

Wellness

REVIEW

Better Living Through Detox

What's the Big Deal About Detoxification?

Detox. It's a term you've no doubt heard a lot of on TV, in magazines or in the gym. But why should you 'detox'? Detoxification is your body's natural process of changing dietary and environmental toxins into less harmful substances before eliminating them from your body. Supporting natural detoxification processes can help improve digestive function and may facilitate healthy weight loss, however the benefits do not stop there as healthy detoxification pathways may also lead to a reduction in other seemingly unrelated symptoms, such as sore joints or painful periods. Even if you're fit and well, for many people a regular detox leaves them feeling more energised whilst reducing the toxin load.

Toxins in Daily Life

The term 'toxin' refers to any substance with the potential to interfere with normal cellular function and which may negatively impact both your short and long-term health. You do not have to look very far to find toxins as they may be found in household chemicals, personal care products, and also in some foods (e.g. food may be exposed to pesticide residues or toxic metal contaminants). Your body is designed to remove these toxins via the 'channels of elimination', i.e. your liver, kidneys, bowels and skin; however it is possible for these channels to become overwhelmed, depending upon your level of exposure, and this may reduce your overall health and wellbeing.

Why Choose a Practitioner Only Detox Program?

Walk into any pharmacy or health food store today and you will find a number of over the counter detox products. However, since these packages don't assess your individual health requirements they are limited in their ability to meet your detoxification needs. A personalised program based on your specific health history, together with the added benefit of professional support and advice from your qualified Practitioner can have a much greater impact on your detox capacity – helping to promote long-term wellbeing beyond the duration of the program.

Herbal Help to Boost Your Detox

The Practitioner Only Detox Program incorporates three key herbal and nutritional formulas, based on scientific research, to lay the foundation for effective detoxification. These formulas focus on supporting the three main channels of elimination: the liver, kidneys and optimal digestion.

The first formula helps optimise your liver's detoxifying capacity. It contains the herb Milk thistle along with Cape jasmine and Green tea to help protect your body from the harmful effects of metabolising toxins. In addition, the amino acids taurine and glutamine support liver detoxification pathways and promote a healthy digestive tract.

The second formula incorporates the greens Spirulina, Coriander, Kelp and Aloe. These herbs assist with the binding of toxins and

promote alkalisation, since an alkaline pH is required for effective removal of wastes via the kidney.

Finally, a traditional herbal formula containing Dandelion, Gentian, Lemon balm and Ginger not only helps to minimise any existing symptoms of poor digestion such as burping and bloating, but helps stimulate the digestive secretions and bile flow you require for optimal digestive function.



Detox Diet and Lifestyle Support

Modern diets can be a major source of ongoing toxin exposure due to the intake of caffeine, alcohol and refined processed foods, which typically contain artificial additives, preservatives and toxic fats. Not only do these add to your toxin burden but put unnecessary pressure on your organs of detoxification. By minimising certain foods, whilst increasing your intake of plant-based wholefoods, you can enhance the effects of the herbal and nutritional formulas and boost your detox capacity. During your personalised detox program, your Practitioner will advise you on the specific dietary and lifestyle measures that will help you get the best results.

The Path to Long-Term Wellness

Supporting effective detoxification is a cornerstone of Natural Medicine practice. A personalised detox program prescribed by your Practitioner can not only help you achieve optimal results but offers long-term benefits for your health and wellbeing that cannot be matched by an over the counter package. The Practitioner Only Detox Programs are simple and easy to follow, accompanied by a comprehensive diet and lifestyle plan, and come with the qualified support and advice of your Practitioner – so speak to your Practitioner about a detox program today and put yourself on the path to long-term wellness.

Talk to your Practitioner today about better living through detox today.