



## **This Detox is for You**

**By Scott Vander Wielen, DC**

Whenever I discuss detox with anyone, it usually raises a lot of questions like, “Why do I need to detox?” or “I take milk thistle, so aren't I detoxing already?” So I thought it would be appropriate to touch on the most important things to understand about detox and how we can each benefit from the process.

The first important thing to understand, and I am sure we all do, is that the environment we live in can best be described as a toxic milieu. Heavy metals and chemicals that won't break down – called persistent organic pollutants – are everywhere. DDT, a chemical that was outlawed over 30 years ago, was found in fat studies in people regardless of their age. Umbilical cord blood was found to contain over 200 toxic chemicals, over 50 of which were cancer-causing. So let's establish that we live in a toxic world.

When these chemicals are inside us, it is felt by just about every cell in the body. Mitochondria, an organelle that is responsible for all energy production from heart beats to breathing and any muscle movement to thinking clearly, becomes impaired in its ability to function and produce energy (ATP), leading to fatigue. Chronic fatigue syndrome and fibromyalgia are what can result from heavy metal burden to our bodies. Remove the metals, and the fibromyalgia can disappear.

Glutathione, a protein made by the liver to protect every cell in the body, is one of the main players in the detox process. There are over 77,000 peer review journal articles written on glutathione. It is critical for protecting our cells from the toxins that can harm us. Studies have found that autistic children either have very depleted glutathione or none at all. There are very effective ways to increase glutathione in our bodies through nutritional strategies. For example, N-Acetyl-Cysteine (NAC) is a supplement that, when metabolized by the liver, will increase glutathione. There are multiple ways to raise glutathione levels besides taking NAC, and a good nutritional strategy should include several ways. Incidentally, taking glutathione orally has been shown to not be effective in increasing glutathione. The half life of glutathione is so short that it isn't worth the money to continue taking it. The best way to increase glutathione is by nourishing the liver so it is made continuously. Also, even though the liver benefits greatly from your taking milk thistle, is an antioxidant/protectant and cannot detoxify or raise glutathione by itself.

So what is actually going on when we detox? Essentially fat-soluble toxins are converted into a water-soluble toxin so it can be excreted by the kidneys – that's it. Our Creator equipped us with a liver with the ability to do just that. It requires a lot of energy (mitochondria) and potent nourishment so the pathways within the liver can be up regulated to accomplish this.



Let's realize, too, that the body stores toxins in fat that it can't detox. Our brains are made up of mostly fat, so is your brain vulnerable to environmental toxins? You better believe it! It is very possible that your body's mind does not want to release the toxins held within the fat because of the harm they could do. Having trouble losing weight no matter what you do? Then detoxing can be a solution for you because it can be the critical obstacle to your losing weight. Empower the liver to detox whatever is in the fat, and the fat can then come off.

Every one of us needs to discern that our bodies are working very hard every day to protect our cells within every organ from toxins that can bring on fatigue or any number of chronic diseases, including cancer. A part of every wellness strategy requires an effective detox plan to protect our vitality so we can realize a long life with an overall sense of well-being.

**Compliments of:**

**Vander Wielen Health & Wellness Diagnostic Center, LLC**  
**1486 Kenwood Drive, Menasha, WI 54952 (920) 722-2100**

*Quotations, Duplications and sharing of this entire article are welcomed and encouraged as long as credit is given to the author and the website is cited: [www.HealthyMeToday.com](http://www.HealthyMeToday.com)*

*Any use of other materials on this web-site, including reproduction, modification, distribution or republication, without the prior written consent of Vander Wielen Health & Wellness Diagnostic Center, LLC is strictly prohibited.*