

## TOXICITY TESTING AND TRUE DETOX

In light of the tremendous response to the last two articles and the many questions that they have evoked, I feel it necessary to explain some of the testing that is available today. For those of you who have not read the last two articles, a review is necessary. We discussed toxicity and its effects on weight loss. Many people who cannot lose weight have a HORMONE called Leptin that is significantly elevated. Similar to those with Type II Diabetes where the body is unable to hear the message from the hormone Insulin and therefore Insulin continues to rise in the effort to get its message across. This will lead to many life-threatening illnesses as well as premature aging. The same hold true for Leptin. As Leptin continues to rise unchecked due to a toxic fat cell, the receptors that hear Leptin burn out; therefore the brain cannot hear its message.

Because Leptin is the hormone that tells your brain to burn your fat stores for energy, if your brain cannot hear its message then it will be impossible to lose weight despite your diet and the amount of exercise you are doing. We discussed how toxicity affects this hormone cascade and not only causes the inability to lose weight, but many diseases and bizarre conditions as well. These can include Chronic Fatigue, Fibromyalgia, premature aging, chronic allergies, headaches, sinusitis, estrogen dominance, osteoporosis, psoriasis, chronic digestive disturbances such as IBS etc.

Many of your responses have included questions regarding testing for toxicity and what can be done to detox for corrections of these problems and more. First of all, I must point out that true detox begins at the cellular level and colon cleanses, liver flushes and general herbal detox products that are purchased at health food stores will not work to cleanse the body of the bioaccumulation of today's onslaught.

Secondly, to accomplish true detoxification we must know what it is we are trying to get rid of. For example, we detox heavy metals such as lead and mercury completely differently than biotoxins produced from living things such as molds, ticks, etc.

When a patient enters our office and it is determined that toxicity is an issue we start with a neurotoxic questionnaire designed to provide the practitioner with information as to what toxin or toxins are of issue. We then perform something called a Visual Contrast Sensitivity Test (VCS). This test is an extremely accurate evaluation for biotoxic illness. It has less than 1% false positive readings. Its accuracy comes from the fact that neurotoxins affect the retina and the optic nerve before other parts of the body. Depending on these results, we may move into laboratory



testing. If heavy metals seem to be an issue, we perform a urine test utilizing chelating agents to pull the metals from the brain and other tissues of the body. It is important to note that performing blood tests and urine tests without chelating agents is very inaccurate because the heavy metals are bound so tightly within the body. Heavy metal detox is an area that I see most practitioners doing more harm than good because of their lack of understanding of chelation (detox).

Depending upon the individual, we may also do very specific blood work to measure other hormones and enzymes that are affected by each particular toxin. With this degree of specificity we can accurately target EXACTLY what we are attempting to purge from the body. As mentioned above, this is extremely important because the method of detox is very unique to each type of toxin. For instance, when dealing with biotoxic illness 24% of the population genetically are incapable of making antibodies to get rid of biotoxins produced from mold exposures. Therefore these biotoxins remain bound up to bile in their liver, gallbladder and gut. These individuals can be given a substance that pulls the toxins away from the bile and out of the body. These patients get well very quickly due to this new science, however the tragedy is most will go on sick their entire lives repeatedly attempting the latest "craze in cleansing."

**Contact our office and ask for special detox package. ❖**



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