

Detox your way to a Healthy Body

What are Toxins?

Toxins are harmful substances found in processed foods, in the air, in the water, in the home and in the environment itself. Environmental toxins are the most common - smoke inhalation, air pollution, chemical residues on food, drugs, chemicals from paints, plastics and pesticides, to name a few. Internal sources of toxicity can develop from drugs, undigested foods, dehydration, malnutrition and from poor diet with too much animal protein, saturated fats, excess caffeine and alcohol.

Many of these toxins are unable to be disposed of completely and they are stored in various parts of the body such as the glands, bodily tissues and cells.

Why should we Detox?

Luckily, the human body constantly seeks to maintain the right balance, by eliminating toxins through organs such as the colon, liver, kidneys, lungs, lymphatic system and skin. But sometimes our liver can become overloaded from the things that we consume and from our polluted environments. When this happens, the body's process of eliminating toxins becomes slower. You could be affected by conditions like allergies, pre-menstrual syndrome, digestive disorders, constipation, or a lowered immune system.

The liver is a major organ for detoxing



A healthy liver is vital for eliminating toxins in the body, fat regulation, hormonal balance, digestion and circulation. The liver plays a big part in the digestive process, you can see why it is important to keep it performing at its best.

Detoxing the body can help

- ⇒ Improve skin tone
- ⇒ Weight management
- ⇒ Release new energy
- ⇒ Relax and refresh the mind
- ⇒ Enhance the immune system

Before you start a detox, check with your Doctor. It is important to understand your current level of toxicity, determine which organs need help and find out the best supplements to take. A qualified Naturopath can assess your needs and point you in the right direction.

The Process of Detoxification

An effective detox will involve the following steps:

1. Detox test.
2. Elimination.
3. Replacing good bacteria.
4. Support the liver and gut with nutrients.

Once you have completed the detox process your body is well on the way to optimum health.

Nutrition

Healthy detoxing is not about fasting, or self deprivation. The idea with any detox is to give the digestive system a break. If you are feeling sluggish try a **simple four week detox**, cutting down on coffee, sugar, carbonated drinks, refined and processed foods, red meat, saturated fats, bread and pasta. These foods clog up the system and make you feel lethargic.

Add some fresh vegetables to your diet - cabbage, broccoli, celery and brussel sprouts. Support the detox process with lots of water to help flush out toxins through the lymphatic system. Exercise is beneficial in many ways to stimulate the respiratory system, cardiovascular system, muscles, bones and joints.

Acupuncture treatment can also help with detox and to restore balance in the body. Find out how on the next page ...



Boost your energy & liver function with Acupuncture

How can Acupuncture help?

One of the many benefits of Acupuncture is that it can assist your body in the detoxification process. Acupuncture is a method of treatment that comes from Traditional Chinese Medicine (TCM). The principle lies on the balance of Qi (pronounced as chi) or the vital life energy force that harmonises and nourishes the functions of the body. It is said that illness arises when there is a blockage or deficiency in the energy flow.

How does it work?

Acupuncture can effect fluid metabolism, helping your body detoxify by eliminating toxins through the urinary tract. It may be possible to reduce your appetite or cravings so you can form new healthy eating patterns. Then there is less tendency to consume harmful foods which are normally associated with sources of toxins. Processed, fatty foods are harder for the body to digest so you immediately experience a feeling of heaviness in the body, as the energy flow is disrupted. When you consume healthy food, you continue to feel energised. Your body becomes aware of which foods provide the most benefit. This is why acupuncture for detoxification of the body is so effective.

Acupuncture is great for reducing toxins in the body and supporting liver function. Since we are constantly exposed to toxins every day, it is good to have a healthy liver. Depending on your symptoms, the Acupuncturist may stimulate points on the liver, stomach, spleen and gallbladder meridians (energy pathways). This will assist with restoring balance in the body and help the liver and other digestive organs to function more efficiently, thus providing more energy.

What does Acupuncture feel like?

When an acupuncture point is stimulated, you may feel a mild sensation of aching or tingling. This is known as the arrival of the Qi (energy). The needling techniques used are very gentle, there is no pain! Many people find acupuncture a relaxing way to de-stress.

At Assiram Natural Therapies, our practitioners have many years of experience in traditional Japanese and Chinese Acupuncture. They can recommend herbal supplements to assist you with detoxing and to compliment the treatment.

For more information on Acupuncture see our website <http://www.assiram.com.au>

Valentine's Day

is coming up on 14th February

*Pamper your partner with a massage
or how about a treatment for you
both as a couple!*

Gift vouchers available

*in the clinic or
for purchase
over the
phone*



We are open on Saturdays for Massage & Acupuncture
from 9.00am - 3.00 pm
Book your appointment and start feeling great today!

References: www.naturalhealthweb.com/articles www.naturaltherapypages.com.au/article



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