HOLISTIQUE MEDICAL CENTER · BELLEVUE, WA

Detoxification for Longevity

'Tis the season for releasing, letting go, detoxifying, and purifying to promote our health and longevity.

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Most of us understand that toxins cause stress – for example, free radical stress and cell damage caused by chemicals and pesticides – leading to accelerated aging. Cells age when they break down faster than they regenerate and repair.

Senescent Cells Lead to Aging

Senescent cells, old cells that linger without being cleaned up and removed, cause further damage and inflammation, promoting aging.

Supporting our body in cleaning up senescent cells or toxic buildup from chemicals, heavy metals, body care products, pollution, etc., allows for the generation of new cells. This process reduces inflammation, activates cell regeneration, and promotes longevity instead of aging.

Detoxification for Health

Detoxification, a biochemical process in the liver, requires specific nutrients like magnesium, n-acetyl-cysteine, vitamin B6 and B12, to remove toxins from the liver and eliminate them through the intestines or urinary system. When the liver's detox system is taxed or when it lacks necessary nutrients, toxins build up. If they aren't quickly eliminated, it may cause further inflammation, cell damage, and accelerating aging.

Think of it like a sink overflowing due to pipe blockage, leading to water damage in your kitchen and aging of the wood floor.

Depuration for Well-being

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We also have depuration organs – natural cleansing pathways – promoting toxin elimination through sweating, urinating, breathing, and defecating. Optimizing these pathways through practices like drinking clean water, breathing exercises, dietary fiber, epsom salt baths, and sauna bathing minimizes the need for liver detoxification. Improved depuration leads to healthier liver and kidneys, reducing body inflammation and damage, resulting in slower aging.

Emotional & Spiritual Depuration

Our emotions also require regular depuration through activities like talking, crying, singing, and laughing. Failure to express emotions leads to inflammation and disease, creating emotional blocks that contribute to aging.

Additionally, we can naturally cleanse our minds and souls through writing, reading, imagining, visualizing, praying, meditating, and reflecting.

Promoting Well-being

Physical detoxification is crucial, but depuration of body, mind, and soul is equally important. Lower toxin levels reduce stress on cells, slow aging, and enhance overall well-being.

While many use fasting, nutrition, IV therapy, massage, acupuncture, etc., to activate detoxification and depuration, a personalized plan may be needed for specific health situations to promote well-being and slow aging.

Detoxification and depuration are fundamental to optimum health and well-being. Embracing them from a personalized naturopathic perspective unlocks the body's natural healing potential, leading to vibrant health, vitality, and longevity.

Learn more about detoxification and depuration in my new book, releasing May 8, 2024: The Golden Gate: Unleash Your Feminine Powers to Graceful Aging.

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