

FEELING BETTER THROUGH DETOXIFICATION

StoneTree Naturopathic Clinic, Collingwood, ON

Inside this complex organism we call *you*, a remarkable set of organs and processes works vigilantly to deal with unwanted and unneeded substances that find their way from the outside of your body to the inside.

The system works quite well. At least, it *used* to work well. Your natural detoxification organs – things like your bowels, kidneys, liver and skin – weren't designed to deal with the excesses of modern life. Some unnecessary food, nutrients, and bacteria? Sure. Food additives, environmental toxins and modern stresses? That's another matter altogether.

This toxic load builds over time, and can lead to an array of chronic problems like skin conditions, digestive and bowel complaints, allergies, fatigue, and headaches, to name just a few. In order to level the playing ground for your struggling system, additional forms of detoxification can be used to help your body “take out the trash” more regularly and effectively.

There are many ways to detoxify:

- *Diet regimes* reduce the intake of toxicity from your food, and increase fiber and water intake to help flush your system.
- *Colon hydrotherapy* gently cleanses the colon to improve bowel function and detoxify the liver.
- *Supplements* can stimulate the detoxification systems of the body, and provide them with the vitamins and minerals they need to operate effectively.
- *Saunas* induce sweating to help remove toxins via the skin, liver and kidneys.
- *IV Chelation* uses substances intravenously (vitamin C, for example) to bind to toxins and flush them from the body.

Each detoxification strategy has its unique characteristics, and may be used in combination or alone depending on the ailment and your health history. Talk to your health care provider about how you can feel better by detoxifying your body.

*To learn more about detoxification, book a complimentary 15-minute visit with a naturopathic doctor in our Collingwood, ON clinic by calling 705-444-5331, or emailing us at feelbetter@stonetreeclinic.com
www.StoneTreeClinic.com*