

Detoxification and Liver Health



Program

With every rising of the sun think of your life as just begun

- Ella Wheeler Wilcox

Maria Augustyn ND BHSc RT RM

"Don't wait to get sick to get better"

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The Detoxification Program

General Information

What is Toxicity?

Toxicity is literally how poisonous a substance is. Some things are very poisonous, and even a small amount can be very harmful (e.g. arsenic). Many substances are slightly poisonous, so that small amounts are able to be removed without harm. If you have a large exposure to these milder poisons (e.g. pesticides), then over time they can overwhelm your ability to “detoxify” or remove them from your body. Also, an exposure to several mild poisons at once is much more dangerous than one at a time.

One of the body's defence mechanisms when faced with toxicity is to store the harmful chemicals in your fat tissue. This means that these poisons can be stored for many years in our tissues, becoming an ongoing source of ill health.

How do you measure toxicity?

The tests listed below are the ones I use to monitor your toxin levels. This is to help me determine how long you will need to follow the program for.

| TEST | What it measures |
|-----------------------|-------------------------------------------------------------------------------------------|
| Urinary Indican | Levels of bad bugs in your digestive system |
| Zinc Tally | Your level of zinc, and important detoxification mineral |
| Bioimpedance Analysis | Cell function and inflammation |
| Hemaview | Live blood screening, shows many health parameters, photos are kept for future comparison |

In some cases I might recommend external pathology tests such as hair mineral analysis or stool analysis for specific situations.

Sources of toxin exposure

Toxins come in two broad categories, environmental (external) and endogenous (made in your body). Environmental toxins include metals, chemicals, hormones, water and food that we consume. Endogenous toxins include hormones and other chemicals that are produced in the body, and chemicals produced by bugs in your digestive system which enter your bloodstream.

You are exposed to toxins every day

EXTERNAL

Alcohol
Air pollution
Building materials and furnishings (paint solvents) (formaldehyde)
Cigarettes (cadmium, etc) food chemicals (additives and contaminants)
Herbicides (2, 4-D, paraquat, glyphosphate)
Household goods (solvents, etc)
Pesticides (termite control – Aldrin, chlordane, DDT, etc)



INTERNAL

Dysbiosis (bad gut bugs)
Free radicals
Sugar toxicity
Stress
Maldigestion

Radiation (TV and computers)
Traffic fumes
Water (chlorine and fluorine)

Consequences of toxicity

Short Term

Allergies
Constipation
Diarrhoea
Fatigue
Fever
Gut ache
Headache
Indigestion
Vomiting
Muscle aches and pains
Nausea
Poor memory
PMT



Long term

Asthma
Autoimmune diseases
Bone loss (osteoporosis)
Chronic fatigue syndrome
Dementia (Alzheimer's)
Eczema
Heart disease
Impotence and infertility
Psoriasis
Recurrent infections

Why do some people get sick from toxicity and some don't

There are two factors which influence the toxic exposure of your body, and its impact on your health. The first is the amount and type of toxin that you are exposed to; the second is the resources your body has to deal with it, or how well you "detoxify". That is why two people with similar toxic exposure can respond very differently, with one having no noticeable effects and the other developing chronic illness. The first person has a better capacity to detoxify.

This program is designed to address both issues, by reducing your toxic exposure, and also improving your detoxification ability.

Factors that influence detoxification capacity are:

- Liver and kidney function
- Nutrient intake and stores
- Bowel function
- Stress
- Sleep
- Digestion and absorption of food

What is the safest way to remove toxins?

Most people with toxicity develop a problem called "leaky-gut syndrome" (intestinal permeability). In a healthy digestive system, the lining of the digestive system is a very good filter, allowing beneficial nutrients like vitamins and amino acids to pass into the bloodstream, whilst keeping toxic bacteria and waste products of digestion within the bowel.

This filter is easily damaged by infection, medications and toxic bacteria, which then leads to the unregulated transport of large quantities of partially digested foods and bacteria into the body. Some of this debris is transported to the liver where it then has to be processed and removed.

This places a tremendous stress on the liver, and eventually a percentage of this material escapes capture by the liver and it ends up entering the general circulation, where it can lead to many of the symptoms of toxicity. As a result, "leaky-gut syndrome" results in a great deal of stress upon the immune system, the liver and virtually every other organ or system of the body.

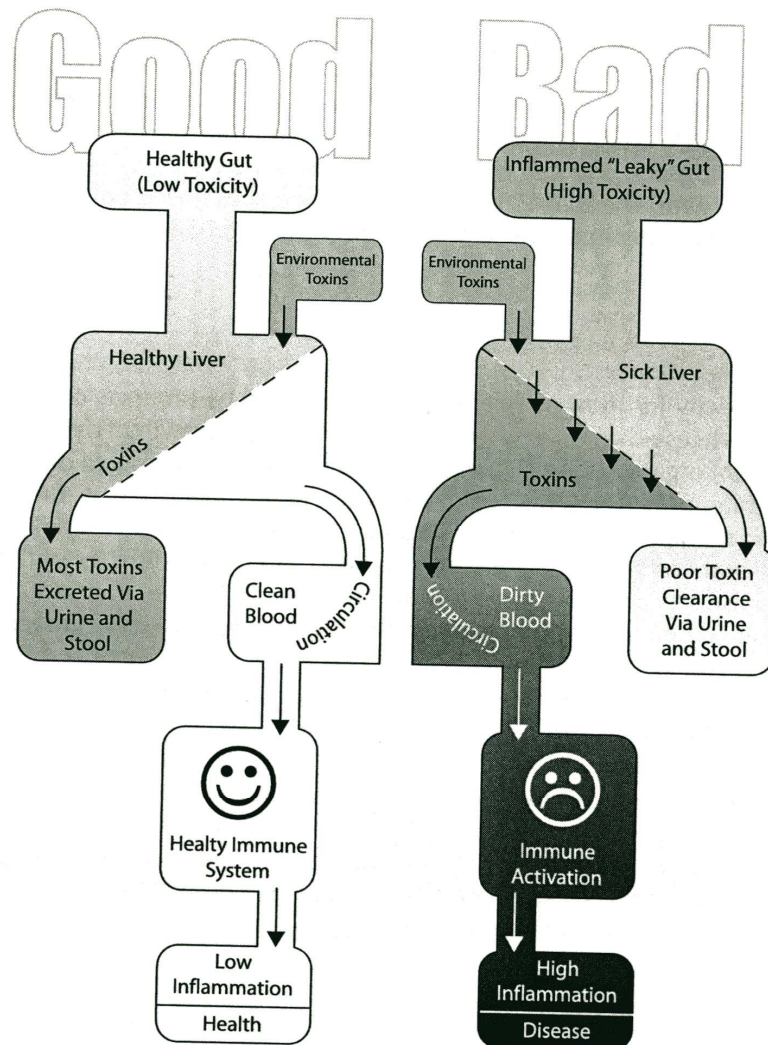
This means of course, that you cannot successfully detoxify the body (or cleanse the liver) without having treated the digestive system and repaired the lining of the gut. This is like replacing the oil in your car without replacing the filter; the oil is going to be ruined very quickly

That is why I recommend a four-stage process:

1. Remove bad bugs from the digestive system
2. Replace bad bugs with beneficial bacteria and repair the lining of the digestive system.
3. cleanse and detoxify the liver and other organs of waste removal
4. wellness Program to maintain health and prevent "re-toxification"

Naturopaths have always taught that the digestive system is the source of health and disease, and our modern scientific understanding has proven this to be the case.

How your digestive system can make you toxic



The Detox Program Overview



Like preparing the soil to plant a new garden the program includes stages comparable to weeding, preparing the soil, planting the seeds, feeding the seeds, and enjoying healthy plants

Optional Bowel Purge

In some cases before the start of the Program, I might prescribe to my patient the use of a purgative. A bowel purge is where a laxative substance is used to create one or more watery bowel movements. This is beneficial as it can remove a large amount of toxic material from the bowel quickly, reducing the risk of any side-effects during the detoxification process. In some cases this procedure is contraindicated.

Stage 1

Weed

Objective:

The first stage of the detox is to remove any unfriendly bugs that may be living in your digestive system. These can include bacteria, fungal organisms and also parasites and worms. These organisms directly produce toxins which are absorbed into the bloodstream, and they can also damage the lining of the digestive system. It is therefore essential to get rid of them so that the digestive system can be healed and the pressure taken off the liver. This stage can take between two to six weeks, with most people averaging four weeks. This depends on the amount of bad bugs, determined by the Urinary Indican Test that will help us monitor your progress.

Stage 2

Seed and Feed

Objective:

During the second stage, we will be replacing the bad bugs with beneficial ones called probiotics. These have a number of healthy actions, including controlling bad bugs, reducing inflammation and helping you to absorb nutrients effectively. Once established, they function like a small army inside your body, protecting your digestion and removing invading organisms. If you eat a healthy diet and avoid medications like antibiotics, they will thrive in your digestive system and help keep you healthy for many years. In addition I will recommend a supplement to speed up the repair of your digestive system, to keep bad bugs and other toxic substances from entering your bloodstream.

Stage 3

Speed

Now that your digestive system has been treated, we can turn our attention to your liver and other organs of elimination. This stage uses natural medicines that support and enhance the capacity of the liver to take waste from the bloodstream, break them down and then remove them via the bowels and kidneys. Generally this stage will take two weeks, however if you have had significant toxin exposure, especially to solvents, pesticides or medications, then we might consider extending this to four weeks.

Stage 4

Wellness Ongoing

Congratulations! – you have finished your detox! You should now find that your digestion functions better and you feel much healthier. You may also notice a reduction in any symptoms that you have been experiencing. It is important now that you take some steps to maintain this new level of health and to prevent your system becoming toxic once again.

FREQUENTLY ASKED QUESTIONS

Why does the process take 6 – 12 weeks to complete, when there are three day or one week Detoxification Programs available?

Shorter programs generally focus purely on liver detoxification. Whilst they may provide some temporary benefits, they do not address the possibility of “leaky gut syndrome”. This means that the symptoms of toxicity are likely to return, and there is a significant risk of major side-effects. These side-effects can include nausea, headaches, fatigue, diarrhea and aggravation of other health issues. This is sometimes called a “healing crisis”, but in reality it is just a crisis. The symptoms are a sign that toxins and free radicals are being released too quickly and are damaging your body.

Can I detoxify when I am pregnant?

NO. Detoxification releases wastes, which may then be passed onto the baby. It is however a very good idea for both partners to detoxify before pregnancy. Remember though that eggs and sperm take three to four months to develop, so you should aim to have finished your detoxification at least four months prior to conception.

Is it safe to detoxify if I am taking prescription medications?

Many prescription medications can be affected by the detoxification process, although it is unusual for this to require any alteration to the dosage of the medication you are taking. You must bring a list of the medication you are taking. I will advise you if the particular drugs you are taking are likely to be significantly impacted by undertaking a detox. If this is the case, then I will ask you to discuss this with the Doctor who prescribed these medications prior to commencing the Detox Program.

Other Programs Available

- *Anti ageing Program*
- *Cardiovascular Health Program*
- *Detoxification and Liver Health Program*
- *Diabetes Prevention/Management Program*
- *Healthy Body Composition (fat loss)*
- *Preconception/Fertility- Pregnancy Care*
- *Improving Your Brain Health/Power Program*
- *Wellness Program - Maintenance of superb health*



Make an appointment today