

# UNAVOIDABLE MODERN-DAY TOXICITY?

There is literally no disease or condition without a toxic connection. Even congenital diseases have a toxic connection. The systems of our body most sensitive to toxins are:

1. *Immune system. Remember that 70-80% of our immune system is in our gut, so gut health is key here.*
2. *Reproductive system. Toxic exposure here can result in PCOS, hormone imbalance and infertility.*
3. *Neurological system. Presenting symptoms here can be tremors, headaches, mitochondrial distress (low energy, fatigue).*

Look at some of the most common conditions like Multiple Chemical Sensitivities (MCS), Chronic Fatigue Syndrome or Fibromyalgia. These are all conditions that have a toxic connection.

What are we to do? If we understand that each one of our bodies has a toxic load, then it makes sense to reduce our toxic burden to prevent or reverse these chronic diseases. The Environmental Working Group (EWG) has numerous studies and clinical data showing toxins in the umbilical cords of infants. There are presently 80,000 different chemicals in our environment. Whether we live in rural or urban areas, we are exposed to air pollution, pesticides, insecticides and herbicides, just to name a few. Let's look at the 3 most common ways we are exposed to toxins:

1. *Food. Things like gluten, sugar, caffeine, plasticizers, growth hormone, genetically modified foods and even our own cooking practices can expose us to toxins. These are called advanced glycation end products (AGES) and cause inflammation in the body. In one year we eat 2000 lbs. of food from supermarkets or restaurants. If we don't choose wisely, think of all the opportunities for toxic exposure.*

2. *Air. Sadly, we cannot control the air quality outside but we can control the air quality in our homes. We can use air purifiers and keep our furnace and AC units cleaned and well-maintained.*

3. *Water. Since the body is primarily made up of water, it makes sense to put only pure, filtered water into our bodies. We can put a water filter on our entire home, use a shower filter or even a small filtering device like a Brita.*

Although Food, Air and Water are the three most common ways to be exposed to toxins, let's not forget skin exposure. Skin exposure would be from absorption of personal care products. Think about how many different products we use on our skin and hair on a daily basis. If we don't choose wisely, these products can contain endocrine (hormone disruptors). **That is why, on November 18th, we will be hosting Meredith Perabo from Beautycounter.** Meredith is a top consultant for Beautycounter and she will teach us about the importance of clean skin products for ourselves and our children. Beautycounter is a company that cares about what goes into their skincare products so much that they are willing to go to Washington and advocate for cosmetics reform. This year alone they are working on 12 different bills with significant impact on public health.

Proper metabolic detoxification is not something that can be done with a simple juice fast. It can be done seasonally (twice a year or spring/fall) or quarterly. The purpose of a gentle detoxification is to help the body eliminate through the skin, lungs, liver, gut and kidneys. Proper detoxification consists of 3 separate phases. Phase I is where we turn lipophilic (fat-loving) toxins into hydrophilic (water-loving) toxins to be eliminated. Phase II is where we use amino acids to prepare the toxins for elimination by secretion into bile and then feces. Phase III is where toxins will actually be excreted in urine via the kidneys. This is a program that can typically be done in a 14-28 day program. Every one of us has a "toxic burden", the transition from detoxification to healthy lifestyle habits is the direction toward which we all need to move.

**Join us on Monday, November 18 at 7:00 pm for "Modern Day Toxicity". Dr. Trish at Nutrition and Weight Loss Center and Meredith Perabo from Beautycounter (a clean beauty company) have teamed up to show us how to detoxify from the inside and outside. Call today to reserve your seat! 732-609-3366**



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