

DETOX



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What is detox?

Detoxification, also known as detox, is the cleansing of the body from toxic substances. The process usually involves the liver, kidneys, blood and intestines as these are the organs that take part in the removal of toxins from our body. There are various forms of detox including dialysis, chelation therapy and taking specific natural nutritional supplements that are able to attach to and eliminate harmful toxins from our body.

Why do we need to detox?

We live in an increasingly toxic world; we are surrounded by toxins of all kinds and during the past 40 years, more than 45,000 new chemical substances have been introduced into our environment.

The air, the water and the soil that we grow our food on, are all polluted with toxins. By breathing, drinking water, and even by eating refined foods, we have undoubtedly accumulated mercury, cadmium, arsenic, lead PCBs and other contaminants in our

body.

Exposure to toxic substances is what makes us age prematurely and weakens our immune system so that we are susceptible to disease.

Of course, avoiding exposure to all toxins is an impossible task, but we can drastically reduce the impact of this unhealthy exposure. If we detox (neutralize and remove toxic substances) on a regular basis as well as make adjustments to our lifestyle, like eating more non-polluted, organically grown and less refined foods, we will contribute to improving our general health. This in turn will better allow our body to deal with and eliminate toxic substances from our body, thereby staying mentally and physically healthy and reducing our risk of developing disease or from suffering a premature death.

How toxic are we?

Unfortunately, we can become more and more toxic over a long period of time and not even know

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it because low-level toxicity can be virtually impossible to detect. It may take years for symptoms to develop and be noticeable. If neglected, however, long-term exposure to toxins can critically compromise our immune system and cause illness.

WHAT ARE THE SYMPTOMS OF TOXICITY?

Toxicity symptoms can be difficult to diagnose as they are often the same as any chronic illness. These include decreased energy level and fatigue, muscle weakness, mental concentration problems and gastrointestinal problems.

Other symptoms to look out for include:

- Allergies
- Acid Reflux Disease (GERD)
- Arthritis
- Bad breath and body odor
- Bloating
- Crohn's Disease
- Skin problems such as dermatitis, eczema and psoriasis
- Excess weight
- Hemorrhoids
- Infertility
- Irritable Bowel Syndrome (IBS)
- Insomnia
- Migraine headaches
- Miscarriages
- Respiratory problems
- Sciatica

WHAT SUPPLEMENTS HELP THE BODY DETOX?

Our detox systems rely on an ample supply of nutrients to flush out toxic substances from our body. Due to rapidly increasing global pollution, neutralizing and excreting the growing amounts of toxins is no longer possible, even with a healthy diet.

Getting enough of these nutrients solely from our diet, no matter how healthy, is not possible. We need to turn to nutritional supplements that will provide us not only with an adequate supply of essential nutrients, but also provide us with their right combination for the best effect.

The following nutrients are scientifically documented to help the body detox (please see treatment options below that contain these nutrients):

- Vitamin C
- Vitamin E
- Vitamin B2
- Vitamin D
- Beta-caroten
- Chlorella
- Alpha-lipoic acid
- Folic acid
- Grape seed extract
- Green tea
- Glutathione
- Selenium
- Zinc

What treatment option should you choose?

If your lifestyle is only moderately healthy, then do not start your detox too aggressively as you may experience side effects from all the toxins that you have tried to excrete (start with option 2). If your lifestyle is reasonably healthy, choose option 2, 3 or 4 for the best results. Remember to take your supplements every day for the best long-term results. Helping your body neutralize and excrete toxins at a slow, steady pace is easier and healthier for you than choosing a harsh detox cure. Remember that the longer you take

these supplements (months, years), the better the result.

Option 1: Anti-Aging + Chlorella + Vitamins + Minerals

Option 2: 2 x Chlorella + Vitamins + Minerals

Option 3: Anti-Aging + Chlorella + Grapavin + Vitamins + Minerals

Option 4: Anti-Aging + Chlorella + Grapavin + Q10 30 mg + Phyto-Synergy + Vitamins + Minerals

Want more energy?

One of the most common symptoms of toxicity is lack of energy or fatigue. This is because our body is working on overdrive to try and eliminate toxic substances. By detoxing, our organs (especially our liver), are relieved from this overload of work. In return, our body can function better at all levels and we have more energy. But in order to help the detox process work at full capacity, we need to put in a little effort as well.

HOW TO DETOX

There are simple things that we can do to help the detoxification process. The following are just a few tips to help you become healthier and more energetic:

- Try to reduce exposure to toxins whenever possible: stop smoking, replace household toxic chemicals with safer alternatives etc.
- Take detox supplements daily, including basic vitamins and minerals.
- Increase your intake of filtered water to about 8 to 10 glasses a day.
- Do moderate daily exercise for about 30 minutes.
- Increase your intake of fresh organic fruits and vegetables.
- Increase your intake of fiber and whole foods.
- Decrease your intake of sugar, wheat, dairy, fried food and saturated fats.
- Get plenty of sleep.

WHO SHOULD NOT DETOX?

You should not detox if you are:

- Pregnant or breast-feeding.
- Recovering from an illness or surgery.
- A child or teenager.
- Underweight or weak.
- Anemic
- Addicted to drugs or alcohol or have been exposed to hazardous chemicals, heavy metals or radioactive material.
- Have diabetes, heart disease, kidney or liver disease, or other chronic health problems.

If you are making major changes to your diet or lifestyle through detox, you should consult a qualified health care practitioner, one who is familiar with detox methods.

ARE THERE ANY SIDE EFFECTS OF DETOXING?

Experiencing detox side effects is normal and is our body's way of manifesting the changes taking place – eliminating the toxins. These side effects tend to be short-term, around two to three weeks, although some people may experience them for slightly longer. If you have any concerns about side effects, see a qualified health care practitioner or call Doctor's Natural for advice.

Common detox side effects include:

- Headaches
- Dry mouth
- Diarrhea or constipation
- Nausea
- Sleep disturbances
- Loss of appetite
- Increased urination
- Increased or smellier perspiration
- Anxiety and restlessness
- Moodiness
- Skin rashes

Remember, these symptoms may prove that you really need to clean your body from too many toxins.

HOW DOES DETOX WORK?

Natural detoxification in our body goes through two systems. The first is the anti-oxidation system that involves preventing free radical damage and oxidation (also called oxidative stress). The second detoxification system occurs in the liver and involves certain enzymes that are responsible for breaking down and eliminating the toxins. Both the anti-oxidation system and the liver detoxification system work hand in hand with our circulatory and elimination systems to protect us.

THE ANTI-OXIDATION SYSTEM

All our cells need oxygen to survive and function; but oxygen can react with other substances causing oxidation. In our body, this process is known as biological rancidification. When we are exposed to toxins, activated forms of oxygen (reactive oxygen species) are produced in huge numbers in our body in response. These forms of oxygen are also known as free radicals - unstable molecules that are lacking an electron, which they steal from another molecule causing oxidative damage. This sets off a chain reaction with the new molecule stealing an electron from another molecule and so on. To offset this, our body has an anti-oxidation system made up of antioxidant nutrients and enzymes. Together, they work to replace missing electrons and make molecules stable once again. When for example the antioxidant vitamin C gives an electron to a molecule, it must replace its missing one from another antioxidant nutrient, say vitamin E. Vitamin E is now missing an electron and must get one from another antioxidant and so on. This is why it is so important to have sufficient supplies of all antioxidants; if you are deficient in only one, oxidative stress will still occur as antioxidants are unable to work alone.

The liver detoxification system

The detoxification system in the liver takes place in two phases:

Phase I: When toxic substances enter the liver through the blood, enzymes break down and transform the toxins into intermediate forms (often free radicals). Some free radicals can be eliminated in phase I, but others must be further processed in phase II.

Phase II: In this phase, another set of enzymes bind to the free radicals from phase I and create non-toxic water-soluble compounds – most toxins are fat-soluble – that are then excreted through the kidneys (urine) or bile (feces). These specialized enzymes are produced from different vitamins, minerals and amino acids contained in proteins. So, if we do not have enough nutrients in our body to make these enzymes, the toxins (which may be more harmful now than when they initially entered the liver) are stored in the liver or fat tissue and begin to cause oxidative stress, which in turn leads to chronic illness.

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