

WHAT'S UP DOC PETE?

Detoxification, Step Two



Peter J. Muran, MD

Last week we spoke about the three steps of the detoxification process and briefly expanded on the first step. The three steps are (1) stop putting the bad stuff into your body, (2) increase the efficacy of the body and (3) start removing the toxicities. I also mentioned that the body needs some time in preparation to remove tightly held toxicities, once mobilized, or illness could occur.

Every one of us has a universal map to health called the DNA. If we place the internal terrain of our body into an environment of health, including nutritional, spiritual and psychological health, the body's universal map will take over and guide the entire body to health. At times when the infection has become overwhelming, surgery or medication is required to stabilize the person, but in the long run it is internal environmental health that prompts mind and body to heal.

It is important to look at the total stress load, which could derail the body's expression of overall health. The total stress load consists of everything in the person's environment that can cause disharmony. The intent is to eliminate or reduce those stressors.

For example, gastrointestinal health is very important to develop and maintain. If you have bloating and are not properly excreting, this dysfunction will cause a problem throughout the whole body.

Liver and kidney health, the portals of excretion, need to be functioning at their highest level, so as they encounter toxins, the toxins are removed from the body and not recycled.

Finally, it is important to maintain proper hormonal function and balance. All of the hormones interact with one another and must be in balance. If healthy levels are maintained, the body functions are optimized and the neurotransmitters in the brain will balance, and the person feels good.

Next time we will discuss how to move toxins out. In addition, tune in to *Quantum Health*, Saturdays at 1:00 on KVEC 920am. August's topic is detoxification.



Peter J. Muran, MD
Board Certified in Holistic Medicine

1405 Garden Street
San Luis Obispo
805-548-0987

Email your question through
www.longevityhealthcare.com