

WHAT'S UP DOC PETE?

Detoxification, Step Three

This is the last in a series discussing the three steps to detoxification.

I briefly spoke about the first two steps which are: **Stop Putting the Bad Stuff into Your Body** and **Increase the Efficacy of the Body's Functions**. This week I will briefly talk about removing the toxicities.



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It is important that the body is prepared for detoxification, or illness may incur. One of the most important functions is the mobilization and excretion of the kidneys, liver and gastrointestinal tract. Mobilization of toxins from the tissue without optimal excretion by the body can cause the toxins to accumulate yet again with the possibility of relocation of high concentrations into sensitive organs. Headaches and joint pain will surely accompany poor excretion function.

Colonics (to cleanse the colon and promote proper function), homeopathic remedies (to stimulate the organs of detoxification), good nutrition and tissue release of toxins (to promote organ cleansing and optimal function) are all methods to promote detoxification.

Common toxins such as heavy metals like mercury, arsenic, and lead burden the body and interfere with effective metabolic function. Prime sources for these metals are environmental exposure, pesticides used on foods, occupational exposure, amalgam fillings and contaminated ground water.

Mercury elimination is not as simple as taking cilantro and removing the amalgam fillings in your teeth. If mercury is not removed properly, either in the body or the teeth, it may result in accumulation of the mercury in the brain. The brain is an especially vulnerable organ because of mercury's attraction to fatty tissue and the rapid utilization of glucose by the brain.

Details of a safe protocol for mercury elimination can be found at longevityhealthcare.com. Click on "Heavy Metal" to read the published results of my research and protocol.

Everyone should consider periodic spring cleaning of the internal house. Detoxification is the process for health.



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