



**Holistic
Medical Centre**
Best of both worlds

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Detoxification

There are many paths your body uses to rid itself of unwanted substances such as chemicals, toxins and waste products produced by the body itself. These elimination channels include the liver, kidney, bowel and skin. The lymphatic system consists of a series of vessels that carry waste products away from various parts of the body. For this reason the lymphatic system plays an important support function for the channels of elimination. There are many things you can do to help your body to clear away toxins and waste products. **Nutrients** that support the liver detoxification pathways include vitamins B6, B12, folate, zinc, iodine and several amino acids (from protein). Folate and B12 need to be activated to become usable in the body which is why we favour the usable forms of these vitamins such as methylcobalamin (usable form of B12) and the methylated folate. Iodine, vitamin C, zinc, selenium and lipoic acid all facilitate detoxification via

pathways in the liver. **Herbal medicines** that stimulate detoxification via the liver include dandelion root and globe artichoke and can be prescribed by a medical herbalist or naturopath. These herbal medicines are contraindicated in gall-bladder disease. To stimulate the **lymphatic system** exercise (such as running, trampolining, swimming and very brisk walking stimulates the movement of the lymphatic fluid. Drinking cleavers tea and using a dry skin brush are also good for the lymphatic system.. Both are available from health food shops. Supporting **kidney** function starts with ensuring you drink plenty of purified water where the chlorine and fluoride has been removed (these chemicals displace iodine from your body). Other things include; drinking herbal teas such as cleavers and calendula, fresh juices, especially watermelon and green juices. An alkalinizing diet

reduces the amount of acids that need to be excreted via your kidneys. Health food shops and the internet can guide you with tips on how to have a more alkaline diet. Reducing chemicals in your food and environment eases the burden on all the detoxification systems in your body. This includes all additives (numbers on labels such as 161 and 631). Watch also for inhaled chemicals such as insect sprays, cleaning products and air fresheners. Sweat is the way the **skin** eliminates toxins so sauna and aerobic exercise support this channel of elimination very well. Things that support your **bowel** as a means of detoxification includes healthy bacteria. Probiotic supplements replace normal bacteria and assist with the breakdown and removal of toxins and hormones, so they are not recycled back to your liver. Fibre from vegetables and fruit bind to toxins to remove them from the body as well as keeping the healthy bacterial flora alive.

Our favourite quote

Those are my principles, and if you don't like them... well, I have others.

Groucho Marx 1890 - 1977

Health tips

If you are going to sauna, or are sweating with exercise, make sure you put electrolyte drops into your water or have an electrolyte drink to replace the necessary magnesium, chloride, sodium and potassium lost in the sweat. Avoid the use of creams and lotions that have mineral oil, paraffin or any other petroleum based creams as these do not allow the skin to breathe and are an irritant to the skin in some.

Happy Patient File

We had a very happy woman comment to us recently that she had not had a hormonal migraine for the first time in many years! The solution was finding just the right solution for her by achieving the right hormonal equilibrium and the correct nutrients to get the result she was looking for.

More information

Nicole Adams is our new nurse at the clinic and is trained in anthroposophical nursing which is based on the philosophy of Rudolf Steiner. She will be running a free talk on Tuesday November 3 at 7-8 pm. The subject is home nursing and will provide an introduction on how to manage things such as fever, earache, colic and coughs by using things most people keep in their pantry. You will receive an understanding of the usefulness of such things as foot baths, herbal teas, and

compresses. Following this introductory talk Nicole will be running a one-day workshop in December where she will demonstrate how to prepare all these wonderful home remedies and you can try them out for yourself. The workshop is limited to ten people and will cost \$150 If you are interested in this workshop then you can let us know on or before the evening introductory talk.

For those of you who are interested in sauna, a new medical detoxification program has

been set up in Whenuapai, West Auckland. This is a proven detoxification program that involves using niacin (vitamin B3) flushes, along with exercise, sauna and appropriate supplementation with oils and nutrients. The program begins with getting a medical check with a GP to get the ok to participate in the program. Brett Walker (personal trainer) and Marina Walker (naturopath) have worked in Narcanon drug and alcohol rehabilitation in Mel-

bourne Australia where they supervised participants through the programme. The programme in New Zealand is designed for those who would like to experience optimal health and like the idea of ridding themselves of toxins, chemicals, medications and drugs that are stored in the fat tissue. After completion, a whole new level of alertness and perception is achieved, as demonstrated in their many success stories. Ph: 027 267 2898