

Focus on Detox



Issue 25 Jan 2008

Special points of interest:

- > How to get the full benefits from a detoxification program
- > Do you need to Detox?
- > Are you too 'toxic' to lose the weight you want to lose?
- > Express Detox; a faster way to detox.

Detox is Serious and needs to be done safely.

Many people do not get the full benefit of a detoxification program or may even end up in worse health than when they started, because they do not detoxify correctly.

When you do a detox, you simply support your digestive system and liver in their ability to process toxins, allowing them to do their best possible job to keep you healthy.

Forget buying a detox program off the shelf. Unfortunately these programs only do half the job and can make some people quite ill.

To detox correctly and effectively a detox program must work WITH your body not against it. The correct detox program should NOT make you feel ill. To get the greatest benefits, you need to follow a detox program that has been specifically designed to address your needs.

During a detox it is important that you work with a qualified naturopath who knows what they are doing AND checks your progress every few weeks.

Each person's needs are different, some people need to do a full bowel and liver detox which usually takes at least 8 weeks or longer. While others only need an 'express detox' which takes a shorter time. Tracey Lee can assess which type of detox program best suits your needs.

If you would like to read more about how to detoxify your body effectively log on to our website at www.alternative-natural-remedies.com.au or pick up a 'Detox' booklet from the clinic.

Inside this issue:

Do You Need To Detox?	2
Weight Loss & Detox	2
Test Your Toxicity level	2
Toxicity and Allergies	3
Tiredness and Detox	3
Express Detox	4
Depression/Memory	4

Will You Benefit From a Detoxification Program?

- Do you lead an incredibly busy life?
- Would you like to feel more healthy and alive?
- Would you like to look and feel younger?
- Would you like to have clearer skin?
- Would you like to have less bloating, body odour or flatulence?
- Do you want improved concentration and focus?
- Did you overindulge over Christmas and New Year?

If you answer "Yes" to more than two of these above questions then a detox program will benefit you.

Talk to Tracey Lee as your next appointment to test if you need to do a detox program.

Do You Need to Detox?

I eat well why would I need to detox?

Most people have little idea just how many 'toxins' they consume and even produce in their own body each and every day.

Simply eating a reasonable diet does not protect you from a 'build up' of toxicity.

Everyday thousands of chemicals and toxins are released into our environment.

Unfortunately there are many ways these chemicals and toxins can get into your body. You might ingest them with food and drinks, you may absorb them through your skin, and they even enter your body through the air you breath.

Lifestyle choices can also have a big impact on your body's toxicity, with alcohol, smoking, fast food, artificial sweeteners and sweets.

Even when living in the cleanest environment, your body

produces its own toxins through normal processes, everyday.

It is up to your digestive system and liver to neutralize and eliminate these toxins in order to keep you healthy and feeling your best.

If your ability to process these toxins is compromised, then toxins can build up in your body.

Reducing the toxins in your body will leave you feeling healthier and happier.



Pick up a free detox booklet from the clinic to read more on safe and effective Detoxification.

“Detox Your body correctly and you will lose weight more easily. Many people are simply too ‘toxic’ to lose weight and burn fat.”

Weight loss: Why Effective Detoxification can be so important.

Do you have difficulties losing weight? Maybe you are simply too 'toxic' to effectively lose weight.

A detoxification program prepares the body for effective weight loss. After completing a proper detox program your body is more effective at burning the fat.

The body stores some of it's

toxins in the fat stores. To 'burn' fat and lose weight your body has to break down that fat AND process the toxins in the fat stores and then eliminate them from the body.

If your body is struggling to cope with the 'daily' toxin load then it cannot deal with more from the breakdown of fat stores, when trying to lose weight.

The body will 'switch off' the fat burning to protect itself from a too high toxin load.

A detox program helps the body process toxins more effectively and hence more effective 'fat burning' and weight loss occurs.

Detox your body correctly and effectively and you will lose weight more easily.

Test Your 'Toxicity'

There is a simple and easy test to show your level of toxicity.

A urine test performed at the clinic called a urinary indican test is a simple urine test checking the level of bowel 'toxicity'. It indicates the level of growth of the 'bad' bacteria from the digestive system.

It will indicate if you need to detox and what type of detox program suits you (i.e. if you need a full detoxification program or a simple and shorter 'express' detox).

Tracey Lee will also individualise your detox program to suit your level of toxicity and also

with regard to any other health problem or medication you are currently taking.

Another test for your cellular 'toxicity' or general inflammation is the VLA test performed at the clinic.



“Chronic tiredness can be caused by high ‘toxicity’.
To check your ‘toxicity level’ ask Tracey Lee for a ‘toxicity assessment’

Allergies, Infections and Tiredness

Chronic tiredness, that has no other medical reason, is often related to a high toxicity load. Often the person feels tired and sluggish, has lack of concentration and memory and feels generally unwell.

Immune system problems of infections and allergies can also be related to a high ‘toxicity’ load.

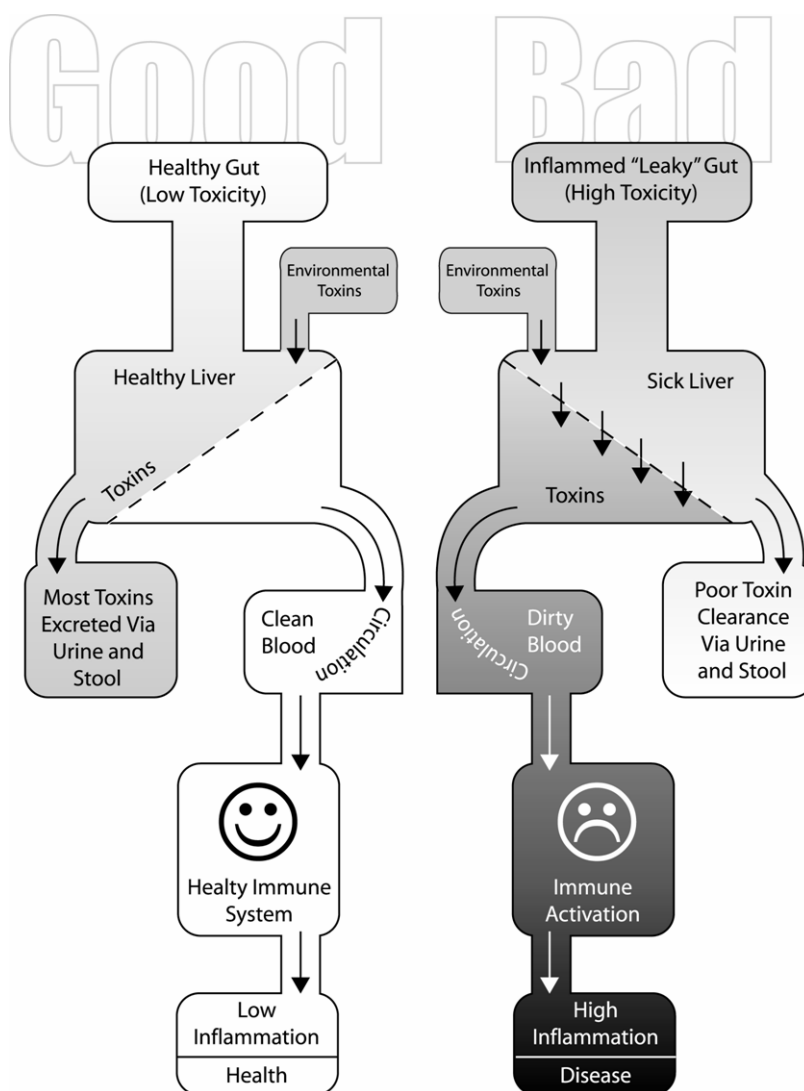
For long term improvement in any immune (infections) or

allergy related health problem (e.g. hayfever, eczema, migraines, digestive problems etc) a complete detoxification program is often required.

Other common health problems related to high toxicity include;

- Adverse reaction or sensitivity to environmental chemicals, odours and/or taking nutritional supplements.
- Recurrent headaches

- Muscle aches and weakness
- Depression, anxiety or mood swings.
- Poor short term memory and concentration.
- Chronic fatigue and lethargy
- Anaemia
- Hormonal imbalances.
- Automimmune diseases
- Fibromyalgia
- Irritable bowel syndrome
- Autism
- Multiple chemical sensitivity





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Regular Client's of Tracey Lee take note;

Do you need a 'Full Detox Program' Or A more simple "Express Detox"?

Did you overindulge over Christmas and New Year?

You might need a simple 'Speed detox' program if you;

- Have completed a full detox program in the past
- Christmas and new year celebrations have left you feeling a bit flat and lethargic
- You would like to regain you're energy and bounce
- Tracey Lee's 'Express Detox' program is a 4 week program that is designed to get you back on track after the festive season.
- It is quicker, easier and more simple to follow then a full detox program.
- Ask Tracey Lee if this program would suit your needs.

**To read more
about how to
detox your body
gently and safely
pick up a free
'Detox Booklet' at
the clinic**

Depression and Toxicity

There is a link between having a high toxicity 'load' and the tendency to depression and memory/learning problems in both adults and children. This includes children with autism and ADD.

If you have or have had depression or memory problems two simple tests performed at the clinic can indicate if you need a gentle detoxification program.

A simple urinary indican test performed at the clinic can indicate if the level of 'bad' bugs in your digestive system. Another test called VLA or bioimpedance analysis can measure cell function and inflammation which is an indicator of cell toxicity.