



**At Long Last...** this edition of “naturopathic news” finally arrives. The end of 2005 was definitely a busy, but exciting one for me - moving to the new office in September, the trip to France with my husband in October, and then moving into our new house in December. Now that things have settled down, I have time to write about detoxification, a topic I’ve been doing a lot of research on lately. In this issue, I will be discussing how to detoxify in the winter, ways to test how well your body is detoxifying, and benefits of far infrared saunas.

## Why Do We Need To Detoxify?

In the last one hundred years, tens of thousands of chemicals have been introduced into our environment, along with millions of tons of heavy metals. Our exposure to toxins can come from the workplace, tobacco, alcohol, drugs, hobbies, the air we breathe, water, pesticides and the food we eat. There are no longer any plants, seaweed, wildlife, fish, water bodies or humans untouched from these man-made chemicals. Studies have even found toxins in the breast milk of Inuit Indian mothers. The US Environmental Protection Agency found dioxins, PCBs, dichlorobenzene, and xylene in 100% of the human fat biopsies they performed.



Toxin exposure is thought to be a causative factor in:

- Cancer
- cardiovascular disease
- mental illness
- thyroid disease
- asthma and allergies
- infertility
- ADD/ADHD & autism
- chronic fatigue
- fibromyalgia
- arthritis
- Alzheimer’s
- Multiple Sclerosis

## How Can We Effectively Detoxify?

Given these scary statistics, it is imperative that all of us do everything we can to cleanse our bodies of these chemicals and heavy metals. The following are ways in which we can support our body’s main detoxifying pathways:

**Skin** – Sweat promoting activities, such as far infrared saunas (see article) and mild to moderate exercise help to release toxins. Dry skin brushing using a dry loofah

or natural fibre sponge helps to stimulate lymphatic flow and open up the pores. Gently brush your entire body using small circles, moving in the direction of your heart.

**Lungs** – Exhalation releases carbon dioxide and other waste products of metabolism. Deep breathing exercises (i.e. meditation, yoga) and mild to moderate exercise help to increase the removal of these wastes.

**Kidneys** – eliminate water soluble toxins, waste, hormones and minerals. Drink 2.5 L of pure filtered water daily to aid in this filtration.

**Intestines** – Over half of the detoxification for the entire body occurs in the gastrointestinal tract. Consuming enough water (2.5L) and fibre (30g) daily will help to keep bowel movements regular so that toxic waste products don’t get reabsorbed back into the body. It is also important to have sufficient amounts of probiotics (“good” bacteria), such as lactobacillus and bifidobacterium, to discourage the growth of yeasts and “bad” bacteria that interfere with detoxification.

**Liver** – uses a two-step detoxification sequence (Phase 1 and Phase 2) to protect us from outside chemicals, as well as internally generated endotoxins. These steps can be supported by eating vegetables from the Brassica family (broccoli, cauliflower, Brussels sprouts, kale, cauliflower, bok choy), and putting a slice of fresh lemon in water.

## Lab Testing to Determine Your Needs

There are many supplements that can potentially help with detoxification, and other health concerns. The supplements you need will depend on your individual chemistry, diet, current diseases, medication, and environmental chemical overload. Testing can help to find problem areas in your biochemical pathways and suggest nutritional factors that will be helpful for you. The following tests are performed by Metametrix Laboratories. Test kits can be obtained by calling Haessler Naturopathic.



- **Red Blood Cell Mineral/Heavy Metal Analysis** – this blood test determines whether you are deficient in important minerals. It also shows the levels of toxic elements/heavy metals. Cost: \$175 US
- **Detoxification Capacity Profile** – this urine and saliva test shows how well your key detoxifying pathways eliminate chemicals. Correcting problem areas through supplements and diet will help to clear toxins more efficiently. Cost: \$145 US

- **Organic Acids** – this urine test measures markers for B-complex vitamins, antioxidants, minerals, amino acids, environmental toxin exposure, and specific dysbiosis markers for bacterial and yeast overgrowth. Based on these results, a customized vitamin/mineral formula can be determined for you. Cost: \$280US (complete) or \$180US (without the dysbiosis profile).

#### In-Office Lab Testing

- **Urinary Indican** – tests for protein maldigestion, proliferation of bacteria, and permeability of the bowel wall. Cost: \$15
- **Oxidata Testing** – tests for the amount of free radical activity in the body. Free radicals are highly reactive compounds that can increase the potential for cell damage, and are implicated in many chronic diseases. Cost: \$20

Feel free to contact the office if you have any questions about these and other tests that are available.



### Far Infrared Saunas (FIRS)

While all saunas are beneficial, research is showing that far infrared saunas are the most effective way to get rid of toxic chemicals including pesticides, heavy metals and hydrocarbon residues. Far infrared rays are

the healing, safe rays of the sun's spectrum, responsible for photosynthesis (the process by which plants make energy). The sauna uses ceramic infrared heaters to produce these rays. The infrared rays penetrate 4-5 cm beneath the skin tissues, triggering the mobilization of chemicals from where they are stored in the organs and fat, releasing them directly into the sweat. It is safer and more easily tolerated by most people than a steam sauna because it uses a much lower overall temperature (100-150F in FIRS vs. 160-220 in dry and Finnish saunas).

Choose a sauna that is made out of poplar without using any plywood or glues and has a vent or window to allow for air circulation. My husband and I are very happy with the far infrared sauna we purchased from SaunaRay in Collingwood. You can contact them at [www.saunaray.com](http://www.saunaray.com) or by phone at 1-877-992-1100.

## WELCOME

I would like to give a warm welcome to **Gail Nieson** who joined Tony Kaake and me in the office last November. You'll be able to see her friendly face at the front desk Tuesday and Friday mornings, where she's been helping to keep us organized. We're glad to have her in the office!

### Breast Thermography Clinic

- Non-invasive breast screening with infrared thermography
- Can detect changes in breast tissue function 5-8 years before structural changes occur
- No touching, squeezing, radiation or pain
- Reports analyzed by certified thermologists

**When:** Sunday, April 30, 2006

**Performed By:** Medical Thermography International

**Hosted By:** Haessler Naturopathic

**Cost:** \$250 (including GST)

Call Medical Thermography at 1-866-242-5554 to book

### Recipe Corner

#### Yogi Tea

Yogi tea is a warming tonic for the kidneys, especially during the winter months. It helps to regulate insulin, and prevent colds and flu, as well as inflammation.

- 40 oz water
- 12 whole cloves
- 16 whole green cardamom pods, cracked open
- 16 whole black peppercorns
- 2 cinnamon sticks
- 8 slices fresh ginger root
- 2 black tea bags (Jasmine)
- 2 cups organic soy milk

Bring the water to a boil. Add the cloves, cardamom, peppercorns, cinnamon sticks, and ginger. Boil for 45 minutes or longer. When it reaches a rich reddish brown colour, turn off the heat. Drop in the black tea bags for 1 minute and then remove them. Add organic soy milk to individual servings as desired. Sweeten with honey or maple syrup. Tea can be stored in the refrigerator for several days and reheated.

**Source:** Kaur, S D et al. **The Complete Natural Medicine Guide to Women's Health.** Robert Rose. Toronto, 2005



### Simply Healthy Cookbook - \$25



- Contains healthy recipes, including wheat-free, dairy-free and vegetarian, for breakfasts, breads, soups, salads, appetizers, meat, entrees and desserts.
- A portion of the proceeds go towards the Robert Schad Naturopathic Teaching Clinic.

Jennifer Haessler, ND is currently accepting new patients. Please tell a friend if you are happy with the results of your treatments.



Do you belong to a club or organization that would be interested in learning more about Naturopathic Medicine? Contact the office to book a speaking engagement.