

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

### **Detoxify Your Body and Experience Better Health – Part 2**

So what is the best way to begin a detox program? Ideally this should be started in the warmest part of the year as the body can become cold as we focus on detoxification. It is also the time of the year with the best variety of local, organic fruits and vegetables. So designate some time to begin your initial cleanse. I recommend 1-3 weeks for most patients, but up to 3 months for some patients with chronic conditions that have not been helped by conventional therapies.

#### **Medical Food to Cleanse Your Body**

I use a very specific protein meal replacement that has been specifically designed as a “medical food”. It is the right balance of vitamins, minerals, amino acids and phyto nutrients that will fuel your body and accelerate the detoxification. Along with fresh organic fruits and vegetables, some grains and other protein is a complete nutrient combination. I think of this meal replacement as an efficient meal as it is easy on your digestion, very nutritious and allows all the extra energy that you are ingesting to be used to detox your body.

Detoxification should be supervised by a professional. It can be dangerous to go on an all water diet for example or eat so few calories that your body breaks down muscle to feed itself. Also not all meal replacement products have healthy ingredients and can actually contribute to the underlying problems. I lay out a complete detox program with timelines and recipes to make the process as easy, effective and fulfilling as possible. Some people will suffer from headaches when they start, like my husband who drinks coffee every day. As the body withdraws from its usual food source some people will experience unpleasant sensations which are normal. I will guide you through the usual ups and downs you will experience as you detoxify.

#### **Start with a Consultation**

If you would like to get started on a detoxification program the first step is coming in to see me for a consultation. This will take about an hour. I will review your condition and health goal and then lay out the program according to your current physical condition.

During the cleanse time frame, a basic program consists of 2 servings of the medical food per day plus specific fruits and vegetables, rice, beans, olive oil and plenty of water. You will not be hungry. I set the program up so it is doable for a busy, working person. I do recommend that you not schedule any “eating celebrations” during your detoxification time and that you think about all the ways you can take extra special care of yourself during this time.

I use the medical food products from Metagenics which have been well researched and tested in numerous clinical studies. I have been using their detoxification products for my self and some of my patients for the last 5 years with very good results. This program will help you re-discover the delicious taste and nourishment of whole foods and find a renewed energy and sense of well being.

### **Special Cleanse Consultation Offer**

Many of my patients have medium to severe toxicity that has manifested itself over the years as chronic poor health that continues to compromise their quality of life. So to help more of my patients get started with a nutritional consultation, I will reduce my normal consultation fee by 50% until July 31, 2010. So if you would like to begin the process of cleansing your body of its toxins and pollutants and feeling better, give me a call to schedule your initial appointment.