

Wellness Detoxification Program

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Wellness detoxification can be a first step towards long term health and wellness. Lifestyle and dietary changes made during a supervised cleanse can be a starting point to long-term healthy changes. Detoxification enhances your awareness of how what goes into your body affects your system as a whole. By improving the elimination of toxic waste, most of which is stored in the muscles, gut and liver, the body is able to rebuild on a solid and fresh foundation.



Detoxification can help you:

- eliminate toxic build-up, which can result from pollution, food, travel and stress
- address a variety of digestive complaints
- decrease allergic responses and chronic skin complaints
- improve mental clarity and focus
- lose weight and increase energy naturally
- enhance healing

Organs of Detoxification:

The liver, intestines and kidneys are the principal organs of detoxification. The liver filters the blood to remove large toxins. Approximately 2 Litres of blood pass through the liver every minute for detoxification, when functioning properly 99% of bacteria and other toxins are filtered through the liver (Lukaczer: *Natural Medicine Journal*. 1998). The body eliminates toxins by directly neutralizing them and/or by excreting them in the urine or feces (and to a lesser extent from the lungs, skin and mucous membranes). Toxic material can accumulate in the lymphatics and bloodstream causing congestion (swelling), if adequate drainage is not supported.

It is imperative to maintain bowel regularity (fibre) and sufficient urination (hydration) throughout a detoxification protocol. But, what is adequate hydration? Water need varies with your size. The amount of water you should be consuming can be calculated as:

Water need (in ounces) = ½ your Body Weight (in pounds) (Thom: 'Clinical Series.' 2004).

So, a 160 pound person should be drinking $160/2 = 80$ ounces of water. Since one cup of water equals 8 ounces, this means that this person should drink 10 cups of water (or 2.5L) daily.

There are several important elements included in a detoxification lifestyle. Patients who learn to follow these habits of living create a foundation for better long-term health, and their response to more extensive clinical treatments will be more successful.

Avoid exposure to any known source of toxicity; this includes allergens, alcohol, smoking, stress and unnecessary prescription drugs. Harmful chemicals in everyday exposure include lead and mercury, pesticides and harmful hormone-mimicking chemicals (xenoestrogens) which can be found in our air, drinking water, plastics, foods and household paints and cleaners. Eating organic produce, when possible, is best as pesticide contents can be very high in some produce items (i.e. peaches, apples, carrots, spinach and bell peppers) (www.ewg.org).

Nutrition must be optimized for efficient detoxification. Avoid items high in sugar, junk foods, processed meats, food additives or colouring agents, fast foods, or deep-fried foods. Your diet should be based on whole foods (whole grains, fruit, vegetables and legumes). Cruciferous vegetables (i.e. broccoli, cabbage and cauliflower) are known to enhance detoxification pathways in the human body and support liver cleansing (Ma: "Clinical Detoxification." 2005).

Exercise accelerates lymphatic flow, induces sweating, and increases metabolism and detoxification efficiency. Gentle exercise should be a daily part of the detoxification lifestyle.

Rest including proper sleep, relaxation, and stress management is an essential element in the detoxification lifestyle.

Detoxification as a customized, prescribed therapeutic activity should be considered as a periodic means to improve vitality and reduce toxic body burdens. It is important to have your detoxification protocol matched to your individual health needs and concerns, and should be supervised by your Naturopathic Doctor. No one plan is the best fit for everyone. Typically, detoxification protocols will include products or formulas to protect the liver and enhance liver function, as well as activities to support ALL organs of detoxification.

Massage therapy can be used to relax the body, help with stress reduction, increase blood flow through out the body and to help drain the lymphatic system.

Chiropractic: In addition to pain relief and symptomatic care, there has always been a link to improved general health and function through stimulation and improved function of the nervous system among chiropractic patients. On a detox program, boosting the function of the immune system is one of the demonstrated benefits among chiropractic patients. Studies have shown: increased immuno-competence up to 200% and increased immune function cells by 48%.

***NEW* DIHG Supervised Wellness Detox Bundles**

During our customized detoxification programs you will learn how to make changes in your daily routine and retain the long term benefits of healthy choices. Under the integrated supervision of the clinicians at Downtown Integrative Health Group, your successful detox offers you the opportunity to start 2007 with increased vitality.

3 Week Detox - \$250.00... includes two consultations with Dr. Brand whereby a comprehensive customized 21-day detoxification program including suitable products will be implemented and followed-up, two consultations with Dr. Gill to evaluate postural or structural factors effecting your vitality and customized exercise suggestions will be given, and two 30 minute therapeutic massages (with emphasis on lymphatic drainage).

2 Week Mini Detox - \$199.00... this condensed bundle includes one naturopathic consultation with Dr. Brand to implement a 14-day customized detoxification program including suitable products, a postural assessment with Dr. Gill and one 30 minute therapeutic massage.