



SOUTH COAST MEDICAL CENTER
FOR NEW MEDICINE

Detoxify For Life!

by Leigh Erin Connealy, M.D.

DO YOU EVER FEEL SLUGGISH WITH NO explanation in sight? Tired, but clearly not for lack of sleep? Just not right but unable to explain how or in what way? Do you worry that your doctor will think that you're making it all up or that maybe these symptoms are all in your head? Perhaps what is weighing you down is a case of toxic overload!

It certainly is more likely than not! Consider these facts: There are over 75,000 synthetic (aka "man-made") chemicals currently registered with the Environmental Protection Agency. Every year more than 24 billion pounds of toxic substances are released into the environment, only a fraction of which have been tested for safety or how they interact with each other. At the same time, chronic degenerative diseases are on the rise. The CDC estimates that 1 out of 2 men and 1 out of 3 women will be diagnosed with cancer in their lifetime. 70 million Americans have been diagnosed with some form of cardiovascular disease and 16 million adults are suffering from asthma. Adults are not the only ones affected by the toxic epidemic, though. Asthma diagnoses in children have jumped 75% since 1980 and the number of children diagnosed with autism increases 17% each year.

Toxic substances find a way into our bodies through the air we breathe, the foods that we eat, the water that we drink, and the products that we use to clean and beautify our bodies and our homes. Think that you're immune? A study conducted by the Mt. Sinai School of Medicine in 2003 says differently. Study researchers tested 211 volunteers for a range of possible contaminants, and found an average of 91 pollutants in the volunteers' blood samples. Of those 91 pollutants, an average of 53 were known carcinogens including PCBs, dioxins, phthalates, insecticides, pesticides and heavy metals. The group of volunteers included individuals who lived in a rural

coastal community and had eaten organic foods for over 30 years.

There are no facts or statistics to enumerate how many people are suffering with general yet unexplained symptoms such as fatigue, aches, general malaise or "allergies". Yet when faced with the statistics that we do have, a link between toxins and these unexplained symptoms isn't so far fetched.

So the question then becomes, "Must we sit by idly while these toxins settle in our bodies?" The answer is a resounding, "NO!" There are a number of effective detoxification methods available, ranging from general purpose to those intended for more specific purposes. Here are some of my favorite methods of detoxification. Keep in mind, a variety of detoxification methods can be employed for your purposes, some of which can even be done on a daily basis.

Far Infrared Sauna (FIR)

Who can benefit: FIR is a wonderful general-purpose detox method and can successfully rid the body of a variety of toxins, including alcohol, nicotine, PCBs, cholesterol and certain heavy metals such as mercury, lead, arsenic, cadmium and aluminum.

How it works: All saunas work on the premise of sweating the toxins out of the body. FIR differs from standard saunas because it utilizes radiant energy instead of convectional heat to induce sweating. Radiant energy is able to penetrate the body as much as 4.5 cm below the surface of the skin, reaching all layers of the dermis and subcutaneous. This energy is then converted to heat, causing the body to sweat, which then removes the toxic waste. The fact that FIR saunas operate at lower temperatures than standard saunas (generally between 105 and 130 degrees) makes this a relaxing and comfortable way to lighten your toxic burden!

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Chelation Therapy

Who can benefit: Anyone with heavy metals in their body.

How it works: Chelation refers to the process of administering a substance into the body that binds with heavy metals forming a salt that can then be safely excreted from the body through the urine. The chelator can be administered orally, intravenously, rectally or topically on the skin. There are several different chelator substances, each of them tailored to bind to specific metals.

Body Cleanse

Who can benefit: This is another great all-purpose detox method, which can benefit everyone!

How it works: Body Cleanse, also known as Foot Detox, is a relaxing way to rid your body of toxins. It works by placing your feet in a basin of salted water containing an ion generator. A power supply attached to the ion generator delivers a small current (1.6 to 1.8 amps) creating positively and negatively charged ions in the water. The charged atoms act as a magnetic field, attracting oppositely charged particles in the body, drawing them out through osmosis. The charged particles target toxic substances within the body, attaching to them and then releasing them safely and painlessly into the water.

Lymphatic Therapy

Who can benefit: Those with a weakened immune system or people who suffer from swollen lymph nodes.

How it works: The lymphatic system is larger than the circulatory system, and the body's primary immune defense and waste eliminator. It is critical to managing the elimination of toxins from the body. The lymphatic system is comprised of over 600 "collection" sites called lymph nodes and has a massive network of collecting vessels. The primary responsibilities of the lymphatic system are to carry disease-fighting material to cells attacked by germs, transport the dead germs away and supply the heart with protein-rich plasma. When this system is blocked, the body becomes defenseless against attacks by viruses, fungi, bacterium and other toxins.

Because the lymphatic system is not driven by the

heart, there is no engine pumping fluid through the vessels. The lymphatic system relies on pressure generated by activity to move the toxin-laden lymph fluid out of the cells. Without sufficient movement, the waste can build up in the lymph system and health problems can ensue.

There are two therapies that I employ for the lymphatic system: Rebounder (mini-trampoline) Therapy and Light Beam Generator.

Heel Detox-Kit™

Who can benefit: Those experiencing symptoms of illness caused by an unhealthy lifestyle such as an unbalanced diet, substance abuse and/or exposure to environmental toxins like allergens, pollution and pesticides.

How it works: The Detox-Kit™ works by stimulating the body's natural processes of elimination to cleanse itself of these poisons, which can build up over time and negatively affect the immune system. It is easy to use – no pills or messy powders to deal with. You simply add the recommended dosage to your daily amount of consumed water!

There are so many other wonderful, healthy and safe detox methods that I recommend, including liver flushes, coffee enemas, colon hydrotherapy, IV therapy and a host of supplements that can boost your immune system. For a complete list of these methods and their benefits, please visit my website at www.scmmedicalcenter.com.

Before beginning any type of detoxification program, discuss the pros and cons with your physician. Not every method will be effective or recommended for every person. Inform your physician of any health problems that you may have so that they can work with you to create the appropriate detox method for you. Toxins may be given in our environment, but they don't have to be given in your body. Get rid of your toxic overload, and feel better today!

Dr. Connealy is the medical director of South Coast Medical Center for New Medicine in Irvine, California. The center strives to look at the whole person and explore the effects and relationships among nutrition, psychological and social factors, environmental effects and personal attunement.