



Detoxification

I have two stories, out of dozens, I want you to know about detoxification.

The first is very short but to the point: at a relicensing seminar a few years ago, a medical doctor from Alabama delivered a three hour lecture on how to manage autoimmune disease. This doctor was the most undynamic, staid, monotoned speaker I had ever encountered, yet I stayed the course since the subject matter is so prevalent in my practice. At the end of the three hours, the doctor thanked the very few of us who were still in the room, acknowledging he was a terrible speaker, and said if he had to sum up the previous three hours to someone who could not stand to listen to him, he would say “detox the sombiches.”

The other story that is important to tell comes from my reading The New York Times on January 29, 2003. I will give you a brief rundown of the full page advertisement and you can go to www.ewg.org to see more about the organization that published it. This ad, promoting cleaning up of the environment, spoke of nine volunteers at the Mt. Sinai School of Medicine, who were tested for the presence of 200 industrial compounds in their bodies. None of the volunteers faced high exposure to toxic chemicals at his or her job. Results for the testing of over 200 industrial compounds in these volunteers’ bodies revealed an average of more than 90 of these compounds being present. Further, dozens of other chemicals proven to damage the brain, nervous system and other organs were found. Additionally, chemicals which are known to interfere with fetal and childhood development were found. And it was noted that some of these chemicals were banned from use in the United States decades ago, yet were still in the volunteers’ bodies.

So, our position on detoxification is briefly stated to be: WE DESPERATELY NEED IT.

We do not advocate entering a haphazard and/or intense and/or unsupervised detoxification program. We do not advocate pushing the body into detoxification.

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Instead, with our focused examinations and testing procedures, we support the body to detoxify naturally, which it will if optimally healthy. You also must understand that detoxification is a lifelong process. Our experience is that the body cleanses itself in stages that can protect its overall health while releasing what it can. Often you are completely unaware of this process. Other times you may have some manageable symptoms. On rare occasions you might need to stop your daily routine for a day or two, stay home and rest, and marvel at how ill you can feel from getting rid of pollutants. Additionally, we employ gentle yet thorough adjuncts to support your detoxification process, among which in addition to those listed below could include special diets and exercises, supplements/herbs/homeopathy, lymphatic drainage techniques, and EB Cellular Cleanse programs. There is no textbook on detoxification because there is no textbook toxic body. Our individual treatment plans support you to be at your optimal health.

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