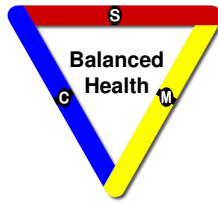


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The Topic of Detoxification

By

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“You are what you eat” is a familiar statement to many. However, consider this: “You are what you don’t eliminate.” In other words, “What goes in must come out.”

In discussing detoxification, both eating and eliminating must be considered to maximize the body’s natural detoxification potential. Today we will discuss three elements of detoxification: 1) what detoxification is, 2) the origins of toxins, and 3) what is meant by toxic load, detoxification reserve and autotoxicity. Finally, we will focus on the role our liver and bowel plays in processing, neutralizing and eliminating toxins from our body and what we can do to enhance natural detoxification potential.

Detoxification is simply *the process by which potentially harmful substances are neutralized and removed from the body.* Decreased detoxification potential could lead to many health-related problems such as low energy, chronic fatigue, hormonal imbalances, inflammatory arthritic conditions, chronic pain, skin disorders and autoimmune disorders such as lupus.

Toxins are poisons to the body that come from either external or internal sources. **External toxins** *come from the environment outside of our body:* air we breathe, foods we eat, and chemicals we choose to put into our bodies such as food preservatives, additives, artificial sweeteners, medications and recreational drugs such as alcohol.

Internal toxins *come from the environment inside of our body:* hormones, metabolic waste products such as lactic acid our muscles form and chemicals given off from internal “hidden” infections.

The sum of all external and internal toxins is known as **toxic load**. Clinically, a person’s toxic load is assessed through a combination of laboratory tests involving bioelectrical impedance analysis, blood, saliva, urinalysis and kinesiological testing.

The amount of toxins that can be successfully processed by the body is known as **detoxification reserve**. Each one of us has a different capacity to detoxify poisonous toxic exposure from the body.

Detoxification is like a giant rain barrel. The capacity for the giant rain barrel to hold poisonous water is the detoxification reserve. The amount of poisonous water is toxic load. On a very wet and rainy year, the barrel gets full. This situation is similar to a person exposed to high levels of toxins. The more toxins a person is exposed to over time the greater the toxic load. Once full, it only takes one more drop of poisonous water to cause the rain barrel to overflow. Comparatively, when the body’s detoxification reserve reaches its maximum it only takes a few extra toxins to overburden its detoxification potential.

Patients often ask the question, “Why do I feel good some days and other days I don’t?” Simply put, when people reach their maximal detoxification threshold a few extra poisonous toxins can push the body’s detoxification system overboard. This spillover effect of toxins is like the poisonous water running down the sides of the rain barrel. Toxins that are not neutralized and eliminated from the body cause the body to become toxically ill. This process, which results in excessive toxic load, is known as **autotoxicity** and promotes the slow breakdown in health and

vitality. The end result leaves one feeling good on some days and bad on others.

The body's detoxification reserve is dependent upon the liver. **The liver is an amazing organ that has over 400 different functions in the body.** One of its primary functions is to neutralize toxins. An unhealthy liver means unhealthy detoxification; however, the good news is that the liver can be repaired with specific nutritional care. If it is true that a cat has nine lives, then the liver, in terms of its regenerative ability, is like that of a cat. In fact, even if 90 percent of the liver dies it can regenerate to almost 100 percent function!

The detoxification function of the liver can be compared to a change machine. Toxins entering the liver are like coins put into the machine, with each coin entering its own slot. As with the coins, different chemically shaped toxins pass down different chemical pathways and are neutralized in the liver. In a change machine, if a slot gets jammed with excess coins, the entire system backs up. If a particular liver pathway is blocked by excessive toxicity, the body cannot rid itself of that particular type of toxin. Once toxins overburden the body, the body begins to poison itself through autotoxicity.

Specifically blocked chemical pathways in the liver are determined through a combination of laboratory and kinesiologic tests. Once identified, specific nutritional protocols often remove the chemical blockage and restore the liver to full detoxification potential.

Once the liver neutralizes toxins the next step is to eliminate these neutralized toxins from the body. Toxins are eliminated from the body through our 1) breath, 2) skin, 3) bladder, and 4) bowels.

*Most toxins, broken down by the liver, are eliminated from the body through **the bowels.*** However, if the bowels are slow and sluggish, some toxins can quickly be reabsorbed back into the body. Toxins that are mishandled by the body in this fashion continue to be detoxified by the liver over and over again, thus increasing the body's toxic load and promoting autotoxicity.

A common example of autotoxicity occurs with menstruating women having a slow or sluggish bowel. Hormones, whether taken through hormone replacement therapy, birth

control pills or made by the body, have to be detoxified by the liver. In the case of a slow or sluggish bowel, large quantities of hormones (particularly estrogen) may be reabsorbed back into her system through the bowel lining, which causes hormonal excess. Excessive levels of hormones cause an array of female health-related problems such as premenstrual syndrome, toxin-related migraines, irritability, breast tenderness and cramps to name a few.

Once our detoxification reserve and toxic load is determined, a specific detoxification program involving eliminating toxins from the diet, nutritional and herbal supplementation aimed at strengthening the liver and hydrocolon therapy focused on cleansing the bowel can restore the body to its full detoxification potential.

Whether we choose to admit it or not, "we are what we don't eliminate!"

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