

# Your Guide to Health Living

## The Detoxification Story

Most people lead fast paced, busy lives. Food choices are often made based on what is easy and quick instead of what is nutritious and healthy. We are surrounded by harsh chemicals, pollution, and toxins in food, cleaning products, personal care products and consumer goods that impact health. All of this adds up to too much of the bad stuff and not enough of the good stuff. The end result is that chronic illness is on the rise and it is affecting people at younger ages.

Fifty years ago health was easier. There was less processed food and the buildup and

exposure to chemicals and pollution was not as concentrated. We lived in a healthier environment and we were healthier for it. The 'old' belief was that the body worked as a machine and it could handle pretty much what ever it was exposed to. The reality is that this was never true. When a person is exposed to more toxins than they can safely handle the excess is stored in tissues, muscles, joints and cells, thus impacting overall function and health. One way to address this is by consuming food with more nutrients. Another way is to do a detox. The best is to

do both.

The goals of a good detoxification program will include:

- Decreasing the toxic load that has built up in your body.
- Identifying and changing or removing those foods, habits and lifestyle patterns that negatively impact your health.
- Initiating the natural healing process of the body.
- Implementing a healthy regimen and a lifestyle that will maintain your overall health.

A detoxification program is a great way to improve health. It will assist you in taking control of your health and understanding what you have to do to maintain it. If you are concerned with your health status or would like more information on how to safely eliminate toxins from your body contact:

**Naturopathic Foundations Health Clinic in Markham at**  
[www.naturopathicfoundations.ca](http://www.naturopathicfoundations.ca)  
 or 905-940-2727  
 or contact your local Naturopathic Doctor.

**Naturopathic Foundations**  
 HEALTH CLINIC

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- Food intolerances, allergies or asthma
- Digestive problems (IBS, Crohn's disease, colitis, constipation)
- Inflammatory conditions (sinusitis, bronchitis, fibromyalgia or arthritis)
- Chronic headaches, fatigue, pain or muscle tension
- Skin conditions (acne, eczema or psoriasis)
- Heavy metal toxicity or exposure
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*Call for additional information*

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 Phone 905-940-2727 Fax 905-940-2721  
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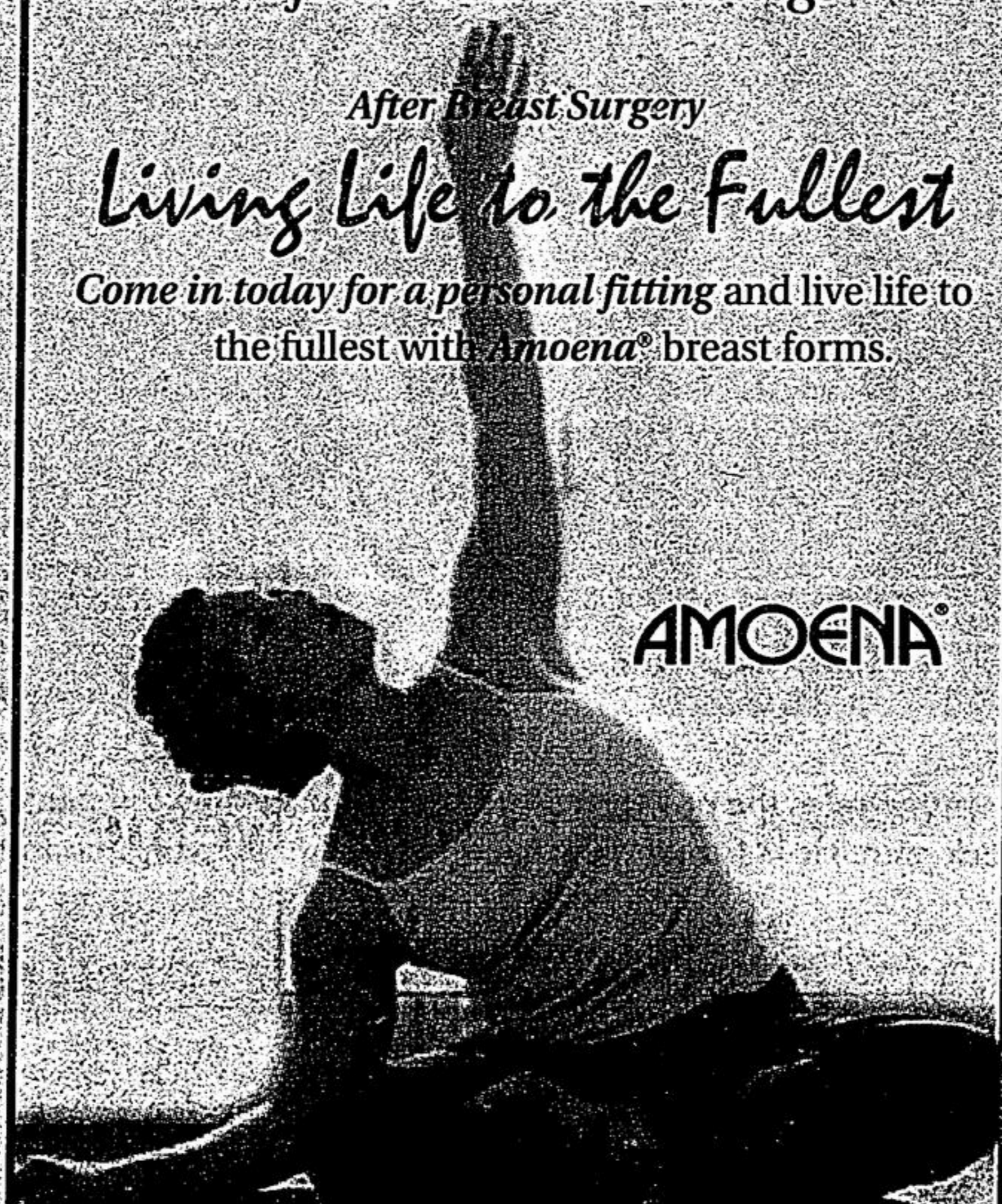
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