

## WHAT'S UP DOC PETE?

*I missed your advertised radio programs this month on detoxification. What is the best way to clean up the body?*



*Peter J. Muran, MD*

You can listen anytime to the *Quantum Health* programs that have aired by going to our website where we post all of the programs. Just click on **“News and Radio”**.

After World War II, new uses were found for the chemicals created in the war effort. These industrial chemicals affect every aspect of our lives today and create serious hazards for our health. Neither the environment nor our bodies have the capacity to cope with plastics, pesticides, heavy metals, solvents ... the list is endless.

Now that we have heavy metals and toxic chemicals in our bodies, how do we get them out? The first step in detoxification is to stop putting the bad stuff in. The second step is to tune up the efficiency of the body at the cellular level so it can mobilize and clean out the accumulated toxins that burden it. Finally, as the body begins to function properly, cautiously start removing harmful chemicals and heavy metals. In some cases, all three steps can be done simultaneously, but be very careful. You can become quite ill if the toxins are released at a rate faster than the body can safely eliminate.

**Step One:** *determining what the bad stuff is and how to live without it.* Pay attention to what you put in your mouth. Inspect the labels of everything and decide if it is real or invented food. Choose fresh foods that are grown chemical free. Not only are you eliminating the toxins, you are beginning to tune up your body to create health.

Take a day to write down everything you touch. Is it a natural or an invented substance? Is your dry cleaning off-gassing chemicals? Read the label on your personal care products. As your awareness increases, you can replace a majority of these toxins with natural, healthy substances.

For more information, read Hormone Deception by D. Lindsey Berkson. Next time, **Step Two**, *preparing the body for 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](http://www.longevityhealthcare.com)