



detox?

HEALTH? ANGELA DONALDSON CONSULTS TWO EXPERTS

YES



ANGELA COUNSEL,
A NATUROPATH AT THE AMBAA TREE CLINIC
IN SYDNEY, HAS SEVEN YEARS' EXPERIENCE
GUIDING CLIENTS THROUGH DETOX.

Ideally, the body should be able to detoxify itself but we are bombarded with toxins from the environment: pesticides and chemicals in and on our foods, chlorine and other chemicals in our water. Our bodies weren't designed to cope with the level of toxins we're exposed to.

Many people suffer from ongoing fatigue, bloating, skin irritations and constant colds. Most orthodox doctors would look only for disease, and if the client's tests come back negative, the doctor says there's nothing wrong.

Often, people with these symptoms are out of balance because of poor diet and low nutrition. Their bodies are overloaded with toxins from their diet and the environment, and from an overgrowth of bad bacteria and candida in the digestive system.

A good detox is not just about cleansing the liver. It's about correcting the diet, removing bad bacteria, re-populating the gut with healthy organisms, re-balancing the body's pH levels, ensuring the kidneys are working effectively and supporting the body's detoxification processes. This is known as an integrated detoxification.

Time and again I see the results of a good detox done with professional

guidance. Often, an integrated detox gives people significant improvement in their general wellbeing. People who suffer from the previously mentioned symptoms and conditions such as low thyroid function, eczema and hormone imbalances often find their symptoms completely resolve.

Professional guidance is the key. Detoxes in kit form are potentially dangerous. Many focus only on the liver and should not be used if you are on medication.

Fasting detoxes are very stressful on the body and can cause more damage than they claim to prevent. To support your body through the detox, you need to have a healthy diet with a balance of protein, healthy carbohydrates and healthy fats.

Detoxes don't need to be unpleasant, and if done correctly you shouldn't experience more than minor discomfort for one or two days. A qualified practitioner can manage any side effects with dietary and lifestyle support.



**TO FIND A QUALIFIED
NATUROPATH, VISIT www.nhaa.org.au.**