

Detoxification

Modern day living can place a heavy burden on health, as each day we are exposed to toxins in the air we breathe, the food we eat, and in our home and work environments. Even our bodies are creating endogenous (inside) waste products that contribute to this toxic load. Although we may take steps to minimise toxin exposure, it is impossible to avoid. Toxins have varied physiological effects and can inhibit how well our bodies function; they may interfere with enzyme function, block cellular transport molecules, cause oxidative damage, inhibit nutrient absorption and even mimic the actions of hormones and neurotransmitters in the body. Regular detoxification is critical for your health and wellbeing, both in the management of specific health concerns and also to mitigate the effects of long-term low grade toxin exposure.

When To Detox?

The gastrointestinal tract, liver, kidneys and skin are the body's key organs of elimination and it is important that these organs function optimally. While imbalances in digestion such as constipation, bloating, malabsorption and inflammatory bowel conditions may indicate the need for an Integrative Detoxification Program; there are many symptoms and conditions associated with poor digestive function or increased toxic load that may also benefit from a detox. Symptoms include headaches, allergies, food intolerances, hormonal imbalances and skin disorders frequently find their severity ameliorated as the gut restores optimal function following a detox. Accumulated data suggests that an individual's ability to remove toxins from their body may play a role in the creation or exacerbation of a range of chronic conditions such as digestive symptoms, ongoing fatigue and inflammatory disorders.¹ Detoxification can also support those with autism, autoimmunity, weight gain and in fact, any patient who wishes to improve their health, digestion and overall vitality. Regular detoxification is also recommended for ongoing wellness and healthy ageing.

Detox Snapshot

The Integrated Detoxification Program uses a three step approach: Remove, Renew and Release to achieve results and to ensure that your major body systems responsible for toxin production and removal are supported. The Integrated Detoxification Program is easy to follow, using two products every two weeks for six weeks, in conjunction with the Blood Type Diet and a healthy lifestyle including at least moderate exercise. Depending on your individual circumstances and the chronicity and severity of the presenting condition, any stage of detox the program may be extended beyond the recommended two weeks if required.

Three Steps To A Clean, Mean, Body Machine

Stage 1 - Remove

The goal of Stage 1 of detox is to dramatically reduce or remove the level of bad bacteria, fungi and parasitic organisms that may be present in your gut. Using a combination of



Antimicrobial Herbs including black walnut, traditionally used for worm infestation, ringworm, and diphtheria,² with Chinese wormwood and barberry can devastate antibacterial, antifungal and antiparasitic activity. High Potency Colostrum with Glyconutrients can also support gastrointestinal health throughout this first stage of the Integrated Detoxification Program. Colostrum is a source of immunoglobulins which can bind to bad bacteria and reduce the likelihood of bacterial fragments (endotoxin or lipopolysaccharides) entering the bloodstream.

Stage 2 - Renew

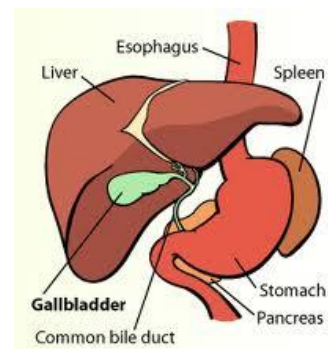
Stage 2 focuses on renewing and rebuilding the digestive lining, supporting the kidney elimination pathway, alkalisng the body and rebalancing the beneficial flora levels within the gastrointestinal tract. Glutamine, combined with extracts of aloe vera and deglycyrrhizised liquorice (DGL) can act to help repair the gut lining and restore mucosal integrity. Herbs and nutrients, used in conjunction with zinc, can assist with the safe removal of heavy metals from the body. Aloe vera leaf extract may also assist in the elimination of toxins from the gut mucosa and lymphatic herbs, such as cleavers can be used to support lymphatic flow and clearance of toxins via the kidneys.



As Stage 1 of detox focused on eliminating bad bacteria from the gastrointestinal tract, it is imperative to reinoculate the bowel with good bacteria, or probiotics.

Stage 3 - Release

The final stage of detoxification is designed to enhance the capacity and function of the body's waste removal systems - predominantly the liver, gall bladder and bowel. In Stage 3 the focus is on balancing Phase I and II liver detoxification to increase release of toxins, as well as supporting bile production to facilitate the excretion of waste via the faeces. Phase II pathways are increased while gently calming overactive Phase 1 pathways.



Keep Clean And On Target

Whilst you are undergoing detoxification, it is important that you modify your diet and lifestyle to minimise their exposure to toxins while their body is busily removing, renewing and releasing. This includes avoiding alcohol, caffeine and processed and packaged foods. The booklet "Your Guide to Detox" provides lists of foods for you to eliminate or enjoy, aiming to reduce or eliminate the major dietary factors that increase toxicity or inflammation in the digestive tract. This booklet also contains tips for staying on track, as well as lifestyle tips to support detoxification.

Detox For Life

While it is virtually impossible to avoid exposure to toxins in our modern world, supporting your ability to detoxify and clear accumulated wastes can have profound effects on your health. A well-functioning digestive system is the seat of good health and is intimately connected with many other body systems. An Integrative Detoxification Program can reduce the toxic burden, whilst working

systemically to support your whole health and wellness. Regular detoxification will not only enhance your health; it will help you feel on top of the world.

References

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