

STOP POISONING YOURSELF!

A SIMPLE GUIDE TO DETOXIFICATION

by Michael J. Scales, D.C.

Our world has literally become **overwhelmed** with chemicals. Each year **1000** newly synthesized compounds are added to our environment totaling over **100,000** to date! These include drugs, pesticides, industrial chemicals, food additives, and environmental pollutants.

Our food supply, our lakes and ground water, as well as the air we breathe indoors and outside have all been adulterated by synthetic compounds. Intentional ingestion of medications, alcohol, and illegal drugs simply add to the magnitude of our chemical exposure.

Some Statistics:

1. More than 3000 chemicals are deliberately added to the foods we eat.
2. Over 700 different chemical compounds have been found in drinking water.
3. Thousands of tons of pesticides are directly sprayed on crops and front lawns each year.
4. The EPA estimates that almost 6 million tons of chemical pollutants are released into the environment in the U.S. each year!

It is no mystery that these synthetic chemicals eventually find their way into our bodies.



Dr. Michael Scales DC, CCN, DACBN is a Doctor of Chiropractic and a Nutritionist who believes that health can be easily improved through education and improving poor day to day habits.

We do have an inherent detoxification system designed to render these potentially dangerous substances into harmless compounds, however, if this system becomes overloaded, it will not perform this crucial function optimally.

The evidence is clear that we are flooded with chemicals, **AND** the standard American diet (S.A.D.) is deficient in the nutrients that support the body's natural detoxification system. This "double whammy" makes us susceptible to the effects of toxic overload.

Effects on Our Body

Many current theories of disease are based on the premise of the body becoming overwhelmed by toxins. Once a threshold level of toxins is reached in the body, disease can occur.

There is currently an epidemic of people suffering from chronic low-grade symptoms such as: **headaches, fatigue, irritability, intestinal tract irregularities, flu-like symptoms, and allergic reactions such as hives, stuffy nose, sneezing and coughing.** Although a variety of illnesses can cause these symptoms, toxin accumulation can be the cause.

In addition, it has been suggested that toxic overload may cause or contribute to more serious illnesses such as auto-immune diseases including **inflammatory and rheumatoid arthritis**, and neurological diseases such as **Alzheimer's** and **Parkinson's** disease.

If this growing exposure to chemicals we face does in fact play a part in disease, **we must make changes.** Since much of this environmental chemistry is beyond our control many people choose to ignore the problem and consider it a fact of life. There are measures an individual can take, however, to lessen the exposure and negative consequences of toxins.

But guess what? It's all up to you to do something! Do not wait for someone else to care about your health, because no one else will! You must educate yourself and make wise decisions. It's that simple.

OVERVIEW OF DETOX STEPS

You **must** take an **ACTIVE** approach to minimize the cumulative effects of toxins. It takes time and effort but if you value your health, it's obviously worth it!

The three main steps are:

1. **Avoid what is toxic**
2. **Keep the avenues of elimination working**, specifically: regular bowel movements, deep breathing, frequent urination, and sweating
3. **Increase vital nutrients**

Let's review these steps in detail.

1. **Decrease Exposure to Toxins**

You can avoid chemical food additives by not purchasing processed foods. Learn how to become a good label reader. Ruth Winter's "Guide to Food Additives" is a great reference book.

Simply avoid herbicides and pesticides by buying organic! Using fruit and vegetable washes reduces chemical residues on produce.

Decrease chemical exposure at home by using natural non-toxic household cleaning products, soaps, and cosmetics. You can also improve air quality with HEPA filters and lots of plants!

Drink, cook, and shower with filtered water. Think about investing in a quality home filtration system such as reverse osmosis.

2. **Improve Elimination**

The body's ability to protect itself from toxins is largely dependent upon its natural protective barriers (skin, lungs, intestines). The digestive tract is especially vulnerable and yet is probably the most neglected organ system.

To begin with, it is essential to move the bowels 1-2 times per day. Drinking 64 oz. of water and consuming high fiber foods every day help to accomplish this. In addition, "friendly" bacteria such as Lacto-bacillus and Bifido-bacteria combined with specific nutrients and digestive enzymes ensure optimal absorption and elimination. **UltraClear Sustain** is a product specifically formulated for this purpose.

Regular water consumption promotes the kidney's main function to filter the blood of waste productions. In addition, sweating via exercise or hot saunas excretes toxins through the skin.

A key point to remember is: **"ANYTHING YOU INGEST MUST BE ASSIMILATED OR ELIMINATED BY YOUR BODY."**

All of these avenues of elimination must be functioning optimally or else toxins will accumulate creating symptoms and eventual disease.

2. **Vital Nutrients**

The two major detoxification steps in the liver (phase I and phase II) are very nutrient dependent. Toxins must proceed through a precise cascade of steps that require specific vitamins, minerals, amino acids and other

nutrients in order to be properly processed and eliminated by the liver. Juice and water fasts are two commonly used cleansing techniques that do not provide these necessary nutrients, and may subsequently suppress detoxification.

The finest sources of nutrients are fresh fruits and vegetables however most people rarely consume them consistently enough to obtain all of their health benefits.

Supplementation with appropriate high quality vitamins and minerals ensure these nutrients are available to promote optimal liver function. Products such as **UltraClear** are designed specifically for that purpose.

In addition, a higher protein, lower carbohydrate diet along with essential fatty acids, and antioxidants assist in this process. Of all the vegetables, the cruciferous family (broccoli, cauliflower, Brussels sprouts, and cabbage) is particularly high in compounds that support the detoxification process.

So in general, eating well, promotes good health! That should be nothing new!

Also remember that **weight loss** is a common end result of detoxification.

GET HELP

Starting a program like this may seem overwhelming, but we can help you make a smooth transition to improved health! A typical program takes anywhere from two to six months. Prioritize your health and take control! Do not hesitate to call me at (415) 491-0959 with any questions.