

Why is Detoxification Important to Success in Weight Loss?

The three major sources of most modern day health problems are:

1. Poor nutrition.
2. Weak immune function
3. Toxicity

It's easy to see that these three causes may also easily interact to affect each other.

In this newsletter we will focus primarily on the third cause, toxicity. Toxicity refers to the internal buildup of toxins. These toxins are usually the natural waste products of normal body functions. If the body is not able to cycle out waste efficiently then toxicity occurs, leading to a variety of health problems. Signs of toxicity may include: 1) having less than one good bowel movement a day, 2) skin problems such as eczema, dermatitis and other rashes or itching, or 3) recurrent headaches.

One other important, and often overlooked, indication of toxicity is abnormal weight gain. Many health care experts believe that the body will produce and store fat in order to trap the toxins to keep them from damaging the more vital organs. This may be why a water fast can cause headaches and muscle pain in addition to weight loss as the toxins are liberated from the fat. A water fast is an aggressive detoxification approach that is not advisable for most people.

We have noted that a good internal cleansing almost always results in accelerated weight loss as well as significant improvements in overall health. The detoxification phase of treatment may result in up to 15 pounds of weight loss in some individuals.

There are many different ways to detoxify comfortably and effectively. Some are more formal and involve purchasing a set packet of products to be taken over a period of time (usually 3 weeks). Other systems are simpler, using a few key supplements, along with diet modification. Either way, the patient will benefit from a detoxification program.

Most of our detoxification programs focus on a mostly vegan diet, eliminating most animal products, junk foods, most starches including pasta, bread and crackers, and stimulants such as caffeine and alcohol for two or three weeks. Specific supplements that encourage and support both Phase One and Phase Two detoxification activities are used along with the dietary changes. In general, Phase One detox could be compared to taking the trash out to the curb at home and Phase Two would be when the trash truck comes by to pick it up and take it to the dump. It is important to keep both phases running well to avoid a "back up" of toxins or feelings of discomfort or illness.

One major benefit of a good detoxification program is that it helps a person to prepare mentally and physically for desired permanent overall lifestyle and dietary changes. A good detox program helps us get back on track for a lifelong improvement of vitality and health.

Detoxification is an important step in any healing program. It is an especially helpful part of any weight loss program.

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