



Wellness Update September 2014

by Susan Hanly - Naturopath

Detox: The Ultimate Transformation

Is It Time to Detox?

Detoxification is a process that your body undertakes every day to help eliminate toxins and restore a healthy balance. Your body is constantly exposed to toxins from the external world, as well as those created within. The human body is amazing in the way that it has evolved since prehistoric times to adjust to the ever-changing world; but what happens when the toxins in our world are evolving faster than humans?

This can increase the body's toxic burden and impact on its ability to clear toxins. Do you want your body to effectively and efficiently eliminate toxins you are exposed to? Or maybe you are interested in detoxing because you want to look and feel even healthier! Have you noticed any signs or symptoms that indicate your body may be suffering from the burden of toxins and be in need of a good detox?

What's Involved in Detox?

Your individualised Detoxification Program will involve reducing the toxins that you are exposed to on a daily basis, whilst strengthening the function of your detox organs to process and eliminate toxins stored in your body. This is known as reducing the toxic burden and improving your toxic resistance, thereby enhancing your ability to cope with toxins. Detox can greatly improve your overall health and wellbeing. The following ingredients can help promote your detoxification abilities:

- Milk thistle, green tea, and gardenia: Stimulate the liver, enhancing the elimination of toxins.
- Dandelion, ginger, meadowsweet: These herbs regulate healthy digestion by increasing digestive juices and enzymes.
- Glutamine and zinc: Nutrients to protect and heal the gut.

I will recommend a Detox Program that is tailored to your individual health needs. Therapeutic detox options include an Integrated Detoxification, or a Specialised Gut, Liver or Heavy Metal Chelation Program for more targeted results. These are specific detox programs designed to work and I have seen some pretty impressive results. A proper detox is not the sort you put together yourself from retail products as these often only purge the bowel which is not detoxing.

Detox and Renew Your Life

When detoxing, it is important to reduce the toxic load that you are encountering in your daily life. I will recommend a detox diet to encourage clean eating and

Signs that indicate you may need to detox:	Factors that increase the need to detox:
<ul style="list-style-type: none"> • Digestive complaints • Skin problems • Hormonal imbalances • Neurological conditions • Poor energy • Weight gain or difficulty losing weight • Food intolerances 	<ul style="list-style-type: none"> • Exposure to pollution and chemicals • Exposure to new cars and new furniture • Smoking, alcohol and coffee consumption • Diets high in saturated fats, refined carbohydrates, processed and packaged foods • Fertility and pre-conception care • Overweight or obesity

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reduce your exposure to dietary toxins. This diet will be rich in fresh fruit and vegetables, low in animal fats, and contain alkalising and anti-inflammatory foods.

It is just as important to remove other “toxins” from your daily life that may be affecting your health. Stress is a major factor that may need addressing. I may also advise you to do an audit of toxic household chemicals by reviewing your personal care items, cleaning products, and plastics used for food containers and water bottles; encouraging healthier choices.

The New You

Undertaking a regular detox may enhance your health and wellbeing, improving quality of life. Many people schedule a detox every six or twelve months for optimal health to help improve the balance between your body’s toxin burden and its detox capacity. By the end of your Detoxification Program you will be looking good and feeling great.



New fantastic opportunity

Skype is now here!!

I have now started doing Skype Consultations. For those of you who are not aware of what Skype is let me explain it to you. It is a free video calling application you can download on your computer. All you need is a computer with a webcam (most do) or if your computer doesn’t have one you can buy one pretty cheaply. You simply download the Skype application from www.Skype.com and away you go. It means that you can call someone on Skype, which is free and you can see the person you are talking to. You can call people locally or overseas and it is free. Great to talk to relatives and friends overseas and see them at

the same time. Obviously both parties need to have Skype on their computer or tablet or mobile

The benefit of Skype to you for consultations is that if you are unable to get to the clinic due to:

- ill health
- the kids are home sick
- elderly or injured
- you are away on holidays
- location wise you have moved or just can’t get here

you can have a consultation via Skype from wherever you and your computer are. We simply make an appointment and at the appropriate time join up on Skype and away we go. The benefit of this over a phone consult is that I can actually see you and how well you are looking or what the skin problem looks like for example. A Skype consultation is much better than no consultation because you can’t get here!

I will then recommend a treatment and if necessary I can post out the appropriate supplements. You simply give me your credit card details and I will post out your receipt for your health fund rebate. Simple !!

Believe me Skype is really easy to download and use and it is free. Even if you are not very good at computers this is easy. So get started now and see how you go. Any problems or questions let me know.



Call today to make appointment to discuss a Detox program or make a Skype appointment.

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