

Detox Quackery



Browsing the internet the other day, I was surprised to find that various “quack buster” websites include detoxification in their litany of laboratory tests and therapies that they do not consider legitimate. The practice of detoxifying the body is listed along with the questioning of the wisdom of vaccinations, the use of homeopathy and other energy medicines, the use of nutraceuticals such as vitamin supplements, and just about everything else not currently condoned by conventional pharmaceutical medicine.

While we pride ourselves on our ongoing efforts to separate the therapeutic wheat from the chaff, **evidence based medicine does have some limitations. Chief among those is the obvious fact that science only knows what it knows when it knows it.** If, for example, one attempts to prove the legitimacy of energy medicine with Newtonian rather than Einsteinian science, the proof will not be there. **Prior to the discovery of bacteria, women died in childbirth from infection brought by their doctor's unwashed hands. The man bringing this truth to medicine was deemed a lunatic.** It takes many years for medicine to catch up, both with common sense and with advanced scientific understandings.

Having said that, it does seem rather obvious that we live today in a **heavily contaminated environment which has wreaked havoc on our human bodies.** Mountains of research connect electromagnetic frequencies with insomnia and other ills, heavy metals with constellations of symptoms, environmental chemicals with hormonal disruption and cancers. Given all of that (and that's just the tip of the iceberg), a wise person would naturally seek methods to relieve their body of these and other toxins in hopes of realizing a more optimal state of health and of preventing further disease.

We therefore advocate the process of detoxification. **We can and do test for heavy metals and environmental toxins, in the hair, blood or urine.**

The benefit of doing so is the ability to test the efficacy of the treatment at the end of the process.

Lacking the dollars to do the testing, one could also assume efficacy on the basis of one's own clinical experience, or on the basis of improvement in other lab parameters.

Making the decision to follow a detoxification protocol, there are levels upon levels to be considered. You could start with changing those aspects of the environment that are under your control, choosing to associate with uplifting others, to declutter your environment, to shield yourself from electromagnetic frequencies, to choose personal care products with careful attention to toxic ingredients, to drink and cook in other than plastic, to eat organic.

You could turn your attention to optimizing your body's channels of elimination (kidney, liver, colon, lungs, skin); or work to transform your very own toxic thoughts and feelings.

Whether you start very simply, or whether you do an in depth cleanse, there are practices and products that will help you further your goals. **The proof of legitimacy will be in the results you see in your daily life, or, if you opt for objective validation, in the lab results.**