

WHAT'S UP DOC PETE?



*What can be done
about the chemicals
in our environment?* *Peter J. Muran, MD*

Everyday thousand of toxins challenge the health of our body. Exposure comes from chemicals in the materials we wear and touch, in our air and in our water. Toxins are so much a part of our everyday life that we barely notice the more then 100,000 chemicals in our daily environment.

Our body is designed with a defense mechanism to convert and neutralize toxins and metabolic products into soluble and save by-products which can be eliminated. However, the ever increasing volume of exposure frequently overwhelms our capacity to manage the threat. Instead of eliminating the toxins they remain within the body and can contribute to the breakdown of effective cell function leading to disease.

Each individual has a particular "detoxification profile" defined by his/her own specific environmental and genetic conditions. The variability in individual detoxification capacity could explain why, in a large population exposed to the same level of carcinogens, some develop cancer while others do not.

Detoxification is one of the first interventions that I use with people interested in preventative health care as well as those who have chronic conditions. Detoxification should be part of everyone's annual health check-up just like women's annual exams and dental cleaning.

Sandy Muran, PhD (c) has many years of experience as a health educator and twice annually offers a Detoxification Workshop to our patients and the community. The next workshop will take place in two parts on Feb. 20 and 27, from 6-8pm at Sycamore Springs. Participates receive an understanding of how to recognize and manage their exposure to toxins and they take home a simple, yet powerful guide to detoxification. Visit the events calendar at our website, www.longevityhealthcare.com, for details and call the office to make your reservation by February 17.



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