



Detoxification - Why is it Important?

Detoxification has become a popular topic lately, and from a health professional's point of view, there are both positive and negative aspects of this current trend. Certainly many people could benefit from ridding their bodies of unwanted chemicals; however, detoxification is not appropriate for everyone, and it is essential that it is done safely to ensure that you don't end up feeling worse than when you started!



Before considering whether to detoxify your body, you should understand where toxins are coming from. What is a toxin, you might ask? It is any compound that has a detrimental effect on the function of your body's cells. All of our cells produce waste that must be eliminated from the body. In optimal health, wastes are broken down and excreted from the body. When our detoxification and elimination processes become impaired or overwhelmed, the level of waste toxins in our blood increases.

What Illnesses are Associated with Toxicity?

→ Immune System Dysfunction: allergies, chemical sensitivities, chronic infections, autoimmunity, certain cancers (B cell malignancies especially)

→ Nervous System Dysfunction: headache, cloudy thinking, depression, Parkinson's disease, Alzheimer's disease

→ Hormone Dysfunction: hypothyroidism, premenstrual syndrome, painful periods, difficult menopausal symptoms

→ Energy Production Dysfunction: fatigue, diabetes, fibromyalgia, chronic fatigue syndrome

Where are toxins coming from?

1. **External Environment**– chemicals (from dry cleaning, car exhaust, food preservatives and colourings, petroleum products, pesticides), drugs, alcohol, heavy metals (from contaminated fish, dental fillings, cosmetics, pesticide sprays, cigarette smoke, cooking utensils, paint, solder in tin cans, batteries, antacids and cookware)
2. **Internal Environment**– substances produced by the body such as food byproducts, hormones, acids, and toxins produced by bacteria and yeast in the digestive tract
3. **Emotional Stress** lowers your threshold to tolerate even low dose exposure to internal and external toxins

What can you do about it?

A) Avoid Toxicity in your Environment:

- Purify your work and home environments
- Remove toxic materials at work, such as stored chemicals, paints, solvents, glues, acids
- Remove household offenders like garden chemicals, cleaning agents, dry cleaning, secondhand smoke
- Regularly replace furnace and air conditioning filters, or use HEPA filters that reduce dust and molds





B) Eat Plenty of Nutritious Foods:

- Drink plenty of purified water (eight glasses a day)
- Eat plenty of vegetables, moderate levels of protein and healthy fats
- Avoid eating excess fat, sugar and foods containing additives and preservatives
- Consume meats from organically raised animals and organically grown fruits and vegetables to avoid pesticides, herbicides, fumigants, hormones and antibiotics
- Remove food allergens from your diet

C) Enhance Detoxification:

- **Reduce Stress** – effectively managing stress, getting adequate rest and practicing meditation are means to reduce the negative effects that the stress response has on our bodies
- **Liver supportive herbs and nutrients** – Specific herbs have a detoxifying effect by stimulating bile flow and liver regeneration. Liver supportive nutrients help the liver to do its job of detoxifying the blood

Want to start autumn off feeling GREAT?



Consider our Autumn Detoxification Program!

Join us for a detoxification info session:

1. **Tuesday September 18, 7–8pm**
Comfort Inn (15 Charles St E) ~ free
2. **Wednesday September 19, 6–8pm**
Elmwood Spa (18 Elm Street) ~ \$20
3. **Wednesday October 3, 6–8pm**
Elmwood Spa (18 Elm Street) ~ \$20
4. **Thursday October 4, 6–8pm**
Elm Spa (557 Church Street) ~ \$20
*Please RSVP to 416.944.9186 or
dr.amandaguthrie@rogers.com*

Benefits of the Autumn Detoxification Program

A medically-supervised 4-week detoxification program that will improve your health, leaving you feeling energized and rejuvenated!



Autumn Detoxification Program includes:

1. **Health monitoring** with a medical professional to ensure safety and efficacy: 4 visits with a Naturopathic doctor
2. **Infrared Sauna:** nine sauna sessions (1 hour each) at Elm Spa, a gorgeous downtown spa location (www.elmspa.ca)
3. **Detoxification Diet:** 2 containers of MediClear (a professional quality hypoallergenic detoxification nutritional supplement) and thorough education of how to eat a whole-foods healthy detoxification diet
4. **Natural bristle dry skin brush** to improve circulation and detoxification
5. **pH paper** for daily monitoring of your salivary and urinary pH at home
6. **Detoxification Patient Guide:** an educational binder including your personalized detoxification prescription, information on detoxification, tips on how to maximize the program to achieve success, and daily tracking sheets to monitor your progress

