

Well Being

Stillpoint Rehabilitation & Wellness, LLC

Spring Detoxification Basics

You may have heard a great deal about detox or nothing at all. In general, detoxification is a natural process in your body. Our cells are constantly forming toxins as part of the metabolic processes that keep us alive. In addition, there are toxins which we ingest in our food.

When a toxin is encountered in your bloodstream, circulating antioxidants bind to them, neutralize them and transport them to the liver, which is the body's chemical powerhouse. The liver cells accept the toxin for processing.

Detoxification in the liver has two phases. In phase I, chemical reactions within the liver neutralize the toxin by one of several mechanisms depending on the toxin type. Some are sent into the bile (secreted by the gallbladder which lies under the liver) to eventually pass into the feces. Other toxins are excreted via the urine or through the skin. Still other toxins are converted into an intermediate compound. This happens often with drugs and medications. In some cases the intermediate compound may be even more harmful to the body than the original toxin. In Phase II detoxification, an additional chemical pathway is utilized to neutralize the compound before it is able to be eliminated.

This process has worked well for thousands of years. Our modern diet and lifestyle, however, exposes us to many more chemicals and pollutants than our ancestors. In the early days, humans had unprocessed diets and abundant anti-oxidants and nutrients to neutralize the waste products of metabolism. Today, many foods are heavily processed and loaded with chemicals. When you ingest these food-like chemicals, the body tries to process them but in some cases cannot and they can cause irritation and inflammation. Scientists are finding that inflammation is the cause of most of our common chronic illnesses.

While there are many detox regimens and products on the market today, a good place to start is by eliminating or limiting exposure to the most common toxins. These include excessive caffeine, alcoholic beverages, refined sugar, industrial meat and meat products, processed and fast foods. Start with a week or two of cleansing and see how you feel. You may opt to continue.

On the plus side, drink plenty of water. A great tip is to drink water whenever you feel a craving for any of the above substances. Most people are chronically dehydrated, feel tired and dull and reach for a stimulant like caffeine when they really need water. Increase your intake of green vegetables, healthy nuts, seeds and grains, citrus fruit, lentils and legumes. Instead of sugar, try stevia (a natural sweetener).

Eat your last meal of the day at least 3 hours before bedtime. Once that meal is digested, your body starts the repair and restoration process that occurs during a restful uninterrupted sleep and which is essential for maintaining good health.

April 2011

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Physical Medicine

Integrative Medicine

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Wellness & Lifestyle

The only thing which makes it possible for an individual to rise above the fear of any physical ailment is for him to recognize that he has a mind which is without limitations, except those he himself places upon it.

Napoleon Hill

What are Probiotics?

Probiotics are live microorganisms which when administered in adequate amounts confer a health benefit on the host. Lactic acid bacteria (LAB) and bifidobacteria are the most common types of microbes used as probiotics. Probiotics are commonly consumed as part of fermented foods with specially added active live cultures; such as yogurt, miso and sauerkraut. Dietary supplements are also used and you will usually find

them in the refrigerator section of the health food store. Many supermarket products are now being supplemented with probiotics as well.

The primary reason to use probiotics is to introduce “good” bacteria into your system to prevent unfriendly bacteria from taking up residence in your bowel. This can occur when your diet is poor and processed or when you have been on antibiotics which kill off bacteria indiscriminately. If you are on antibiotics for

any reason, it is important to consider taking probiotics once you are done with the medication. This will replace the population of healthy bacteria which were killed.

Having good bacteria in your bowel can reduce inflammation and irritation, such as that associated with irritable bowel and inflammatory bowel disease. Be aware that chronic stress can also reduce the good bacteria and promote overgrowth of unhealthy ones.

Break the Worry Habit

Research shows that 85% of worries do not have the expected negative outcome. Even when the thing they worried about happens, most people say they handled it better than they thought they would.

The next time you find yourself in a worry cycle, try these strategies from The Worry Solution by Martin Rossman, MD.

1. Make a list. Divide your worries into two types: those you can do

2. something about and those you cannot. The ones you can't act on, track for two to three weeks and observe how many of them come true (and how many do not).

2. Create a worry jar. Jot down each nagging thought onto slips of paper and drop them into a designated jar before you go to sleep. This helps you let go of them for a while so you can rest.

3. Reject them. Every time a worry arises, mark it mentally with a big red X. This ritual satisfies the mind's desire to do something when helpless worries take hold.

4. Visualize a better ending. How would you imagine the desired outcome if it was up to you? Energize that image by making it look and feel as real to you as possible.

Feng Shui Principles for Spring Cleaning

Just as our body can develop energy blocks, our home can develop stagnant and stuck energy. When you go away on vacation or take a great day trip or even get a massage or treatment, you feel recharged and renewed. Upon returning home, if your home has stagnant energy and clutter, you will very quickly fall right back into the same energy patterns.

Feng Shui (*fung shway*) is the Chinese principle of harmonizing our living spaces with the Earth's energy. There are strategies for energizing your home

and office to maximize the flow of vital energy for better health, vitality and success. There are also remedies for moving stuck or stagnant energy.

Spring is the time for new beginnings, growth and opportunities. One of the best ways to cultivate this energy is to clear clutter. Clutter represents stagnant energy and usually breeds dust, mold and mites. Clutter can be anything from excess furniture to papers and clothing. Getting rid of excess things is not an easy process, but it is one of the best things you can do to improve the quality

of your life. Start with small areas first. Set realistic goals and break things down into bite-sized tasks.

Once you have cleared the clutter in an area, you can begin to enjoy and possibly enhance the energy in that part of your home using some basic principles of Feng Shui. You can try a book on the topic or get some help from a consultant.

While the original Chinese method can be quite complicated, some of the basic remedies are enough to enrich your environment and the health and vitality of those who visit or share your home.