

Detoxification

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July 2013, updated June 2018

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Importance of Detoxification

- ▶ Detoxification is a process by which we reduce the levels of toxins in our bodies.
- ▶ Reducing the levels of toxins in our bodies, reduces the strain on the immune system.
- ▶ It can help prevent the onset of disease, help the body fight health issues, and it can in some cases, reverse disease conditions.
- ▶ Toxins can change our cells and DNA.
- ▶ Toxins can be a major causative factor in the growing incidence of cancer.

(Note: There are now 70,000 chemicals in existence.)

Defining Detoxification

- ▶ One, detoxification is a means of reducing the levels of toxins in the body
- ▶ Two, there are a number of methods that can be utilized to reduce the toxins levels in the body
- ▶ Three, detoxification can be applied to the whole body
- ▶ Four, detoxification can be targeted to specific organs, liver, kidneys, colon, and etc.
- ▶ Five, another type of detoxification has to do with the body's ability to remove heavy metals

History behind Detoxification, part one

- ▶ Detoxification is not new. A number of early medical systems and civilizations knew about the need for detoxification. This includes:
 - Ebers Papyrus – found in Egypt, dated 4,000 years and talked about enemas
 - Hippocrates – Greek physician, used herbs and fasting for detoxification, 400 BC

History behind Detoxification, part two

- Chinese – Traditional Chinese Medicine in the Han Dynasty, 2000 years ago, detoxification seen as restoring health
- Native Americans – Sweat Lodges and Herbs facilitated detoxification
- Ayurvedic medicine – for thousands of years utilized detoxification methods to treat chronic conditions and prevent illness

Organs involved with detoxification

- ▶ A number of organs in the body assist with detoxification:
 - Skin
 - Intestines
 - Lungs
 - Liver
 - Kidneys

Detoxification with Heavy Metals, part one

- ▶ In addition to the various organs involved with detoxification, especially our liver, there is another type of detoxification that deals with heavy metals (mercury, lead, aluminum). It is Metallothionein (MT) theory. Dr. William J. Walsh and Dr. Jacquelyn McCandless talk about this.
- ▶ Metallothionein is a peptide, a smaller component of protein.
- ▶ People who have trouble removing the heavy metals often fall into the autism spectrum disorder, learning disabilities, and behavioral disorders.

Detoxification with Heavy Metals, part two

- ▶ Role of Metallothionein
 - Regulates zinc and copper in the blood
 - Detoxifies mercury and other heavy metals
 - Involved in the development and functioning of the immune system and brain neurons
 - Involved in the production of enzymes that break down casein and gluten
 - Affects the body's response to intestinal inflammation
- Source: Children with Starving Brains, 2nd ed. By Jacquelyn McCandless, MD (2003; publisher: Bramble Books), page 32.

Testing for Toxic Levels

- ▶ Hair Analysis Test
- ▶ Blood tests
- ▶ Test the body's ability to detoxify via the use of a probe or challenge like aspirin and check output in urine and saliva (see note #1)

- ▶ Note: 1: Source is Detoxification and healing by Dr. Sidney MacDonald Baker, (2003, Contemporary Books), pages 153–5.

Detoxification Methods

- ▶ Charcoal tablets
- ▶ Chelation
- ▶ Cleanse products (e.g. Sonne #9 & #7 combined)
- ▶ Coffee enemas
- ▶ Colonics
- ▶ Diet
- ▶ Exercise
- ▶ Fasting (water and juicing)
- ▶ Foot baths
- ▶ Foot detoxification pads
- ▶ Nutritional Supplementation
- ▶ Saunas (Wet and Infrared Saunas)

Areas/Organs affected by detoxification

- ▶ blood
- ▶ colon (toxic overload results in colitis)
- ▶ kidneys
- ▶ liver (performs 500 functions; toxic overload results in inflammation)
- ▶ lungs (proper breathing is important)
- ▶ lymph (deep breathing helps the lymphatic system, as well as jumping on a small trampoline)

Mercury: Issues

- ▶ Mercury is a major neurotoxin
- ▶ Mercury has been used in dental amalgam fillings
- ▶ Mercury has been used in the form of thimersol as an additive, preservative, and/or adjuvant in vaccines
- ▶ In pregnancy, the fetus has no way of protecting itself from the effects of mercury in the mother's body (mercury vapor)
- ▶ Cilantro, an herb, binds with mercury

Other toxins

- ▶ Additives in our foods
- ▶ Environmental hormones trapped in the human body
- ▶ Heavy metals
- ▶ Industrial chemicals and their runoffs into water
- ▶ Medications can include mercury, as an example
- ▶ Mold
- ▶ Personal care products
- ▶ Pesticides, herbicides, etc. used in agricultural practices
- ▶ Residues from drugs, that end up in the water supply

Effects of Detoxing

- ▶ Herxheimer (die-off reactions)
- ▶ Can temporarily feel worse before feeling better
- ▶ Generally feel better

Questions



Resources, part one

- ▶ The Detox Strategy: vibrant health in 5 easy steps (2008) by Brenda Watson with Leonard Smith, Md (Publisher: Free Press)
- ▶ Deep Internal Body Cleansing: the third law of health and longevity (2001) by Dr. Yakov Koyfman, ND (Publisher: Koyfman Whole Body Cleansing)
- ▶ Detoxification and Healing: the key to optimal health (2003) by Sidney MacDonald Baker. (Publisher: Contemporary Books)

Resources, part two

- ▶ Essential Cleansing for Perfect Health (2004) by Brenda Watson, N.D. with Suzin Stockton, M.A. (Publisher: Renew Life Press and Information Services)
- ▶ Master Your Metabolism (2009) by Jillian Michaels with Mriska Van Aalst. (Publisher: Crown Publishers)
- ▶ 7-Day Detox Miracle: revitalize your mind and body with this safe and effective life-enhancing program, rev. 2nd edition (2001) by Peter Bennett, ND, Stephen Barrie, ND, with Sara Faye. (Publisher: Three Rivers Press)

Addendum Added June 15, 2018

- ▶ In addition to discussing about detoxification, a major concern is that we all need to become aware of where these toxins come from.
 - A major source is processed foods, food grown with pesticides, and animals raised with antibiotics.
 - Another source is our water (fluoridation and residues of antibiotics in the water) and the air (chemicals, motor vehicle exhaust, and factory exhaust).
 - A third source are drugs and vaccinations (heavy metals).
 - A fourth are tattoos.
 - A fifth source are in building supplies and environment.

Issues with Toxins

- ▶ One, exposure to toxins can overload your immune system
- ▶ Two, toxins and chemicals can alter your DNA that exists within each cell. The issue with this is that the DNA is the blueprint when the cell needs to replicate itself. If the DNA is altered, the cells that are duplicated will not be the same. This leads to cancer.
- ▶ Three, even low levels of exposure over a long period of time do harm the immune system.