

WHY DETOXIFICATION IS IMPORTANT

StoneTree Naturopathic Clinic, Collingwood, ON

The list of what is bad for us seems to grow everyday. Exhaust, pesticides, additives, medications, phthalates, heavy metals, preservatives and alcohol to name a few. You look for a “detox” program but wonder, “*Should I do a colon cleanse, a liver flush, a candida kill or a heavy metal detox? Does any of this really work? Do I need it? Is it safe?*”

Your body has remarkable systems for doing its own detoxification. Our livers help some fat-soluble toxins, like solvents, leave our bodies through the bowel, and help others become water-soluble so our kidneys can remove them. The toxins stored in our fat can leave the skin when we sweat, and our lungs are able to blow out toxins, too.

The Toxic Waiting List

If we live a healthy, clean life, these systems work well and we feel good. Unfortunately, these pathways have capacity limits, and we’re not all created equal in our ability to detoxify.

As a result, the system can back up. Again, our amazing body protects us and stores leftover toxins in places like joints, muscles, fat and bones, waiting for the day when it can catch up. But as more toxins enter, more are stored away. Before long you have achy joints, skin problems, fatigue and much more.

Cleansing or detoxifying is an attempt to limit our chemical exposure while dramatically increasing the nutrients needed for our own detoxification pathways to work most efficiently.

Most “detox” products involve supporting the work of the liver and kidney, or increasing the elimination from the bowel—the main way our liver is able to “take out the trash”. The can be effective, but can impact medication and people with certain conditions. Make sure you talk to a knowledgeable health care provider before considering your own detox.

*To learn more, 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*
