

## MAKING SENSE OF THE “LIVER CLEANSE”

*StoneTree Naturopathic Clinic, Collingwood, ON*

While spring often turns out thoughts to cleaning our homes, there’s a similar cultural trend towards cleaning our bodies.

As we become increasingly aware of the connection between environmental toxins and things like cancer, autoimmune disease and a multitude of other ailments, we’ve also become more interested in how to reduce their impact.

Much detoxification discussion revolves around the liver. But what does that mean?

Our liver takes the chemicals we’re exposed to each day in our food, water and air, and turns them into molecules that our colon or kidney can get rid of.

This system works incredibly well, but it’s finite, and can become “bogged down” when continually burdened with the standard North American lifestyle and environment.

“Liver cleanse” or detox programs are usually designed to:

1. Decrease the amount of toxins the liver needs to deal with; and
2. Support the natural mechanism of normal liver function

There are many different approaches:

*Fasting* focuses on giving our liver a break by avoiding further toxic intake for a period of time to allow it to clear out accumulated debris.

*Herbal medicines* can stimulate the flow of bile from the liver, which increases removal of fat-soluble toxins. They are often combined with herbs to increase bowel function to ensure full elimination from the body.

*Colon Hydrotherapy* can help rid the body of an increased burden of fat-soluble toxins, which can only leave the body through the bowel.

*Chelation therapy* can help remove heavy metals like lead, mercury or cadmium that are easily stored in tissues and have a difficult time getting back to the liver for proper disposal.

Cleansing can be intense and shouldn’t be undertaken without professional advice if you are on medications or have a chronic disease. **Check with a licensed health care provider before you undergo any type of program.**

*To learn about safe cleansing, 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](mailto:feelbetter@stonetreeclinic.com)  
[www.StoneTreeClinic.com](http://www.StoneTreeClinic.com)*