

HOW A DETOX CAN BENEFIT YOU & IMPROVE YOUR HEALTH

Compliments of Michelle Townsend, Naturopath, Nutritionalist, Iridologist, Wellness Consultant at Lake Spa

Everyone has varying degrees of strengths and weaknesses within their own detoxification pathways and as a Naturopath I use a few simple tests to find out where your weaknesses are and which pathways need more support for the optimum detoxification program. Why not book an appointment to find out how toxicity issues are affecting you and what you can do about it? I look forward to helping you find the best detoxification program. Appointments can be made on 43931200.

DO YOU NEED A DETOX? – ANSWER THE CHECKLIST BELOW TO FIND OUT!

- Do you use or take any prescribed medication or over the counter medication more than once per month? (includes aspirin, panadol, antacids like quick-eze, HRT and oral contraceptive pill etc). Or recreational drugs?
- Have you had antibiotics in the past 2 yrs?
- Do you drink more than 3 serves of alcohol per week?
- Do you smoke or are you exposed to passive smoking?
- Are you regularly exposed to chemicals ie. Do you use chemical cleaning agents, pesticides or artificial fertilizers in the garden, eat food with artificial colours, flavours and preservatives more than once per fortnight? Or do you work with chemicals?
- Do you drive in peak hour traffic, or spend more than 1/2 per day on the road? or live near a main road?
- Do you drink more than 1 caffeinated beverage/ food per day (coffee/tea/coke/chocolate/guarana drinks)
- Do you have a poor diet? Eg eat take away/frozen meals/ ready meals more than once per week?
- Are you a fussy eater? Eg don't like a variety of fresh fruit and vegetables and/or eat less than 5 serves of veg and 2 pcs of fruit per day?
- Do you eat fried or battered food more than once per fortnight?
- Do you often cook with vegetable oil that reaches smoking point?
- Do you eat fruit and veg without washing the skin thoroughly?
- Do you cook your food in a microwave (more than once/week)
- Do you wrap/store food in disposable plastic takeaway containers/foil or cling film regularly?
- Do you refill a disposable plastic water bottle to re-use often?
- Do you have your house sprayed for pests or use insecticidals around the house?
- Do you use many bleached products like bleached toilet paper, tissues, tampons, pads, hand wipes, or handle bleached paper on a daily basis?
- Do you use toiletries or make-up that contains SLS, propylene glycol, PEGs, or aluminium?
- Do you have high levels of stress at work? or have high levels of emotional stress?
- Do you understand exercising more than 40mins approximately 3-4 times a week will improve your health?

If you have answered yes to the majority of questions, a detox would be highly recommended and beneficial to improve or maintain your health.

Many people believe that if they eat a balanced diet that they shouldn't need to do a detox. Unfortunately the problem with this is that it's not just our diets that provide us with toxicity. In our modern society we are faced with more environmental pollutants than ever before, and even a well balanced diet that might have provided enough antioxidants 50 yrs ago to help protect against toxic exposure is no longer adequate to help protect us these days. Toxins are inhaled, ingested, and absorbed through the skin exponentially these days. These are called exotoxins and many of which we simply can't escape from these days.

Continued on Page 2

Page 1 of 2

HOW A DETOX CAN BENEFIT YOU & IMPROVE YOUR HEALTH, cont.

Another form of toxins are called Endotoxins, often referred to as auto-intoxication. One of the main culprits of this type of toxicity is stress. Yes, stress releases hormones that cause a lot of toxic by-products. Endotoxins can also come from a compromised bowel – if any part of your digestive system is out of balance and fails to break down and assimilate food then we end up with larger than optimum food particles and waste matter irritating and inflaming the bowel wall. This causes weakness in the mucosa layers and sometimes as in leaky bowel, these larger particles and wastes are re-absorbed into the bloodstream and lymphatic system which can then trigger inflammatory and immune problems from headaches, allergies, hayfever, to mood swings and PMS.

Toxins are often stored in fat tissue and once they settle, they can be hard to shift, hence the importance of regular assistance in helping our bodies with detoxification. A yearly detox is important, but if you answered yes to more than 10 of the questions on our checklist then a bi-annual detox might be necessary, especially if you have any chronic condition or symptoms that weigh you down.

Bye for now, Best wishes, Michelle