

## Supporting Healthy Detoxification

By Brooke Baggett, LAc, MTCM, RMT, CBP, ParBP, BAT and Founder of Mosaic Healing Arts

We all know the importance of cleansing the outside of our body (washing our hands, taking a shower, etc), but what about the inside of our body? Most people are aware of the pollutants we encounter in our daily lives, such as air pollution, but some are not so evident. Did you know that most everything that touches your skin enters your bloodstream? We are exposed to an ever increasing amount of chemicals in our water, food, beauty products, and cleaning agents. In addition, we are constantly exposed to the chemicals in our carpets, clothing, and furniture; BPA plastics lining beverage bottles; even the plastics in dental fillings.

With the rising awareness of the toxic load modern life has on the body, many women make an effort to eat an organic diet, drink filtered water, and buy natural beauty products. While all of these efforts are important and admirable, if you have not performed a detoxification cleansing of your body on a periodic basis, they simply are not enough. Without detoxing, your body is too overburdened to experience the fullest benefits from these other efforts. To truly experience deep and lasting wellness, it is necessary to detox the body regularly. It can also be very helpful to work with a trained professional to manage your detox. The importance of this will be explained and emphasized in the case study later on in this article.

### Why would I want to detox?

Some key benefits from regular detox include: healthier hair, skin and nails; better energy and stamina; weight loss; healthier digestion; enhanced mental clarity and concentration; a stronger immune system and a lower risk of cancer. Even my clients who were reluctant to detox have reported to me that they were happy they did go through this process. Many of them continue to detox regularly to gain better health and well-being.

### Why is it necessary to detox the body?

The world we live in is so overrun with environmental pollutants that it is nearly impossible to stay truly healthy. Our bodies are meant to heal themselves; you may have also heard this referred to as our body's innate healing intelligence. We do not consciously orchestrate the mending of broken bones, or the healing of a wound; this happens naturally, without effort or thought. However, if our body is overburdened with toxins, our innate healing intelligence is compromised.

Our bodies have a series of filters, which are meant to push out the toxins we encounter. Among these are the following primary detox pathways: (1) the liver is a large organ located in the right upper quadrant of the abdominal cavity. The liver has a fundamental role in hundreds of bodily functions. These include secretion of bile; regulating and storing glucose; synthesizing serum proteins and lipids; and storing vitamins and minerals. The liver's job is to filter everything that passes through it, which is no small feat; (2) the intestines, located in the abdomen, eliminate toxins through solid waste; (3) the kidneys are located in the abdominal cavity with the right

kidney sitting slightly lower than the left. This asymmetry is due to the location of the liver, which sits above the right kidney. Our kidney's function to eliminate water soluble toxins through urination; (4) our lungs, located in the chest, function to exchange oxygen and carbon dioxide between the body and the environment. They too serve as detox pathways as when we expectorate any inhaled toxin.

I am sharing with you the location of these primary pathways because knowledge is empowerment. At times we may feel an aching or sharp pain, tension or strain in these areas. These sensations can be considered the body's way to express its distress. If your body is talking to you, listen! Primary detox pathways become compromised or inefficient if overburdened. Later in this article, I will share with you a case study that is a very clear example of the progression of detox pathways becoming compromised, and happily how this person turned her situation around.

If the primary detox pathways become overburdened, then the secondary pathways must attempt to do the job. Our secondary pathways include: (1) the mucous membranes, which line cavities that are exposed to the external environment and internal organs. These areas include the nostrils, lips, eyelids, ears, genitals, and anus. (2) The skin, too, functions as a secondary detox pathway.

When the secondary pathways are unable to eliminate toxins efficiently, we begin to see further signs of deterioration with inflammation of these areas, such as sinusitis, bronchitis, vaginitis, acne, rashes, abscesses, and eczema.

It is not unusual to head to the doctor's office when these more obvious symptoms arise and to receive a prescription for antihistamines, antibiotics or anti-inflammatory medication. While these prescriptions will help to suppress the symptom(s) of the underlying toxin or micro-organism, it does not eliminate the root of the problem.

In fact, antihistamines will unfortunately push toxins deeper internally; and the suppression of the symptoms is a steep price to pay as the toxins can now lodge in joints, affect the Central Nervous System (CNS) and degenerate other tissues that are delicate and not designed to handle toxins. It is crucial to avoid symptom suppression and instead support the body in its capacities to detox. If toxins are suppressed, and therefore accumulate, they cause dysfunction and disease. In fact, to eradicate dysfunction and disease, a well planned detox managed by a trained professional can be very helpful in assisting individuals to regain well-being.

It is important to know that toxins can create emotional imbalances. Most people are unaware of this connection. Many people in my own practice complain about feeling excessive levels of anger, anxiety, or overwhelm. Often, I have found that these emotions are actually a symptom of the toxic load on the body.

For example, it is widely recognized in alternative medicine that anger is commonly associated with the liver. As previously discussed, the liver is a primary (and major) detox pathway. An overburdened liver generally manifests itself emotionally as anger. In Chinese Medicine theory, the liver is the warrior archetype, with strengths in planning and decision making; capacity for

follow through; healthy boundaries and the capacity to adapt to change gracefully. When the liver is overburdened with toxins, there is a tendency to be reactive vs. proactive with an inability to move through anger, frustration, or irritability. Periods of depression, creative blocks, tendency to procrastinate, difficulty concentrating, and an inability to initiate healthy boundaries, as well as, resistance to change are also symptoms of an overburdened liver. Detoxing the body and supporting the health of the liver results in a more balanced emotional state of being.

## **Cleanse the body to cleanse the emotions!**

I would now like to share the story of a young woman who had the confusing and painful experience of having overburdened detox pathways. At first sight, you would know she was sick. She was in her 30's, yet looked to be at the end of her life. Her eyes were dark and sunken in, her skin looked grey, and she moved slowly due to the terrible constant body pain she experienced. She was at her wits end after suffering from years of pain, lethargy, insomnia, heart palpitations, a horribly painful rash. Her list of complaints went on and on. Emotionally she was a wreck, feeling her life was "out of control" and realizing her memory was deteriorating, as well as her vision. She felt desperate and angry. After extensive visits to Stanford University medical doctors and specialists, no one could isolate or even find the cause of her health issues.

In reviewing her history, it was clear she had lived a very clean and healthy lifestyle. She was aware of the importance of an organic diet, exercise and meditation. None of that, however, was enough to restore her health. Several laboratory tests were done which confirmed something she never imagined. She had 3 different parasites as well as a halogen toxic overload in her body. She had taken steroids for her skin rash, which as you recall, only pushed her problem deeper. Her body was clogged with the toxins from both the parasites and from the prescription medications; and her primary and secondary pathways were exhausted.

In creating a therapeutic program to solve these issues, it was necessary to ensure that the detox was customized for her needs. The priority was to make sure her pathways were open and functioning before dealing with the parasites. A detox program was created for her to both eliminate the parasites and halogens and rid the body of the toxic load.

Looking at her now you would not guess that just a few short years ago she was so devastatingly sick. She is an excellent example of why it is so important to isolate the cause of the symptoms (in her case parasites and their waste). Parasites clog up the detox pathways and they can cause numerous symptoms. These can include allergies, digestive issues, nervousness, weight gain, or anemia. It is easy to see that these symptoms mimic many other diseases and why it is often misdiagnosed. In my next article I will explain more about this often misunderstood topic and offer suggestions about how to remain parasite-free.

I cannot emphasize enough why often a healthy lifestyle may not be enough to keep your detox system functioning optimally. Going on a detox program managed by a qualified practitioner at least annually, if not seasonally, is one of the best things that you can do to protect your health for the long term.

## What can I do to support my body?

In our everyday lives, we can make choices that will enhance our detox capacity. A few small steps will enhance well-being and serve as a daily mini detox. For example:

Juice an assortment of fresh organic vegetables, full of essential vitamins and nutrients. Juicing allows us to increase our nutrient intake by giving us the benefit of all the wonderful vegetables in raw form, which also supplies us with important enzymes and micro-nutrients. Juice has such wonderful high nutrient density that often it can be a satisfying meal replacement.

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Buy local organic foods. Shopping at the farmer's market in your town assures you are buying local, seasonal, fresh food while supporting small or family farms. Why organic? Well, a conventional apple can contain up to 42 different pesticides, many of them are known carcinogens. Perhaps we should change the adage to "An organic apple a day keeps the doctor away".

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Add garlic to your meals. Garlic is a potent natural antibiotic. It also boosts our own natural supply of hydrogen sulfide, which acts as an antioxidant while it also relaxes blood vessels to increase blood flow. This may explain why a garlic rich diet appears to protect against various cancers. I enjoy making my own salad dressings by mincing fresh garlic, organic olive oil, and a sprinkle of Celtic sea salt with some lemon juice. Delightful!

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**Coconut oil is incredibly beneficial as a blood sugar stabilizer and to enhance weight loss. It also** has benefits for bone and dental health by increasing the body's capacity to absorb calcium and magnesium. Coconut oil is antimicrobial as well. It is great for cooking or eating raw.

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For dental health, you can swish coconut oil in your mouth for 10-15 minutes. Do not swallow but rather spit all of the oil out, as the oil can pull out various microbes and it is best to discard this waste. For breakfast, I enjoy a spoonful of coconut oil on my morning buckwheat waffle, or in my steel cut oatmeal, or on sprouted grain toast. It is a great oil to use for sautéing as well. Alternatively, if I have not been able to cook with it I will simply eat a spoonful, because the health benefits are so amazing I do not want to miss out.

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Turmeric is a wonderful spice used in Indian cooking that supports the liver and reduces inflammation. It is also reported to have cancer protective effects. Turmeric is found in curry. I often sauté vegetables with coconut oil and curry for an extra boost of nutrition. Be sure to add black pepper to the meal, because the black pepper helps absorption of the turmeric. If the turmeric flavor is not enjoyable to you, choose turmeric supplements. Be sure your turmeric supplement has black pepper or piperine in the supplement for maximum benefit.

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MSM is an abbreviation for methylsulfonylmethane, an organic form of sulfur that is a naturally occurring nutrient found in every living organism. In his book, *Eating for Beauty*, David Wolfe discusses the beautifying effects of MSM. He describes it as "producing a flame like tint in the skin and creating a subtle luster as delicate as the halo around the full moon on a clear desert evening." Perhaps the beautifying effects of MSM are due to its potent detoxifying effect. It is also reduces swelling and pain and is particularly beneficial for arthritis. It is important to begin with the lowest dose and build up to avoid side effects of detox such as headaches, nausea or digestive system discomfort. Look for a loose powder, with white crystals (similar to salt) for the highest potency and quality.

The cells of your body will appreciate the change that each of these foods and supplements creates, however, be aware that noticeable shifts may take weeks to months to become apparent.

## How do I start my detox?

In our modern world, there are simply too many toxins that we are exposed to every day. The necessity of detoxing our bodies regularly is becoming apparent in the growing number of conditions and diseases that millions of people experience.

Yet, it is also imperative to understand some basic considerations before diving into a detox program: (1) Each individual has their own unique physiology and history, and in some cases it may not be appropriate to perform a detox right away, and (2) I recommend that you utilize laboratory testing to find the source of the toxic burden in the body. Because of these and many other considerations, working with a qualified practitioner is strongly advised.

In my practice I work with individuals in the Bay Area and I also offer remote sessions by phone. Daily, I encounter individuals who suffer from a myriad of symptoms, such as migraine headaches, digestive disorders, weight gain, allergies, skin issues, anxiety, insomnia, emotional distress, and physical pain. I utilize my expertise to get to the root of the problem. Clients are given a customized program and, often, find that a few changes will not only alleviate symptoms, but also bring unexpected improvement in other areas of their lives. I am pleased to share that clients consistently report feeling better (emotionally and physically) and are empowered by a deeper understanding of their health and how to maintain optimum wellness.

## Meet the Author



Brooke Baggett is a prominent intuitive energy healer, acupuncturist, and nutritional consultant. She has had an interest in healing since her early childhood. As she grew older, this translated into a deeper awareness of her innate skills, and she pursued a path in healing.

She spent four years studying Traditional Chinese Medicine at Five Branches University in Santa Cruz, California. In 2001, Brooke graduated with a Masters in Traditional Chinese Medicine (MTCM), which encompasses extensive training in Acupuncture, Herbal Medicine, Massage, Energetics and Dietetics. She also studied various acupuncture techniques focusing on: pain relief, reproductive health, and digestive disorders, as well as deepening her knowledge of natural medicines. Brooke is a licensed Acupuncturist (LAc) and a primary care provider in the state of California.

Her postgraduate studies in the BodyTalk System further expanded and diversified her skills as an intuitive healer. BodyTalk is a consciousness based non-diagnostic therapy that works with the body in its healing process.

She has also integrated nutrition, homeopathic medicine, allergy elimination and laboratory analysis in her work with clients. She is an avid learner, and consciously evolves her intuitive nature.

Brooke is pleased to offer intuitive energy healing and natural medicine to all individuals and their animal friends. Whether it is through remote work or in-office sessions, she is able to serve her clients throughout the U.S. and abroad.



For more information about Brooke Baggett and Mosaic Healing Arts, please visit my website ([www.mosaichealingarts.com](http://www.mosaichealingarts.com)) or call 408.202.3444