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## **Detoxification**

We are always exposed to and constantly absorb toxins that are potentially harmful to our health and our feeling of well-being. Today our environment is toxic and the foods we eat, even the air we breathe and the water we drink is overloaded with chemicals foreign to our body. Naturally, our bodies detoxify to maintain a baseline for health. However, every so often we can boost our wellness factor by detoxification programs to help get rid of those chemicals which drag us down, to make us feel better and more energized. Poor diet, chronic stress, exposure to pollution and free radical damage can all tax our health over time. Years of pollution can build up in our system leaving you feeling worn-out, lethargic and with a depleted appearance. Working gently in harmony with your body, a detoxification program can help flush out harmful pollutants that may be damaging your body.

Detoxification is the process of clearing toxins from the body by neutralizing and transforming them. Detoxification involves dietary and lifestyle changes that reduce the intake of toxins while improving elimination. Toxins, whether external – such as alcohol, pesticides, tobacco, heavy metal, medication, oral contraceptives, or internal – by-products produced by the body's natural metabolic processes, all need to be neutralized and excreted properly for optimal health.

The benefits to detoxification are vast and include disease prevention, improving weight loss, promoting energy, decreasing joint pain, headaches, and PMS symptoms, managing anxiety and irritability, and minimizing frequent colds, heartburn, constipation and gas. Detoxification has been documented to help treat disease such as autoimmune disease, multiple chemical sensitivity, fibromyalgia, chronic fatigue syndrome, heart disease, digestive disorders, arthritis, ADD and other chronic degenerative diseases.

A basic detoxification program will work on the bowels, liver, kidneys, lungs, and skin and help these organs eliminate better. Healthy lifestyle changes will need to be followed and may include drinking plenty of clean water and getting adequate exercise, rest, sunshine, and fresh air. Mind-body exercises such as yoga, meditation, deep breathing, and Tai-Chi are highly encouraged to balance the mental and spiritual aspects of the body. Nutritionally, a diet high in fresh fruits, vegetables, whole grains and lean organic meats will be implemented while omitting allergenic foods such as wheat, milk, dairy, and simple sugars. Caffeine, including coffee and caffeinated teas and beverages, and alcohol will be restricted for the duration of the program in order to restore proper liver function and cleanse the blood from external stimulants.

While there are many detoxification kits and programs in the natural health industry, your Naturopathic doctor will be able to develop a personalized treatment plan for you according to your health history. Your visit will include a detailed personal health history, physical exam and any other laboratory work needed to help assess your state of health. Natural and alternative therapies such as homeopathic drainage, botanicals, acupressure, hydrotherapy, and nutritional medicine will be used to assist in formulating your detoxification program to bring out a healthier and newer you.