

YOUR HEALTH

SPRING CLEANING WITH A “DETOX”

These days it has become somewhat of a fad to do a “detox,” which is short for detoxification. From a health professional’s point of view, there are both positive and negative aspects of this current trend. There are many products that claim they’ll detoxify your body – most make big claims with little evidence to support them! Any good detox program needs to start with the basics: a healthy lifestyle to reduce toxic exposure.

Where do toxins come from?

1. *Internal* – substances produced inside the body such as food byproducts, hormones, acids, and toxins produced by bacteria and yeast in the digestive tract

2. *External* – chemicals (such as food preservatives and colourings, petroleum products, pesticides), drugs, alcohol, heavy metals such as mercury (from contaminated fish, dental fillings, cosmetics), lead (from pesticide sprays, cigarette smoke, cooking utensils, paint and solder in tin cans), cadmium (from cigarette smoke, batteries), germanium, and aluminum (from antacids and cookware)

NOTE: Emotional Stress can lower the body’s threshold to manage even low dose exposure to chemicals

What can you do about it?

1. Reduce exposure by removing sources of toxic materials such as stored or leaking chemicals, dyes, paints, solvents, glues, cleaning agents and scented room sprays (deodourizers). It is also helpful to replace your furnace and air conditioning filters regularly.

2. Drink plenty of purified water (at least 8 glasses a day).

3. Eat plenty of fresh nutrient-rich foods to support liver function (at least 6 servings of vegetables and fruits daily, moderate levels of healthy protein and healthy fats).

4. Avoid eating excess fat, refined sugar and foods high in additives and preservatives.

5. Consume meats from organically raised animals and organically grown fruits and vegetables whenever possible.

6. Reduce or eliminate alcohol intake, smoking and recreational drugs.

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