



# Metabolic Detoxification & Intestinal Cleansing

## How to Clean Yourself from the Inside Out

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My late favourite aunt was a nutritionist extraordinaire who always use to say that if she could do only one thing to improve a person's health it would be to turn them inside out and brush them off. She was absolutely right. Proper nutrition is one of the 5 Keys to Health of which metabolic detoxification and intestinal cleansing is a key component.

Think of your body like a blast furnace. On a daily basis you consume a number of different foods and substances voluntarily as well as a number of other substances involuntarily. Now consider that these substances contain pesticides, pollutants, toxins, second hand smoke, chemicals, preservatives, drugs, antibiotics, carcinogens, poor quality nutrients and a number of other undesirable components. No matter how hard you try (assuming that you do) what will the inside of your blast furnace look like over time? Now consider that this same blast furnace, essentially covered in years of "crusty black soot", is still responsible for effectively absorbing the proper nutrients and excreting the toxins from your body. It is little wonder then that this malfunctioning system can lead to fatigue, headaches, lack of mental clarity, bloating, weight gain, digestive troubles, irritable bowel, muscle and joint pain and a variety of significant diseases. This dysfunction occurs whether you feel its effects or not as your body's systems are over-stressed and forced to work overtime with less than optimal results. Times have changed in this over polluted world. This is why regardless of your beliefs, a proper Detox program is essential for everyone who desires optimum health.

### A Proper Detox Program

Not surprisingly, there are many different products of varying quality on the market. A proper program requires each of the following components:

#### 1. The Proper Nutrients

A proper Detox program appreciates that you have likely caused damage to your system. Hence, specific nutrients are necessary to repair this damage. As such, a proper Detox program will contain the "4 Rs";

- a) **Repair** – Specific nutrients are needed to repair the damage that you have done to your intestinal lining. This prevents the proper nutrients from escaping where they shouldn't as well as allowing for the toxins to be excreted where they should.
- b) **Remove** - Other specific nutrients are then needed to kill off the bad bacteria.
- c) **Replace** – Good bacteria and other probiotics must be added to your system that allow for proper function.
- d) **Rejuvenate** – The liver must then be detoxified which again requires specific nutrients to help restore it to normal function.

#### 2. The Right Foods

During your Detox program, your health professional should provide you with a list of specific foods you should eat as well as those to avoid. Quite simply, you do not want to eat the same toxin filled foods while trying to detoxify. This can lead to the introduction of new healthier foods as well as being able to go on a counter rotation diet after your Detox which will often allow you to identify foods that you may crave but are actually bad for you.

### 3. Proper Supervision

While benefits may certainly be seen from doing such a program on your own, a proper Detox program is best when under the supervision of a qualified health professional that can anticipate and be prepared for how your body may react. Will a “die off” period occur (where your symptoms may originally increase as toxins exit the body)? Will there be some interaction with any prescription drugs that you are taking (always consult your medical doctor if this is the case)? What should you do if bloating occurs? These are all questions that a qualified health professional can answer.

#### **Just who is a Qualified Health Professional?**

Anyone who has advanced nutritional training. This may include your chiropractor, naturopath, homeopath, advanced nutritionist and maybe your dietician, nurse or medical doctor. Please note, however, that many MDs and some dieticians may not necessarily get much training in advanced nutrition and in fact many “health consultants” may sometimes understand this topic much better.

#### **Can't I Just Fast?**

In a word, no. While many people fast for religious reasons, this is the equivalent of putting less in the blast furnace. Weight loss may occur and you may be giving your system “a rest” but you will never achieve proper detoxification and repair as this requires very specific nutrients.

#### **What are the Best Detox Programs?**

In my office I utilize 3 different programs depending on the patient's needs and their health goals. The programs are provided by different labs, all of which are considered to be the best in the world. The majority of these programs are not available in nutrition stores or drug stores so that they may be properly supervised with professional support.

**i) Comprehensive Detox Cleansing Program** - This program typically lasts 4 weeks (longer for cases of fibromyalgia and other serious conditions) and may cost in the \$300 to \$500 range. Suppliers may include Douglas Laboratories or the Ultra Clear program. While this may initially seem expensive it will replace some meals which some people break down to \$5 to \$10 per meal. Also consider its value. It is a small price to pay for a properly functioning liver and digestive system.

**ii) Starter Detox Program** - This type of program lasts 7 to 10 days and costs in the \$150 to \$250 range. Suppliers include Core Science, Douglas Labs and Isagenix.

**iii) Easy Man's Detox** - Don't let the name fool you. While the other 2 programs are more comprehensive, this super convenient program from Core Science or Douglas Labs in the \$75 to \$100 range has significant benefits.

#### **Who Should Detox and When?**

Again, everyone should detox and in fact given today's society should do so on a regular basis. I personally detox 3 to 4 times per year to help ensure that my liver and intestinal system function at an optimal level year round. Some of my patients find that timing is the bigger problem where they don't want to detoxify around holidays, birthdays, vacations, social events and travel. Unfortunately, it is exactly this lifestyle that results in your current less than optimal status. A good Detox program is not hard but does require some discipline. The benefits, however, can be amazing. This may include increased energy, fat loss, better mental clarity and concentration, better organ function, less bloating and much better overall health.

For further information you are welcome to attend my lecture on Metabolic Detoxification and Intestinal Cleansing and look for my upcoming book. Please talk to your health professional today.

**Dr. John Zielonka, well known health and wellness expert and author, has treated many Olympic and professional athletes including the world's fastest man. He is the director of Health & Wellness Canada and owner of the Ottawa Chiropractic & Natural Health Centre in the World Exchange Plaza in downtown Ottawa. He has made numerous television appearances and is the founder of National Health Day in Canada. His latest book, "Healthy Beliefs – Deadly Choices" is now available. He can be reached at (613) 688-1036 or visit [www.excellenceinhealth.com](http://www.excellenceinhealth.com) or [www.healthandwellnesscanada.ca](http://www.healthandwellnesscanada.ca)**