.
2. Stage Two: the liver neutralizes these toxins with the help of an adequate supply of amino acids & nutrients to prepare them for removal from the body through the kidneys or large intestines.
3. Stage Three: involves the kidneys which help the toxins to be excreted through the urine.

In Part 2, I will talk about the best way to begin a detox program.