

Detoxification & Weight Loss

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How well a person detoxifies can be somewhat understood by their ability to withstand things in their environment such as house dust, tobacco, sugar, alcohol, perfume, and caffeine. These are some of the powerful environmental influences that can negatively impact our health by 75%. Some individuals are better able to detoxify than others, and we should never compare one person to another as each one of us is bio-chemically unique. The approach to detoxification for each person will be different as well. Detoxification happens in stages and sometimes difficulty can be experienced in the 1st or 2nd stage. Professional products exist that facilitate the different stages of detoxification. These products and the practice of good lifestyle habits are essential requirements to combat disease, and return a person to a better state of health. Recommendations should be made for each individual's situation and preference, rather than purchasing a random detox kit from a store. The body has to be prepared to cleanse properly and this preparation is necessary to avoid stressing the system and experiencing unpleasant side effects. Also, detoxification is nutrient dependent, so an assessment for nutritional deficiencies is a great place to begin. This can be achieved through a Hair Mineral Analysis laboratory report. Also consider Food Sensitivity Testing to expose and eliminate foods that cause reactions and add more stress to the liver.

Here are a few facts about detoxification people should be more aware of...

The liver filters blood (almost 2 quarts every minute). When the liver is overburdened and doesn't do this well the filtration system is not efficient.

The liver manufactures bile (about 1 quart per day) this bile is stored in the gall bladder for secretion. In cases where the gall bladder has been removed, so has the storage facility for the bile, and an additional job is placed on the liver. If you have had your gall bladder surgically removed, then certain digestive enzymes could prove to be invaluable! Bile emulsifies fats and fat soluble vitamins and assists in excretion of toxins with the aid of fiber. If we are lacking fiber we may re-absorb toxins into the blood stream.

People concerned with losing weight should be extra cautious as they need to breakdown fat which is where a lot of the toxins are stored, and this adds an additional burden to the detoxification process. Therefore, people that need to lose a lot of fat should be guided professionally to ensure their health doesn't deteriorate. That is why individual plans are necessary for each person, rather than following a generic plan. Each person should be evaluated as an individual and their dietary plan and all recommendations should be based on their own personal results and imbalances.