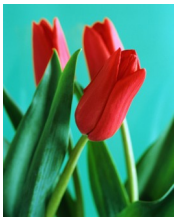


## Environmental Detox: if you breathe, you need it!



Spring is in the air, and it's a great time to detoxify your body,

whether it is the first time, or you do it on an annual basis. I usually talk about toxins from preservatives, common allergens, and mould. This year I am focusing on environmental detoxification, since there are elements in our environment that we cannot control. Or can we? Yes, we can control the body burden of toxins by

eliminating or finding natural alternatives for:

- ✔ BPA (bisphenol A) - avoid cans with "white lining", reusing water bottles, and use BPA free baby bottles
- ✔ VOCs (volatile organic compounds) - use low VOC paints, get rid of scented deodorizers, air out new furniture, dry cleaning, etc before they enter the house
- ✔ Pesticides—buy organic if possible or at least the Dirty Dozen, otherwise wash with a suitable veggie spray
- ✔ Parabens—it's now easier to find para-

- ben free personal products. Read the labels and choose accordingly
- ✔ Phthalates—are plasticizers in any soft plastic. You will notice a plastic smell like in shower curtains
- ✔ And many more chemicals

There are simple urine and blood tests to determine if there is a toxic burden of parabens, solvents, and pesticides in your body. There are also tests for heavy metal toxicity, and hepatic (liver) detoxification capacity. Ask us about how these can help you!

## Quick Detox Checklist *(keep this handy for future use)*

- ✔ **Liver loving foods**  
These foods are rich in nutrients that help the liver detoxify.
- ✔ **Lemon in water**  
1/4 to 1/2 a lemon in water first thing in the morning will stimulate bile release and fat metabolism.
- ✔ **Regular bowel movements.** During a detox, you should have about 2-3 BM per day. You may need a fiber supplement.
- ✔ **Water** is important for flushing out toxins and hydrating your cells.
- ✔ **Individualized supplements or medical food** for optimal detox. Please consult with your ND for the right formula!

### Liver loving foods

DON'T FORGET TO STOCK UP!

- BITTER GREENS
- BEET ROOT
- ARTICHOKE
- ASPARAGUS
- DANDELION GREENS
- ENDIVES
- RADICCHIO
- WATER CRESS

### Principles of Naturopathic Medicine

- FIRST, DO NO HARM
- IDENTIFY AND TREAT THE CAUSE
- TREAT THE WHOLE PERSON
- SUPPORT THE HEALING POWER OF THE BODY
- DOCTOR AS TEACHER
- EMPHASIZE PREVENTION

**Promoting health and awareness in our community**

NATALIE CHENG-KAI-ON, BSC, ND

TO SWEAT IS A  
NATURAL FORM  
OF  
DETOXIFICATION  
AND THE ONLY  
WAY TO  
ELIMINATE FAT  
SOLUBLE  
CHEMICALS,  
HORMONES, AND  
TOXINS

**Far Infrared Saunas**

A far infrared sauna is different than a conventional dry sauna found in your local gym. The air temperature is cooler and more tolerable, yet the heat penetrates deeper into the tissue. This means that our muscles will warm up faster, and this will aid in pain

relief. Also, the heat will stimulate lipolysis, also known as fat breakdown. This is an important mechanism of detoxifying fat soluble chemicals like xenoestrogens (parabens, phthalates, bisphenol A, pesticides, chlorine derivatives), and heavy metals (lead and

mercury). You will find an improvement in pain, allergies, fatigue, and autoimmune diseases to name a few. A common treatment plan is to take 2 saunas a week for 3-4 weeks during a detoxification. Ensure that you are well hydrated, and take an electrolyte after.

**Lost weight but don't feel great. What's going on?**

I recently lost 15-20 pounds by eating well and exercising, but I feel tired, and have frequent headaches. Shouldn't I feel better?

Toxins are found in obvious places like pollution, drugs, chemicals, and heavy metals, but they are also a problem when found in a tiny dose on a chronic basis, like trace amounts found in pesticides, personal care products, and

the water we drink. In order to protect our cells from the effects of these toxins, the body will store them safely away in our fat cells. When a person loses a large amount of fat, they will mobilize these toxins, and if they are not safely taken care of, they will cause toxic effects like headaches, fatigue, etc. In order to safely remove these toxins, it is important to see a health

care practitioner, ensure that the organs of elimination are working and fully supported, and eat well to protect your healthy cells. At our clinic, we may prescribe a series of far infrared sauna treatments, colon hydrotherapy, or bio-therapeutic drainage to aid in safe and comfortable detoxification.



Natalie Cheng-Kai-On is a member of the BDDT-N, CAND, OAND, CSCMA, APND, and FLT Practitioner

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**Referral Program.**

*If you refer a friend to the clinic, your name will be entered in a draw to receive a free gift from my friends at Lug Life.*

*Last month, Betty K. won a Shuttlebus Weekender Bag!*

*Congratulations Betty!*

