

Each New Season Calls for Cleansing and Detoxification

By Simon M. Yu, M.D.

Each season, people are exposed to thousands of toxic chemicals and pollutants such as, solvents, synthetic drugs, dyes, chemicals, plastics and pesticides that are threatening the human ecology. These chemical toxins manifest themselves in a variety of symptoms from chronic fatigue, low sex drive, fibromyalgia, allergies, hypoglycemia, hormonal imbalance, psychological disturbances and even cancer.

Therefore, in each season we need to go through cleansing, detoxification and rejuvenation. These actions offer a means for prevention of chronic illness and support for our survival in this toxic planet in which we live. The change of seasons offers a good reminder that we need seasonal cleaning for our body.

How and where do we start with the cleansing and detoxification of our body?

First, colon cleansing is one of the most effective ways to cleanse the large intestine of accumulated toxins and waste products. You can use herbal bowel cleansers from a health food store as a starter. You can learn to give yourself an enema or coffee enema. Alternatively, you can work with a professional to do a colonic irrigation. Colon cleansing will draw toxins from the blood and lymph system into the colon for excretion. It will restore a healthy colon function and can ease a range of problems from headaches and backaches to arthritis and chronic fatigue.

Second, fasting is one of the oldest forms of cleansing and is usually done in the form of a water fast. An extended water fast is not recommended without strict medical supervision. Juice fasting is rather well tolerated in conjunction with vegetable broths. Typically, vegetable juice consists of carrot juice diluted with water 1:1 and may include celery, cilantro, parsley, garlic and/or lemon juice as you desire. You can also make vegetable broths from potatoes, carrots, celery, parsley, cilantro, garlic and kelp (an excellent source of minerals).

You can start your fasting just over a weekend and gradually add more days. Fasting is an ever-consuming active form of detoxification, and you will need to cut back your schedule to a minimum, rest plenty and stay warm. Spring and summer are good times for fasting.

Once your fasting is over, don't go back to a heavy meal right away. Your body may not tolerate a heavy meal very well. Start with a light salad and/or soup and gradually resume a normal sensible diet.

Other forms of detoxification include:

- ◆ High dose vitamin C. This is a controversial therapy, pioneered by two-time Noble prizewinner, Linus Pauling. Environmental chemicals and toxins generate free radicals that can damage the cellular functions. A high dose of vitamin C is an inexpensive, effective antidote and anti-oxidant therapy. Vitamin C can also be given intravenously by a medical professional.
- ◆ Hydrotherapy. Epsom salt bath weekly.
- ◆ Skin brushing and manual lymph drainage.
- ◆ Wet/Dry/Infrared Sauna. Sweating is a great way to remove environmental chemicals from the fat cells.

- ◆ Stretching and relaxation exercises should be practiced daily.
- ◆ Chelation Therapy for heavy metal detoxification such as from lead, cadmium, aluminum, nickel, mercury and tin.
- ◆ Biological dental care. Detoxification programs are not complete without proper dental care.
- ◆ Diet. Avoid chemical additives and preservatives, especially aspartame, monosodium glutamate (MSG), artificial dyes, hydrogenated and partially hydrogenated oils and all processed and genetically modified grains.
- ◆ Drainage remedies. Liver, kidney and lymph drainage using herbal and homeopathic remedies.

Cleansing and detoxification is often a missing link for rejuvenating the body and reversing such chronic diseases as obesity, diabetes, allergies, irritable bowel syndrome, arthritis, cardiovascular problems and cancer. The modern diet with excessive processed foods, caffeine, alcohol and environmental chemicals inhibits the optimal function of our cells and tissue organs. The cleansing of toxins and waste products will restore optimum function and vitality.

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