

Traditional Chinese Medicine Clinic

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The Natural Way to Detoxify

Toxin's often act as obstacles to cures in the treatment of people with diseases; toxins create diseases themselves; and at the very least, toxins aggravate existing health problems.

Traditional Chinese Medicine (TCM) Detoxification programs; assist the organs in elimination of the toxins effectively and efficiently.

In today's society people feel threatened about living in a toxic environment. They try to find and believe in any programs or supplements that claim to detoxify. Much profit is made by those playing on unsuspecting & uneducated individuals looking for the ultimate solution to DETOXIFICATION.

Where Toxins come from?

1. **Internal toxins:** Chemical waste generated from the body such as uric acid, nitric acid and carbon dioxide. Our body has the capacity to discharge internal toxin (waste) through urination, defecation, sweating, or in some special condition by vomiting and/or coughing. If there is stagnation in the body, or the body can not function properly i.e.; constipation, scanty urination or stress, the body will start to show more toxin (waste) accumulation. Chinese medicine believes that overnight stagnated stool in the colon produces the largest amount of toxins in the body.
2. **External toxin:** Typically from pollution, chemically treated or contaminated water, air, and soil or from food sources such as soda, certain beverages, canned foods with chemical preservatives and/or artificial colors. External toxins are the most dangerous of toxins.

Stress can harm physically and emotionally and results in the production of more toxins.

Signs of toxin accumulation:

- a. Red complexion with acne, hypertension, red eye.
- b. Dusty complexion with brown spots.
- c. Obesity and fatigue.
- d. Declined immunity.
- e. Headache.
- f. Constipation.
- g. Insomnia.

Traditional Chinese Medicine (TCM) & Natural Detoxification

TCM Believes the body has the ability to detoxify itself. When the body does need additional help, use a natural way to detoxify rather than consume more chemicals or supplements that may actually result in an apposite effect.

Utilizing natural detoxification methods should become our life style. At times when there are signs of accumulating toxins we do need to give our bodies extra help to detoxify. Follow the natural TCM law of the body rather than forcing which includes harsh methods which can result in a negative effect.

Natural detoxification methods:

1. Exercise! TCM recommends exercise at least twice a week. Bring the body to moderating sweating. Sweating is a natural functional process to detoxify the body.
2. Deep breathing opens the chest and abdominals and helps the lungs discharge waste, increases energy as well as improved blood circulation.
3. Hot herbal bath and/or hot water foot soak. This is one of the best methods to detoxify. Chinese cultures teach most toxins can be released thru the bottoms of the feet.
4. Promoting urination for detoxification. TCM history teaches, “One can live longer by keeping urine clear”. Drink enough water to keep urine clear; this indicates that there is less waste in the body.
5. Promote bowel movement to detoxify. Cleansing the digestive system is the first important step. The digestive system produces the most toxins. Cleansing of the bowel depends on fresh vegetables, fruits and certain organic juices.
6. Healthy Diet. Organic, fresh food and fluids. Prohibit smoking, alcohol, soda, excess coffee and processed foods.

Colon cleansing therapy good or bad?

There is some belief that colon cleansing provides health benefits by removing toxins from the body thus boosting energy and the immune system.

Although Western medical doctors may recommend colon cleansing in preparation for an examination of the colon, most don't recommend colon cleansing for better health or to prevent disease.

- **It's unnecessary.** Your colon doesn't require enemas or special diets or pills to eliminate waste material and bacteria. It does this naturally on its own.
- **It may be harmful.** Some colon-cleansing programs disrupt this balance, causing dehydration and salt depletion. Long-term or excessive cleansing programs can lead to problems such as anemia, malnutrition and heart failure.

If constipation is a concern, you can help prevent constipation without colon cleansing. Drink plenty of water and eat a diet rich in fiber. The Institute of Medicine recommends:

- 38 grams for men and 25 grams for women 50 and younger
- 30 grams for men and 21 grams for women 51 and older

Traditional Chinese Medicine Clinic / SPA OMD offers Detoxification programs.

Foot Detoxification, Foot Reflexology, Body Detoxification and Herbal Steam as well as Food Therapy consultation.

**Please contact the office of Dr. Helen H. Hu for an appointment
TODAY!**

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