Detoxification Lifestyle

AVOID:

Exposure to all known toxicities: smoking, excessive alcohol, unnecessary prescription drugs, toxic work environments, leaded paint, severe air pollution, polluted drinking water, junk food, sugary drinks, processed meats and deep fried foods. Dental amalgams are controversial and there is growing evidence that they are a source of long term exposure to mercury especially. High, prolonged stress and emotion can be toxic. Significant insomnia can have a negative effect on the entire body chemistry. These items may not be simply avoided but should be addressed and treated. and not allowed to become prolonged.

NUTRITION:

Must be optimized for detoxification. The body will not release heavy metals without adequate tissue levels of minerals and amino acids. Diet should be based on whole foods with plentY of alkalinizing foods such as cruciferous vegetables, and moderate amounts of olive oil, garlic, onion, and lean 'unprocessed protein. Analysis of possible delayed food sensitivities may be useful.

Supplements which help alkalinizing include calcium; magnesium, potassium, ind zinc. N-acetylcysteine, lipoic acid and antioxidants such as vitamin C, vitamin E, and grape seed extract will aid in detoxification. Essential fatty acids (DflA, EPA) and a multivitamin/trace mineral will support cellular health and enzymatic function.

EXERCISE:
Exercise increases detoxification efficiency. The process of sweating is particularly important with aerobic exercise and sauna use both being helpful. It should be a daily part of the detoxification lifestyle.

DETOXIFICATION:
A periodic specific detoxification process can be a way to reduce toxic burdens. This may involve fasting, modified fasting, a liver or colon cleanse and increased sleep/rest. The use of a sauna for sweating is helpful. Increased fiber may help the colon let go of xenobiotics such as pesticides after use of the sauna.

This area of medicine is growing rapidly with the increasing awareness of how our individual genetic make-up has an important interaction with the environment. Giving the body the best possible environment can offset genetic disadvantages. See the testing section of the website for

more information on in depth evaluations available.

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