

# TO YOUR HEALTH

## Detoxification

### Why Is It So Important?

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Life in the 21<sup>st</sup> century has challenged our ability to detoxify. Daily, our toxic load has greatly increased compared to what the previous generation was exposed to. The Environmental Protection Agency estimates that 100,000 million pounds of pollutants have been released into our environment, by human contamination of industrial chemicals such as mercury, PCBs, phthalates (from plastics) and many more. There are lists of habits that have increased our toxic load and ate saboteurs of health: tap water, artificial sweeteners, sodas, alcohol, excess coffee, smoking, medications, meats, fumes, cleaners, unnatural cosmetics, soaps, hair dyes, unhealthy relationships, drugs, pesticides, industrial chemicals, food adulteration, food additives, environmental pollutants, and mineral depletion of the soil. Toxicity can happen at the cellular level and at the organ level.

Detoxification is championed by the naturopathic and integrative doctors. The standard of medical care should include not only prevention and treatment of diseases, but also the expansion of the functional life span of the patient. Detoxification should be an integral part of good medicine. We place so much emphasis in medical training about the cardiovascular system, the digestive system, the nervous system, and the respiratory system, but very little attention is given to nutrition and the detoxification system. But if these two areas are neglected, the entire body falls apart.

The liver is the primary site of detoxification.

In phase I detoxification, the cytochrome P450 enzyme detoxification takes place when toxins are breaking down to water-soluble but sometimes to more reactive or toxic compounds which are conjugated, methylated, and acetylated, it is in phase I that nutrients like vitamin C, glutathione enzymes, carotenes, vitamin E are needed, and if deficient, this phase is under-active and metabolic toxicity and inflammation occurs. The detoxified intermediates from phase I are excreted in the bile or urine, that is why colonic detoxification is the most important mechanical part of detoxification to remove end toxins, and chemotherapy by-products from the liver. Coffee introduced at the end of the session of colon hydro therapy is directly absorbed by the enteric-hepatic circulation and detoxify the liver.

In phase II detoxification, metabolites from phase I are rendered more water-soluble and less toxic, it is in phase II that methylation occurs, methyl groups are added to toxic compounds assisted by vitamin B12, folic acid, choline. Glucuronidation is another very important pathway of phase II detoxification, it aids in detoxifying drugs like aspirin, morphine, and is inhibited by

mercury, smoking and oral contraceptives. Failing detoxification by the liver has been associated with many disorders such as autoimmune diseases, fibromyalgia, chronic fatigue syndrome, allergies. Heavy metal toxicity like mercury, aluminum and lead are toxic to the brain and at the cellular level create havoc for the immune system, and can be removed from the body by chelation therapy and also by removing amalgam fillings from the mouth. Some of toxicity indicators are fatigue, overweight, constipation, poor digestion, acid reflux, high cholesterol, poor sleep, frequent illness, food allergies, dark circle under the eyes, skin conditions, food cravings, hypoglycemia, PMS and bloating, headaches and vision problems.

Detoxification is the removal of toxins from the body, *toxicion* in Greek means poison. Detoxification is the removal of poison which creates damage to the body. A variety of techniques can be used to detoxify the body, such as drinking purified, energized and alkaline water, exposure to the sun, fresh air, exercise, fasting, promoting sweating, utilizing different herbs to promote elimination and purification of the blood, essential oils, homeopathy, colon cleansing, dry skin brushing, far infrared sauna, and steam bath. Colon Hydro-therapy removes intestinal toxins, parasites, Candida and retrains the colon to perform more efficiently. Far infra red sauna has been found to help in removing heavy metals from fat tissues and help in weight loss. Obesity is epidemic in the USA; could it be that we are holding on to fat to protect the body from autointoxication?

There are very accurate tests developed to identify the red blood cell chemistry, the level of essential trace elements, the detoxification ability of patients and the level of heavy metals. Main stream medicine is failing at utilizing state-of-the art technology to elucidate many medical enigmas. It is unfortunate that so many people are walking around toxic not even knowing it, and are prescribed medications with many side effects and narrow therapeutic affects instead of addressing the root cause of the problem. I recently diagnosed a patient with toxic levels of arsenic, which we know is toxic to the myocardium. He had been diagnosed with congestive heart failure years ago was told he needed a heart transplant but refused to accept it.

Toxicity comes in many forms and we often underestimate the how a toxic relationship can affect us. John Hopkins University Medical School sixty years ago studied over 10,000 male medical students. The best predictor of cancer later was a negative father-son relationship.

The Laws of the Old Testament (the Torah), gave us all the instructions to achieve Health, Godliness and Cleanliness. Meats are a real concern; live animals carry many toxins, live organisms such as viruses, bacteria, and spores are capable of inducing many illnesses. We must return to a more simple and pure way of eating and of living in order to survive. The detoxification process must be on going, as we are bombarded daily with toxins that affect our endocrine, immune, digestive, neural, psychological and emotional profiles. The key to optimal health and .healing is the detoxification at the cellular level to restore balance, happiness, and harmony.