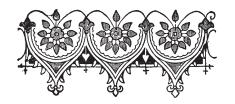


Health & Wellness



Detoxification:

Get Clean and Lean Prior to the Flu Season



Dr. Kate Thomsen and Silky

If this promises to be such a dangerous flu season, then we should be working on a strong and healthy immune system to give us resistance. Part of strengthening immunity involves nourishing food and specific herbs and supplements (especially Vitamin D) that support our immune cells. Equally as important is to unburden our bodies from spending energy and resources on elimination of unwanted products. The ubiquitous toxins in our current environment has given us a body burden that robs us of energy and clear thought and contributes to the epidemic of chronic disease.

Did you know that 75,000 to 80,000 new chemicals have been released into the environment since World War II? Less than 50% of these have been tested for potential toxicity in humans. Did you know that 350 different pesticides can legally be used to treat the food we eventually eat?

Do these toxins actu-Some 400 synthetic chemi- (from leaded gasoline and curring inside us in a steady cals have been found in the lead based paint from expo- progression until symptoms human body. In the 2003 sure prior to the late 1970s; or conditions appear. "Un-Body Burden Study, 156 also from cigarette smoke, plugging" is certainly worth pollutants were found in water pipes and handling consideration if you have the blood and urine of vol- of ammunition...) is stored headaches, disruptive sleep unteers. This included an in bones only to leach out patterns, chronic fatigue, average of 56 carcinogens as our bones thin with age. depression, ear ringing/tin-

preservatives in our skin liver and prostate. creams, endocrine disrup-"heavy hitters".

be most vulnerable to fluo- tinal microbes and depletes environmental toxins. 95% International Agency for cently brought the EPA to lawsuits now being won. court over failing to protect

in each person. In 2005, Arsenic is in the groundwa- nitus, hypersensitivity/irrithe follow-up study found ter of many communities, tability, erratic blood presan average of 200 contami- including my own. Arsenic nants in newborns' umbili- from untreated drinking cal blood. From arsenic in water is associated with canour picnic tables, pesticides cers of the bladder, kidney, on our fresh cut flowers, lung, skin, nasal passages,

Glyphosate, the active tors in our plastics - we are ingredient in the herbicide exposed to toxins on a daily Round-up, is not stored in basis. These exposures have our bodies the way heavy been linked with our current metals are. The half-life of high prevalence of chronic glyphosate in humans is bedisease – cardiovascular dis- tween 5 and 7 hours. It's in ease, cancer, osteoporosis, and out pretty quick. The arthritis to name a few. Let's problem is that it never stops look at a few common but coming in. Glyphosate is so ubiquitous in our environ-Even the "optimal level ment because of it's expanof fluoride" in municipal sive use and airborne "drift" drinking water has been that you can ingest some found to be a developmen- with your organic Cheerital neurotoxin. There are os!! Glyphosate depletes us many studies document- of minerals. It depletes the ing lowered IQs in children soils of minerals as well and whose mother drank fluori- the half-life of glyphosate dated water versus children in the soil is several months whose mothers did not. The up to a year. It also disturbs fetus and the infant seem to the functioning of our intesride's toxicity as is usually us of the building blocks for the case with most other our neurotransmitters. The of the world's population Research on Cancer classidrinks nonfluorinated wa- fied glyphosate as "probably ter and they still have their carcinogenic to humans" teeth!!! A citizen's group re- - hence the million-dollar

Electro Magnetic Freit's citizens from the risks of quencies are the invisible fluoride that are now known. fields we are all walking Heavy metals are an- around in. It's inescapable. other plague of modern Similar to the chemical toxsociety. Mercury from fish icities, people have different (and, if you are old enough tolerances to EMFs. Some you may have some mercu- individuals are genetically ry amalgam dental fillings) very sensitive yet most of accumulates in our bodies us are unaware of the free ally get into the body? Yes. and is a neurotoxin. Lead radical damage that is oc-

sure, skin complaints, and behavioral changes.

The human body has had to evolve elaborate processes designed to rid itself of toxins, primarily through the liver. A two-step process makes fat soluble toxins into water soluble substances that can be removed easily through the kidneys or intestines. But in the 21st century, the burden of toxins is greater than it has ever been. Removal of these toxins may be hampered by an individual's unique genetic makeup, inadequate dietary nutrients to support detoxification, and by heavy body burdens of toxicity.

Cleansing and detoxifying rituals from water fasts to spas, saunas and enemas have been used by cultures around the world. These are often practiced in the springtime when "cleaning house", new growth, and "fresh starts" are desired. I think it is a good time now to "clean house" before this perfect storm flu season

Usually a medical environmental detox program involves several elements:

- removing unhealthy (and potential toxic) foods from the diet
- increasing the consumption of healthy foods (in particular fiber and plant compounds that support liver and kidney detox)
- Some supplements that concentrated contain amounts of nutrients needed for Phase I of liver detoxification
- Adding a protein powder with the amino acids needed for phase II of liver detox

Detox programs must be well thought out and tailored for the individual as free radical damage can occur if the two-part process performed by the liver is unbalanced. Alkalinizing the blood, dry skin brushing, coffee enemas, intravenous detox protocols, and sweating through exercise and sauna therapy are other ways of augmenting a detoxification process.

In my practice, I encourage people to cleanse or "detoxify" once or twice a year. It can be a two or four week process and is often done more successfully with the support of a group. People will see conditions like rashes, joint pains and headaches disappear. Within three or four days, sleep is improved along with clarity and energy. A four to eight pound weight loss is common and often provides a 'jump start" for a new nutritional and exercise program.

Let's learn how good we can feel by empowering ourselves into better health. Our immune systems will be stronger and our light can shine brighter through this darker time.

Dr. Kate Thomsen's office for holistic health care is located in Pennington, NI. She is trained in Family Medicine, and Board Certified in Integrative Medicine, and is an Institute for Functional Medicine Certified Practitioner. She has been practicing Functional Medicine for 20 years. For more information see www. drkatethomsen.com or call the office at 609-818-9700.