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The Scoop on Detoxes

by Dr. Selene Wilkinson, ND

WHAT IS A DETOX?

A detox is exactly what it sounds like; it is the process of removing toxins from your body. Toxins are eliminated from the body via emunctories which are the organs or ducts that are involved in detoxification, i.e., liver and skin. When you do a detox you are supporting your emunctories to do this.

WHY SHOULD I DO A DETOX?

Internal and external toxins are impossible to avoid as they are found in the air we breath, the water drink, the food we eat, the paint and carpets in our homes, and many consumer products. We also create many toxins as a result of metabolism and are exposed to toxins as a result of our environment.

WHAT ARE THE BENEFITS OF DOING A DETOX?

- Feel young, look great
- Increase vitality, energy and stamina
- Reduce allergies
- Improve digestive functions
- Improve concentration, clarity and mental focus
- Increased immunity and resistance to illness
- Reduction in risk for many chronic diseases
- Weight loss

WHO SHOULD DO A DETOX?

Anyone who is experiencing any of the following, may want to consider doing a detox:

- Fatigue
- Poor skin and skin tone
- Dark circles under the eyes
- Yellow-coated tongue
- Bitter taste in the mouth
- Headaches

- Irritability
- Premenstrual tension
- Arthritis
- Inability to digest fats
- Loss of memory or inability to focus
- Insomnia
- Difficulty losing weight

HOW DOES OUR BODY DETOXYFY?

Through 7 organs and ducts:

1. The Liver converts toxic substances to a more soluble state (either fat or water soluble) so that other organs can remove the toxins from the body
2. The Kidneys take water soluble toxins that are excreted via the kidneys in urine.
3. The Lymphatic System removes toxins from the immediate cellular environment and delivers the toxins to the circulatory system
4. The circulatory system carries toxins in the blood that are eventually filtered out as blood passes through the liver
5. The colon takes fat soluble toxins that are excreted in bile, made by the liver, and incorporates the in the feces which leaves the body via the colon
6. The skin removes toxins via sweat and the scuffing off of old skin cells
7. The lungs removes toxins via exhaled air

WHAT TYPES OF DETOXES ARE THERE?

There are many different types of detoxes. Some involve just using juices, some involve changing a persons diet, some use specific diet plans and supplements or herbs to help pull toxins from the body, and for those that are too busy to change their



diet, there are even detoxes that simply use homeopathic drops in some water to be taken daily.

HOW LONG DOES A DETOX TYPICALLY LAST FOR?

It depends on the detox program, but typically for 2-3 weeks.

WHAT CAN I DO DAILY TO DETOXYFY?

1. Drink plenty of clean and pure water
2. Drink warm water with a squeeze of lemon first thing in the morning and dandelion tea to help support your liver
3. Exercise regularly
4. Breathe properly
5. End your showers in cold water to increase circulation
6. Eat healthy foods, especially vegetables which are low in toxins (e.g., organic produce)
7. Decrease your exposure to external toxins found in cleaning, cosmetics, skin care, and hair care products.

To find out more information about a detox that is best suited for you contact Dr. Selene Wilkinson, ND at the Adelaide Clinic.

Pecs: A Pain in the Neck!

by Dr. David Lee

Chiropractor, Masters ART Provider

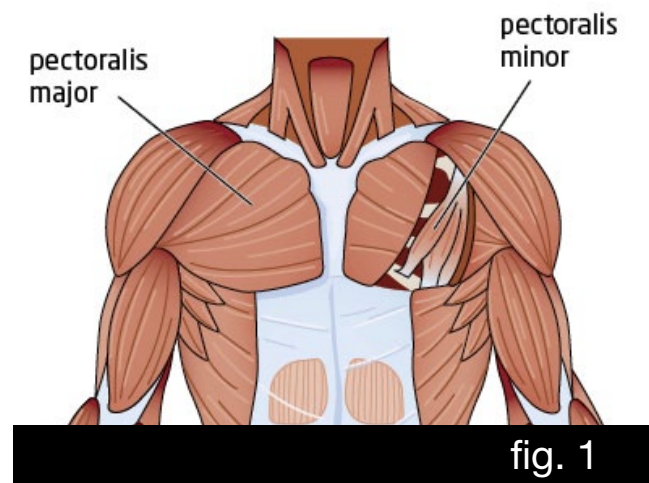
What do the following conditions all have in common?

- Neck Pain
- Rib Pain
- Upper Back Pain
- Shoulder Pain

They can all be caused by your chest muscles, also known as your pectoralis muscles (or pecs).

There are 2 muscles that make up your pecs. First is the pectoralis major which is the larger, more superficial layer. Second is the pectoralis minor muscle which is the thinner, deeper layer (see fig. 1).

The main job of your pecs is to create a pushing motion, or to bring your arms together in front of you. Pecs are the most powerful muscle in your upper body. The problem is that pecs are very tight on the majority of us, especially those of us who have to sit at a desk all day long. When they get tight they cause you to roll your shoulders forward and hunch over.



When this happens, it creates non-stop stress on your neck, upper back, shoulders, and ribs (starting in the front, and wrapping around to your shoulder blade area). This can create a repetitive strain injury leading to muscle dysfunction and pain.

So if you are like most of us with tight pecs, make sure you stretch them often. One way to stretch them is to put your arm against the wall, keep your shoulders down and back, and rotate away from the wall at your waist until you feel a gentle pull across your chest (see fig. 2).

If you find that stretching your pecs does not resolve some of the pain you may already be experiencing, you may be a candidate a soft tissue treatment known as Active Release Therapy (ART).



For more information on ART visit our website, or feel free to call 416.367.5200 for an appointment or free consultation.



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