

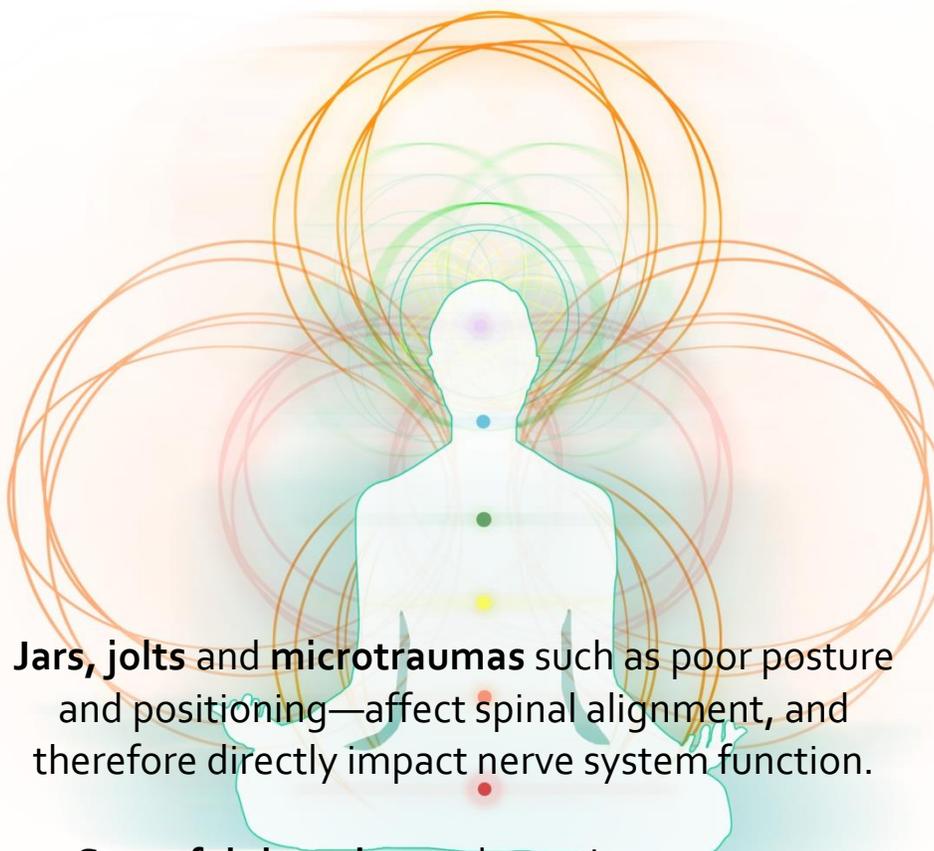


Niu Patient Workbook

name

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Jars, jolts and **microtraumas** such as poor posture and positioning—affect spinal alignment, and therefore directly impact nerve system function.

Stressful thoughts and emotions create an overstimulated nerve system, tensing muscles and misaligning the spine, thereby impairing nerve system function.

Toxic overload, ie. poor foods, drinks and medicines also affects normal body function, with a consequent neuro-muscular reaction, resulting in spinal misalignment and nerve system impairment.

If spinal motion is impaired, **brain function** will also be compromised.

Eliminating as many of these stressors as possible increases our body's ability to self-heal.

Regular chiropractic care is one vital step toward enhancing our innate well-being. - Jeanne Ohm, DC

What You Need To Know About Your Chiropractic Care

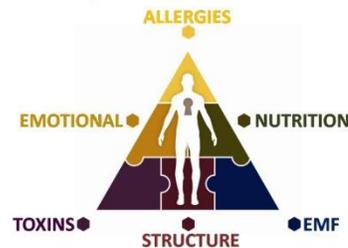
This packet is designed to give you some very important information about how your body works, how chiropractic works, and what you can do to get and stay healthy for life. Read on!

Dr. Christine T. Lipat's whole health chiropractic approach explores 6 interferences to wellness (as outlined in the Brimhall Wellness Seminars) that may hinder your health and your state of balance.

These 6 interferences are:

- structural interference
- electrical pollution
- nutritional deficiency
- allergies/sensitivities
- emotional stress
- toxicity levels
-

6 Steps To Wellness



When you feel healthy - how do you feel?

eg. jubilant, strong, unstoppable, fully self expressed, spiritually fulfilled, at peace, optimistic, able to handle whatever stresses come my way with ease and grace!

Our desire is for you to have optimal health and well being. We can support you by identifying how these interferences specifically impact you; and we can assist you in addressing them by providing you with gentle chiropractic and additional therapeutic approaches, along with lifestyle recommendations, to free up your vital energies so that you can move from surviving, to thriving!

Why do we get ill?

In the book *Ageless Body, Timeless Mind*, Dr. Deepak Chopra states that, **"The skin replaces itself once a month, the stomach lining every five days, the liver every six weeks, and the skeleton every three months...By the end of this year, 98 percent of the atoms in your body will have been exchanged for new ones."**

The only parts of your body that are not in continual regeneration throughout your life are your brain and your spinal cord, although even these cells are continually adapting to their environment. So if you are replacing certain body parts continually, why is it that the newly-created parts are not always healthy and full of life?

In our view, it's because one or more of the 6 interferences to wellness are operating, which impacts the information and building blocks our cells receive to either build towards health or to grow weakened and diseased.

What is chiropractic's role?

Chiropractic names the inborn wisdom of the body "Innate Intelligence," or the intelligence that allows your body to constantly adapt to our ever-changing environments. This intelligence knows how to digest your food after you've eaten, heals the cut on your finger, beats your heart, and kicks your immune system into high-gear when it is being invaded by bacteria. This innate intelligence is generated by your brain and communicated out to every muscle, gland, organ and cell in your body through the spine via the nervous system, the master control system of your body.

Life force to various parts of the body is decreased when imbalances interfere with nerve conduction.

In order for healing to occur, these interferences must be corrected so that the intelligence within the body can better coordinate and direct the healing of the tissues from within.

Here's how chiropractic works:

As a chiropractor, it is my job to locate, analyze and remove any interference to the nervous system. Blockages or misalignments in the spine and other joints in the body are called subluxations. Your muscles, blood vessels, glands and internal organs and systems need a healthy nervous system to function properly.

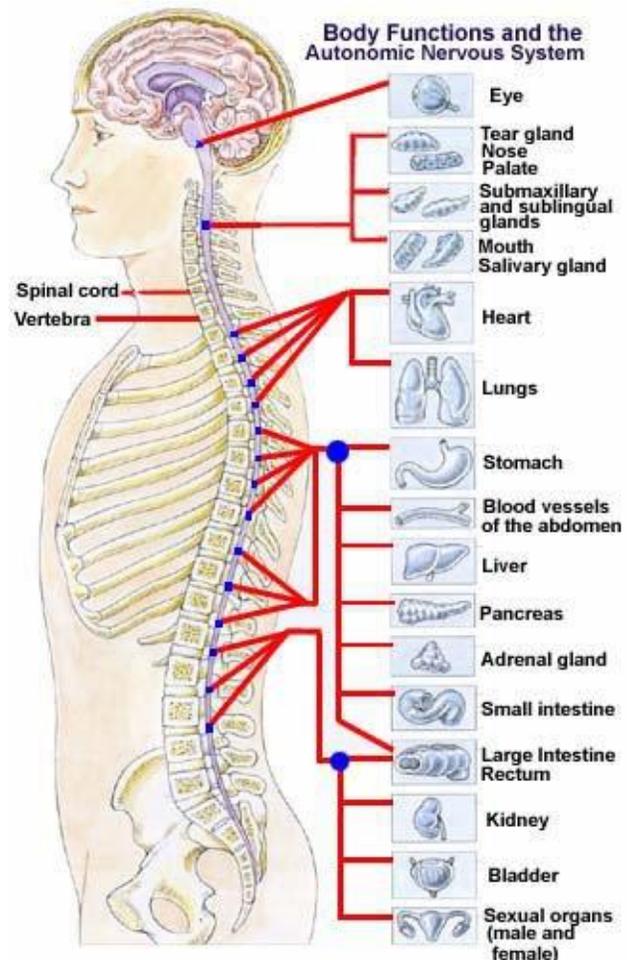
"A body that is free of nerve interference has more power to heal, think, and metabolize. 90% of the stimulation and nutrition to the brain is generated by movement of the spine." - Dr. Roger Sperry, Nobel Prize winner for brain research

That's why nearly every condition may be impacted by chiropractic care, including ear infections, asthma, allergies, colic, bed-wetting, hearing problems, skin conditions, digestive and menstrual problems, infertility, spine and nerve pain, colds and the flu, headaches, sciatica, emotional and neurological conditions, and many others.

As a chiropractor with an upper cervical emphasis, Dr. Christine Teaño Lipat prioritizes the correction and stabilization of the alignment of the head on the neck. The upper cervical complex (the area where the spinal cord and skull meet) is a very powerful area, with its proximity to the brainstem.

Tension in this area can have a profound effect anywhere in the body. At the same time, Dr. Lipat is also concerned with nerve flow and energetic flow throughout the whole body and will address those areas with you as needed.

It is your job, as the patient, to correct the root causes of interference, such as negative thinking, poor posture, poor eating habits, and chronic exposure to allergens, toxins and/or electromagnetic pollution. Regular chiropractic can help you to become more aware of your body and assist you in making healthier choices.



What About Symptoms?

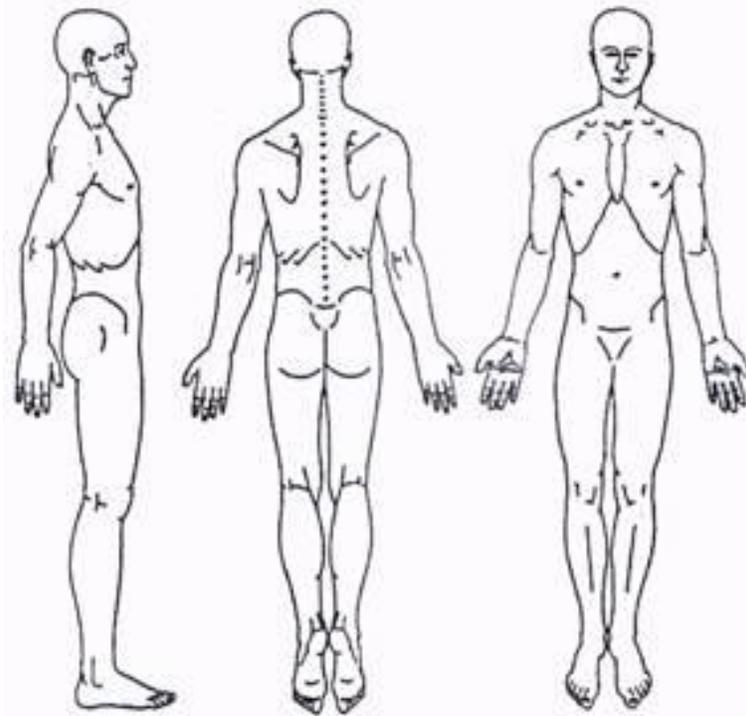
Most people judge their health based on symptoms. Unfortunately, symptoms are the last sign your body gives you to tell you that something is wrong. A cavity usually doesn't hurt for 2 years; cancer usually doesn't hurt at all, until it is much advanced. If you typically wait for symptoms to appear before seeking a health professional, you may be lowering your life expectancy and spending more money trying to fix the problem.

The good thing about a symptom is that it calls your attention to the need for change. If you suppress the symptom without addressing the cause, the body will send out another message, and another, until change occurs.

Chiropractic care allows your body to function at its highest level, and can prevent problems from developing in the first place. Just like brushing your teeth will prevent tooth decay, maintaining a healthy strong spine will prevent spinal decay.

REPORT OF FINDINGS

Postural Analysis and Structural Assessment: *Posture is a window to the spine.*



When our bodymind perceives a "threat," our posture changes almost immediately into one of 'fight or flight,' also known as 'defense posture.' There is no room, time, or energy for healing, regeneration, immune response, relationships, etc. Unfortunately, most people today are walking around in chronic defense posture. Their bodies rarely, if ever, switch back to restorative, healing mode. When we are 'in defense,' our spine becomes rigid and inflexible, our muscles are tense, our joints may be less mobile and painful. We may experience emotional/mood swings, anxiety, heart palpitations, headaches, dizziness, ringing in the ears, etc. We may find it difficult to fully inhale and exhale, or may experience shortness of breath.

Using the various chiropractic, neuroemotional and energetic techniques, we assist your bodymind in learning how to release this tension to assist you in developing a more flexible, adaptable spine and nervous system. This leads you to being able to more easily integrate life experiences, creating more vitality, life, health, and well-being!

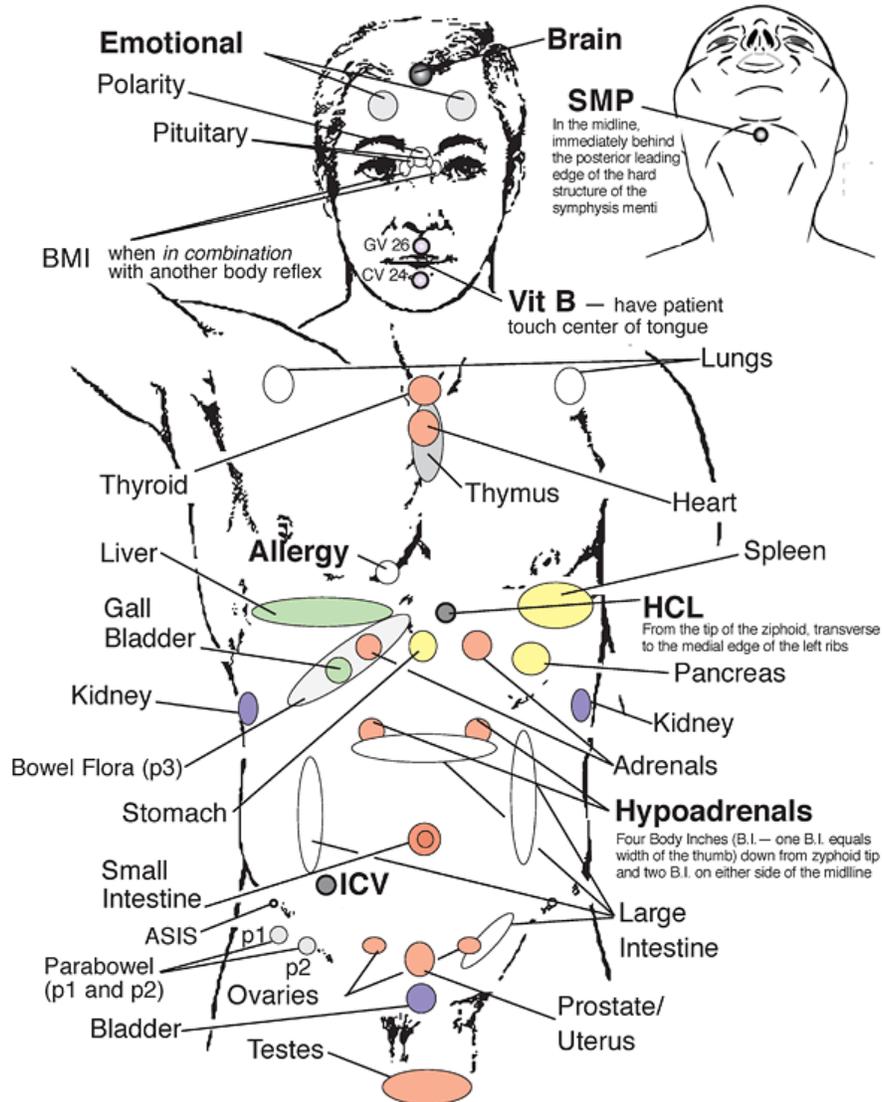
Electromagnetic Sensitivity

Our bodies have their own electromagnetic field. Our fields should be synchronized with the natural rhythms of the earth, moon and sun. When electromagnetic pollution from power lines, appliances, computers and TV, wireless hotspots, cell phones, and even the electric alarm clock begins to accumulate, our entire system can become stressed to the point of exhaustion. Tools like multipolar magnets or the Mini-Harmonizer can produce protective electromagnetic fields to decrease this unnatural energy disruption of our bodies.



Generalized muscle weakness on exposure to electrical stressor?: **Y or N**

Total Health Scan



from <http://wellnesscheckonline.com/practitioners/>

The Total Health Scan is done through testing the body's own neurological reflexes. Each reflex represents a specific organ, tissue, or function, and indicates the effect that energy, or the lack of energy, is having on the body. By testing these reflexes using kinesiology or muscle testing, we have a system of monitoring your body at each visit that has proven to be extremely accurate clinically, and that helps us identify exactly what the body needs and how well we are meeting that need.

Brain Balancing

Just as we look at disruption to spinal nerve flow, we also look at how our brains may exhibit underlying functional imbalance between the right and left sides of the brain. As a result, the brain literally becomes desynchronized or "out of rhythm."

Generalized muscle weakness on humming (Right brain weakness): **Y or N**

Generalized muscle weakness on counting (Left brain weakness): **Y or N**

Food & Chemical Sensitivities/Heavy Metal Toxicities/Immune imbalance

There are two major types of toxins that your body accumulates over time: environmental toxins and metabolic (made inside your body) toxins. Metabolic toxins are a result of normal cellular activity, such as creating free radicals as you utilize oxygen. But they can also be produced by microorganisms that act on incompletely digested food in your digestive tract. Toxins present a challenge to your health when they accumulate to a point where they interfere with cellular function. And our exposure to toxins is pervasive, constant and unprecedented in its magnitude.

Dr. Ben Kim states, "If a group of cells experience significant toxicosis, specific health challenges develop, examples being thyroiditis, hepatitis, prostatitis, unexplained chronic fatigue, and problems with vision... Toxicosis **can** contribute to coronary artery disease, high blood pressure, type 2 diabetes mellitus, respiratory illness, kidney disease, liver dysfunction, autoimmune illness, hormonal imbalances, skin conditions, and most types of cancer."

The gastrointestinal (GI) tract has an enormous influence over both the immune system and the brain. Ideally, the lining of the small intestine is nearly leak proof and only fully digested food molecules are permitted to pass through this lining into the bloodstream and lymph vessels. This leak proof lining is only one cell layer thick and can be easily damaged.

When enough of these cells are damaged there are more and more gaps in the intestinal lining allowing large quantities of molecular debris (undigested and partially digested protein, carbohydrates and fat, as well as fragments from microorganisms) to pollute the blood and lymph of the intestinal tract. Some get transported to the liver; others end up circulating through the body. All of this puts a great strain on the immune system, the liver and virtually every other organ and system of the body.

This condition, called "**leaky gut syndrome**," may be caused by severe emotional stress or trauma, drug use (especially anti-biotic and anti-inflammatory drugs), alcohol abuse, GI tract parasites, intestinal bacterial infections or overgrowth, ingestion of junk foods (especially deep fried foods made with hydrogenated vegetable oils), excessive consumption of starchy or sugary foods, and food allergies. One major junk food binge or a single course of antibiotics can create a condition of leaky gut in hours. If the diet doesn't contain enough nutrients to repair the leaky gut it can become a persistent problem.

Rebalance Nutrition

The body needs a continuous supply of 50 or more nutrients - none of which it can make for itself. Deficiency in any one of these nutrients affects the overall function of the body. Nutrients are raw materials of the body. Chronic deficiency undermines health and promotes degenerative disease.

Recent evidence has shown that sub-optimal levels of vitamins...are risk factors for chronic diseases such as cardiovascular disease, cancer, and osteoporosis. ...it appears prudent for all adults to take vitamin supplements.

- Robert H. Fletcher, MD, MSc; Kathleen M. Fairfield, MD, PHD, Harvard University, Journal of the American Medical Association 2002; 287: 3127-3129

Even though we may be eating as healthy and organic as we can, we may still be deficient in numerous micronutrients due to mineral depleted soils. As we age, our bodies produce less enzymes and anti-oxidants. To those who indulge in a few too many sodas, juices or other sweet treats for pleasure and short term energy gain, the body has to deplete its own mineral stores to process this sugar. And many sugar substitutes put stress on the brain and the liver in powerful, insidious ways.



Grains, which are a quick, easy source of nutrition, actually reduce the absorption of calcium, magnesium, iron and zinc, and promote the pH of the body to become more acidic, which causes inflammation. Some people may have an unknown sensitivity to gluten, which, over time, may harm their digestive tract, negatively affecting the absorption of nutrients into the body.

Optimal healing requires optimal nutrition. You can rebuild the health of your organs by following a diet and supplement program specific to your body's ever changing needs.

POSSIBLE REACTIONS

Not everyone feels better immediately after a chiropractic adjustment. Healing takes more time with some than others. At the moment you receive a chiropractic adjustment and tensions are released, hundreds and thousands of body functions are affected. Your nerves are better able to send life's messages; your brain and other internal organs begin to function more efficiently; old trapped energies are awakened and healing may begin on many levels.

Among the most common post-adjustment reactions are:

1. Feeling relaxed, more peaceful and aware that the old tension or stress you've been carrying for many years is beginning to dissolve.
2. An immediate change in symptoms - less or no pain, better movement, vision, hearing, more balanced posture and more energy.
3. Muscle stiffness in other parts of the body as it adapts to the correction.

As part of the healing process, some people may express cleansing symptoms: a release of mucus or toxins, a skin rash, a fever, a headache as your body releases toxins, diarrhea, changes in menstrual periods, or other similar symptoms. Don't let these symptoms scare you - they are wonderful things, ways your body/mind is completing the healing process and returning you to balance and health.

Chiropractic is expressive healthcare. A chiropractic adjustment permits you to let out what is blocking your healing; incompletely healed injuries or toxic buildup can now come "to the surface" so you may experience more complete healing.

Let us know what comes up - it is often of great importance in your healing journey.

Phases of Care

1. Acute Phase

The doctor's first objective is to restore body balance and reactivate the body's self-healing process as quickly as possible. Initial focused healing visits help change the momentum in the body from one of decline to positive healing and potential transformation.

2. Body Stabilization and Healing Phases

Most patients get results with the first spinal correction, but the first 6-8 weeks after the correction is a period of stabilization and healing. Body balance and head/neck alignment must be monitored during this period to ensure there is no interruption in the healing process. It is an exciting moment when you and the doctor realize that you do not require an upper cervical adjustment because it

means that your body is maintaining its correction and that your body's resources are being channeled towards healing.

3. Health Maintenance Phase

The body has the natural ability to maintain optimal health, provided body balance is maintained and brain messages can flow unrestricted to all parts of the body. If you have your nervous system checked periodically, you have the possibility of living pain free, strengthening your immune system against illness, and increasing your body's performance as you add quality to your life.

What You Can Expect From Us

By choosing our office, you can expect to receive the highest level of professional care, service, respect and attention. We run a "By Referral Only" practice...and that means you had to be referred by an existing patient or doctor in order to be accepted into our practice.

Your first visit gives us much of the necessary information needed to assess the severity of your spinal/health problem. By reviewing your orthopedic, neurologic, and spinal examination findings, nutritional analysis, x-rays (if needed), personal history, and first adjustment results, we will work with you on a care plan specific to your needs and goals.

We want to work with you to change your body's environment, so that more and more of your body's cells replicate vigorous health, rather than potential weakness and disease.

How often? You get to choose.

- **Transformative:** 1 visit a week for 12 weeks. During this time we are gaining the momentum required to create long lasting integrity of your spine and nervous system. After 12 visits we will assess your progress.
- **Jumpstart:** 1 visit every other week. A great way to begin your health turnaround while creating new habits for long term health.
- **Supportive:** Moving out of transformative or jumpstart care or seeking a slower pace towards change. 1 visit every 3 weeks. Tension patterns will not have time to build. Accumulative results occur with consistent care.
- **Relief care:** Coming in as you feel symptoms. Generally the symptoms may reappear and is more of a band aid approach. It may not cultivate deep healing.
- **Maintenance care:** Once a month for those who have made significant progress on their healing goals and are coming in, regardless of symptoms, to maintain optimal wellness.

Your Visit Options (financial hardship rates available)

New Patient Exam and Follow up Adjustment

Deep System Reset visit - 75 min

Reiki & Access Bars Session – 60 min

Defragmentation (maintenance) office visit - 45 min

Phone maintenance visit – 60 min

Our objective is to give you valuable, life changing information and services that will support your health for years to come. Office visits are distinguished by time spent with the doctor, rather than modalities used, to allow for flexibility in choosing the optimal approach for each visit. A focused office visit provides quality time to hone in on a specific issue with the doctor at an accessible price. Additional time allows for a more multifaceted approach that includes addressing emotional, energetic and myofascial components, along with chemical (nutritional, toxin and allergen) assessments if indicated or requested. *Discounts for purchasing packages of 6 or 10 visits or if committing to weekly or bimonthly visits.*

Lab Testing Kits

Although many issues can be uncovered by a comprehensive patient history and exam, many patients find it easier to follow nutritional and lifestyle recommendations when they have an objective baseline from which to start, and follow up testing to see their progress. Kinesiology is the main approach used in this office to garner the body's reactions to substances in the present time. Non-invasive salivary and finger-prick blood spot lab kits are provided to our patients at doctor's cost to assist patients with whatever they need to make healthful changes in their lives.

Hair Tissue Mineral Analysis (\$75) is an inexpensive screening test for the level of 20 specific minerals and toxic metals in a sample of hair. This analysis can provide pertinent information about your metabolic rate, energy levels, sugar and carbohydrate tolerance, stage of stress, immune system and glandular activity.

Other lab testing kits include salivary hormone testing (cortisol, thyroid, male and female hormone levels), blood spot candida testing, blood spot fatty acid analysis, blood spot food allergy testing, among others. 110 food substances can be tested in office using muscle testing. We can make a referral to a naturopath if you'd like to test your food allergies using the EAV, a non-invasive energetic evaluation using a galvanometer which may be similar in accuracy to the conventional skin and RAST tests (<http://www.biomeridian.com/allergy-study.htm>).

I'd like to find out more about _____

Missed Appointment Policy

Dr. Chris is committed to offering the best service to as many people as possible. Because we dedicate significant one-on-one time with the doctor, we require a minimum 24-hour cancellation notice on all appointments. No-show or cancellations with less than a 24-hour notice will be billed 1/2 the fee of the appointment. If you happen to arrive late, Dr. Chris will treat you for the remainder of your scheduled session and you will not incur a cancellation fee.

Payment Policy

Much of what we do is prevention: addressing subclinical conditions and taking the time to teach you how to take care of your body. Insurance companies only fund procedures of "medical necessity" and tend not to support chiropractic care beyond a certain number of visits. Their contract is with you as their consumer and they tend to be more responsive to you than to the doctor.

We accept HMSA PPO & HMAA insurance. Otherwise, we are considered an out-of-network provider, or, in the case of Medicare, a non-participating provider, and we give you the documentation necessary so you can directly file for reimbursement if your insurance company offers chiropractic coverage.

If you prefer the services of alternative health care professionals, Health Savings Plans are a great fit because you can use pre-tax dollars for chiropractic care, acupuncture, lab fees, psychotherapy, etc., which may not be covered by lower deductible health insurance plans.

Payment is expected at the time the service is provided. We accept cash, check, flexible spending cards, and all major credit cards. We also offer affordable payment plans to spread out costs over time for those motivated to get care now.

Thank you for choosing Niu Health Chiropractic.

Dr. Chris looks forward to serving you to the best of her ability.
Don't hesitate to call (808)-783-1046 if you have any questions,
or email us at niuchiropractic@gmail.com.
niuhealthchiropractic.com

What You Can Do to Maximize Your Results

Tips for holding your alignment:

- Fatigue is the easiest way to lose a correction, so please let your body rest so that it can channel energy into healing.
- The upper cervical correction is powerful and subtle. Please do not let anyone pop or twist your neck at this time. We are looking for stability, not hypermobility.
- Do not nestle your phone between your head and your shoulders or use your head to raise or turn your body. Use proper ergonomics when working or lifting anything. Avoid reaching or straining.
- Do not have a massage on the same day as your adjustment. One day before or three days after is fine.
- Avoid sleeping on your stomach. This puts your head and neck in extreme rotation and can cause misalignment and instability.

Mind your mind

Are you having enough fun?

Do you make time to play, to create, to enjoy family/community?

Are you in alignment with your life purpose?

Do you often have feelings of gratitude, fulfillment and inner peace?

- Make a list of choices that **drain your energy** (ie. not enough sleep, too much coffee, sugar, alcohol, working too much, spending too much time on the computer, not being in nature, not spending time with friends, not exercising, watching tv, repetitive negative thoughts).
- Make a list of choices that **give you energy** (ie. eating lots of vegetables, doing yoga, drinking enough water, cooking for family, singing or playing an instrument, playing in the ocean).

Every day, let go of one thing that drains your energy and add on something that gives you energy. Spiritual practices, therapy, and life coaching are great adjuncts to help you come back into alignment with your life purpose.

Prioritize sleep. Try to sleep by 10pm. There are a series of hormones that assist with rest and recovery which peak between 9pm and 4am. Find a pillow that will allow you to sleep with your head/neck level with the rest of your spine. And try a pillow between your legs. Everything in life will look and feel better and you can make better choices after quality sleep.

Center yourself. A regular meditation practice or any other practice which allows you time for quietude plays an essential role in helping to ground your mind, body and awareness in the present.

The **mPower march** is a technique designed by Dr. Ted Morter to use contralateral movement and stretching to neurologically update and re-time your body. This simple stretch can be quite invigorating and yet provide an overall relaxed feeling as the muscles re-balance.

1. Stand comfortably erect, alert yet relaxed.
2. Take an extended step with your left foot, keeping your back (right) foot firmly on the floor. Stretch just far enough forward with your back (right) foot on the floor.
3. As you extend your left leg, raise your right arm to about a 45-degree angle. Your left arm will automatically move back to help you balance. Stretch your left arm downward behind you at about a 45-degree angle. Your position at this point is left leg and right arm stretched forward, right leg and left arm stretched back.
4. Now, turn your head toward the side of the extended right arm, close your eyes, look up, and S-T-R-E-T-C-H! While you are in your extended position, take a deep breath and hold both your breath and your position for 5-10 seconds.
5. Exhale and repeat the exercise with the opposite leg and arm. Repeat the sequence 3-4 times (or less if you become tired).

This procedure should be done at least twice per day for 2-3 minutes.

Increase your oxygen intake

Under stress, people tend to hold their breath. **Hara breathing** nourishes the internal organs giving the body power and endurance. Place your hands an inch below your belly button and extend your abdomen out on inhalation. Draw the abdomen in on exhalation until all the air is out, then allow your abdomen to begin drawing in air for the next breath. Take long, deep rhythmical breaths.



Do this upon waking, prior to every meal and before sleeping to take advantage of the relaxation that it provides.

Of course, regular exercise also optimizes your oxygen intake.

Mind your posture

Good posture helps us stand, walk, sit, and lie in positions that place the least strain on supporting muscles and ligaments during movement and weight-bearing activities. Correct posture:

- Helps us keep bones and joints in correct alignment so that our muscles are used correctly, decreasing the abnormal wearing of joint surfaces that could result in degenerative arthritis and joint pain.
- Reduces the stress on the ligaments holding the spinal joints together, minimizing the likelihood of injury.
- Allows muscles to work more efficiently, allowing the body to use less energy and, therefore, preventing muscle fatigue.
- Helps prevent muscle strain, overuse disorders, and even back and muscular pain.

Posture Do's and Don'ts



Exercise that emphasizes proper posture, like yoga, tai chi, pilates, dancing, etc., are great activities that maximize your progress under chiropractic care.

Mind your nutrition



Plan ahead. We often stray from our healthy eating goals because we haven't packed healthy snacks or lunches and are surrounded by convenient packaged and fast foods. Avoiding your food allergens and eating nutrient dense meals and snacks of organic/local vegetables, lean protein, soaked beans, nuts, fruits, and a smaller portion of soaked whole gluten-free grains can help you maintain your blood sugar levels. Eating sugar laden, additive laden foods for breakfast or for a quick snack provide pleasure and satisfaction in the short term, but stress your digestive system, promote inflammation, and accelerate disease processes over time.

Make meal planning and grocery shopping a fun and regular part of your week. Go to farmers markets, or better yet, sign up for a CSA (community supported agriculture) box of veggies and be surprised each week by the freshest seasonal veggies and fruit you can buy! Dr. Daniel Kalish offers his "Cereal Bowl Diet" as a way to ensure that you eat enough veggies at lunch and dinner. He buys a variety of up to 10 different vegetables and fills his cereal bowl with different veggies for each meal.

And **find out your Nutritional Type at <http://nutritionaltype.mercola.com>.**

Mind your toxin load

Filter your water: Ideal water sources are natural springs or water that has been through a reverse osmosis process. Quality carbon block filtration is also acceptable. Use glass or stainless steel water bottles to minimize Bisphenol-A, an endocrine disruptor found in plastic containers.

Filter your air: House plants make great natural air filters.

Skin/beauty products: If you can't pronounce it, the chances are it's probably not that great for your skin. Especially for those who are detoxification-challenged. The Environmental Working Group is a great resource for finding less toxic beauty products. Or, you can simply use a thin coating of organic cold-pressed coconut oil to help protect your skin.

Cooking pots/pans: Pots and pans are a major source of aluminum toxicity and nonstick cookware releases toxic gases in high heat. Good alternatives are high quality enamelware, steel, glass and silicone bakeware. Substitute parchment baking paper for aluminum foil. And avoid microwaves!

Avoid toxic foods: Another way to decrease your toxin load is to eliminate alcohol, coffee, cigarettes, refined sugar, high fructose corn syrup, and hydrogenated/trans fats, all of which act as obstacles to your healing process. What you eat will define how well you are able to detoxify. Foods that contain wheat (glutens) and dairy (milk, cheese) often cause allergy problems and inflammation in your stomach and intestines. Meats often contain hormones and antibiotics that are difficult to digest and remove. MSG, hydrolyzed yeast, aspartame, nitrates and sulfites in processed and junk foods all impair your body's ability to detoxify efficiently. Toxins increase inflammation and inflammation causes pain.

Reducing your toxin load will free up energy in your organs towards supporting the healing process.

Detoxification

Detoxification is about removing and eliminating toxins. It is about resting, cleansing and nourishing the body from the inside out. Detoxification works because it addresses the needs of the individual

cells, the smallest units of human life. With a specialized diet, supportive nutritional therapies, and adjunctive methods, a detoxification program allows toxins to be eliminated from your liver, kidneys, intestines, lungs, lymphatic system and skin.

It is important to work closely with your health care provider to review what options may be best for you. Some great resources for detoxification are:

- wycoffwellness.com/treatments/detoxification
- drbenkim.com/full-body-cleanse.htm
- womentowomen.com/detoxification/naturalbodydetoxification.aspx
- Dr. Mark Hyman's [The UltraMind Solution](#)

Circulation is enhanced with techniques like exercise, lymphatic cleansing and massage which increase the movement of wastes out of the cells and tissues and into the blood for transport to the organs of elimination. Dr. Mark Hyman suggests the following to help the circulation of lymph:



- **Rebounding:** Jumping on a mini-trampoline for 5-15 minutes daily or jumping with a skipping rope are excellent activities for increasing lymphatic circulation. Engage your core as you jump.
- **Dry skin brushing** stimulates blood and lymphatic circulation and also helps control cellulite and rids the body of toxins. After towel drying from a hot shower, brush the whole body once per day with a dry natural sea sponge or a natural dry skin brush. Start with the arms front and back and use short, brisk strokes, working your way up from the fingertips to the armpit, always moving towards the heart. Then do each leg working up through the pelvis, the buttocks, abdomen, and lower back. Then do the chest and upper back, always brushing towards the heart. Finally, brush the face and neck, using downward strokes towards the heart.
- **Inversion Therapy:** Inverting the body can assist with lymphatic drainage. The body can be therapeutically inverted using gravity boards or inversion tables. You can also achieve the same effect by doing certain types of inverted yoga poses included in advanced yoga training. Another method is to simply sit with your legs higher than pelvis. This encourages drainage from the legs through the lymph nodes in the groin. Stretching the arms over the head will help move lymph through the nodes in the armpit.

Salt and soda baths are also a great way to detoxify and relax sore muscles. Add one cup of baking soda and one cup of Epsom salts to a warm or hot tub of water. Add your favorite essential oil.

Infrared sauna therapy stimulates detoxification of heavy metals and fat-stored toxins. It also promotes cardiovascular conditioning, weight loss, caloric expenditure, pain relief and stimulation of the immune system.

Electromagnetic exposure

"The nervous system controls and coordinates the whole body through electromagnetic energy," states Dr. Brimhall. As electromagnetic pollution from power lines, appliances, computers and TVs, microwave communications devices, and even the electric clock by the bed begins to accumulate, our entire system becomes stressed to the point of exhaustion. Dr. Magda Havas, science advisor on EMF-related issues, documented definitive evidence that radiation from a cordless phone causes heart arrhythmia and tachycardia and upregulates the "fight-or-flight" stress response in people that are sensitive to electromagnetic exposures. She has urged further research on the impact of dirty electricity on people with diabetes and multiple sclerosis based on her initial studies.

Consider making your bedroom an electromagnetic pollution free zone, to decrease your body's hourly exposure. Move out any TV's, computers, cell phones, wireless routers, electric clocks, or place them on a power strip that you can unplug at the end of the day.