

Detoxification Strategies for Optimum Health

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Natural Medicine strives to keep the body in constant balance to allow for optimum health. The picture of a person in optimum health is having enough energy to complete your day and having some left to enjoy life, stable mood patterns, instantly falling asleep when you hit the pillow at the end of the day, and having regular bowel movements on a daily basis. When we are out of balance, lacking in optimum health the body lets us know in the form of symptoms.

A key element in natural healing that differs in conventional medicine is our understanding of symptoms. When our body is out of balance it produces symptoms. These symptoms act as a signal of imbalance. Symptoms then, are not a nuisance that should be silenced as the corner stone of conventional medicine, but must be listened so that the balance can be restored to maintain optimum health.

There are many factors that lead to disease such as genetics, diet and lifestyle, environmental toxins and spiritual wellness. Often, many aspects of one's life must be changed in order to regain a balanced body enjoying optimum health.

If we look at the origin of disease at a body tissue level, toxins come in contact with the mucous membranes including the digestive tract, respiratory tract (ears, nose, throat and lungs), urinary tract (kidneys and bladder), and genital tract (ovaries, uterus or testes and prostate). We are really big "Holey" doughnuts from our mouth to our anus that are exposed to toxins. All these tracts have defense mechanisms in place that work together to combat invading toxins (including pollutants, food additives, bacteria, fungi and viruses).

When our defense mechanisms (i.e. the lymph nodes such as the tonsils and adenoids) become overloaded, the delicate pH (acid base balance unique to each body tissue) is disrupted causing malabsorption of nutrients to occur. This will manifest as symptoms like gastritis, ulcers, stone formation and gout.

Ongoing pH disruption leads to inflammation and congestion on the mucous membrane, yielding all the "it is" type conditions such as arthritis, bronchitis and sinusitis. Gone unchecked, chronic inflammation leads to increased permeability of the membranes commonly known as "leaky gut" syndrome, where the "mesh" that allows nutrients into the bloodstream become enlarged and allows toxins to re-enter the body.

The symptoms that go along with this process include allergies, decreased energy, mood disturbances, insomnia and fluid imbalance such as chronic fluid retention. This is a very common state that many people in , but it tends to go untreated since conventional medicine does not have the tools to pinpoint the problem.

Unwanted toxins entering the body continuously leads to dysfunction of the immune and endocrine (pancreas, adrenals, thyroid and reproductive organs) systems which causes the onset of auto-immune conditions such as Crohn's disease, multiple sclerosis as well as endocrine disorders including hypo or hyper states of organ function (late onset diabetes, hypo/hyperthyroidism, chronic fatigue syndrome and infertility).

Further dysfunction overloads the DNA repair system allowing for DNA mutations leading to the loss of programmed cell death and tissue overgrowth.