



“BIG DEAL” about TOXINS and DETOX

DETOXIFICATION: An Integrative Manual Therapy Perspective

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IN THIS ISSUE



- 1 THE BIG DEAL ABOUT TOXINS AND DETOX
- 2 IN DEPTH: DETOX AND INTEGRATIVE MANUAL THERAPY
- 3 DETOX PROGRAM OVERVIEW
- FAQ:
Detox Diet and IMT
- 4 TIPS AND TRICKS
DOES YOUR BODY NEED DETOX
Take a simple test
- 5 FEATURED THERAPIST
Our Featured Therapist can assist you achieve Whole Body Health
- SUCCESSSES
- 6 CONTACT US

With the increasing number of man made chemicals introduced to the environment every day, detoxification is a growing concern. These chemicals are getting into our systems through the food we eat, the air we breathe, the water we drink and even through our skin with what we touch or put onto our bodies. It is taking more effort to keep the waste going out while keeping the nutrients in. Sometimes the poor body can't decide what is a nutrient and what is a waste, so it stores harmful substances in the fat and other tissues of the body. This may account for some cancers, allergies, skin rashes, overweight conditions, fatigue, muscle aches, difficulty with concentration and unexplained chronic conditions.

Detox, short for detoxification, is the removal of potentially toxic substances from the body. Although detox can refer to a treatment for alcohol or drug dependence, the definition used here refers to the use of diet, supplements, and other methods of removing environmental and dietary toxins from the body for general health.

The detox process in one form or another has been used to promote health in cultures around the world for thousands of years. Many health problems may be associated with prolonged exposure to various toxic agents our bodies may not be able to cleanse completely. Some conditions with



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links to toxins include:

- Frequent fatigue and low energy
- Food allergies
- Irritability and mood swings
- Headaches/Migraines
- Irritable Bowel Syndrome (IBS)
- Skin rashes and conditions
- Hemorrhoids
- Candida infections
- Neurological conditions
- Joint and muscle pains
- Chronic health conditions

Doctors, naturopaths, acupuncturists and physical therapists have developed various ways to detoxify the body. Some examples include saunas, ion foot baths, clay baths, supplements, dietary methods, manual lymph massage and

Continued on Page 3

Health & Fitness

IN DEPTH:

DETOXIFICATION AND INTEGRATIVE MANUAL THERAPY



Before going further, an explanation of how a detox diet works is essential so that you can discern the difference in the various types of detox diets out there. Most detox diets work by limiting toxic type foods, allergen type foods and processed foods to allow the body to “run clean” for a period of time. During this process, the body starts to breakdown fat and release toxins. This is what is termed “phase I” detox. What is important to realize is that the body in its wisdom took these toxic substances and stored them in places such as fat, bone, the liver, the nervous system and other places. When they are liberated from these areas, they are now back in the blood stream and Gastro-intestinal (GI) tract. These toxins are extremely harmful to the body and if this is all the detox diet does, then you are merely re-circulating toxic substances. Therefore, the toxins can cause significant problems by “landing” in vulnerable areas such as breast tissue for example, or other areas where they can cause problems.

the body; this is why a detox diet also has to support phase III which is the elimination of the water soluble toxins from the body. This is done with support of the Gastro-intestinal (GI) tract and the urinary system (kidneys, ureters, bladder).

This is where Integrative Manual Therapy (IMT) can be quite useful as well. IMT has a series of assessments and techniques to allow the practitioner to locate which phase needs help. Does the body need support in its ability to release toxins; does it need help in its ability to transform toxins into more easily eliminated toxins; or does it need help with the routes of elimination such as the GI tract or urinary system. Each phase of detox can be helped with IMT. Manual Therapy techniques can also be used with detox diets to get a more complete elimination of toxins.

A good detox program can be quite valuable to help stimulate and assist the body to eliminate toxins with the use of correct supplements and the right Integrative Manual Therapy techniques, the body is taken through phase I, II and

III, which is a complete removal of toxins from the body. The effect can be dramatic once the body no longer has to deal with toxicity.

Detoxification is helpful for those who are suffering from chronic conditions such as allergies, anxiety, arthritis, chronic infections, unexplained fatigue, fibromyalgia, aches and pains, indigestion, and many more, which have been un-helped in the past.

The Detox program can alleviate the symptoms of chronic conditions, so overall health and vitality can be restored.

This is why a detox diet also must include the right supplements that support the body in what is called “phase II”. The supplements that I am referring to in this particular detox program are manufactured by Metagenics®. During phase II, the body converts these toxic substances into water-soluble toxic substances, still toxic but less so and more easily eliminated by the body. A detox diet that only consists of restricting food accomplishes phase I, but does not help phase II, or the transformation of toxic to less toxic substances.

Please keep in mind that with Phase I and Phase II, the toxic substances are still in



“It is vital to eliminate the toxins we put in our bodies by eating a nutritious diet, avoiding polluted areas, and drinking clean water. “

manual therapies. While these can be useful, the methods described here involve detox through the gastro-intestinal (GI) tract and the urinary system plus a specialized diet, supplements and Integrative Manual Therapy (IMT).

Using a combination of diet, supplements and IMT for the Detox program helps the body detoxify itself naturally. The urinary system, consisting of the kidneys, ureters and bladder help eliminate toxins through urine. The GI tract uses the small and large colon to eliminate toxins through bowel movements. These routes of elimination help clear large amounts of toxins from the body. Therefore, assisting the body with this process can result in a significant amount of detoxification.

Essentially we are all exposed to toxins through our diets, in the air we breathe and the water we drink. It is vital to reduce the amount of toxins we put into our bodies by eating a nutritious diet, avoiding polluted areas, and drinking clean water. Some of us may be experiencing chronic conditions due to the many toxins accumulated over the years. These toxins are stored in our fat, liver, bone, nervous system and other areas. Detoxification not only helps eliminate toxins, but also gives the body a fresh start toward regaining optimal health.

Detox Program Overview

During the phases of detoxification, certain nutrients are in increased demand to help turn toxic substances into harmless by-products for elimination from the body. UltraClear PLUS is specifically formulated to assist the body with these important nutrients, and is intended as a complement to an elimination diet to promote healthy detoxification activities.

The first 5 days of the program require a gradual removal of specific groups of foods from the diet in the order indicated. At the same time, you will be slowly introducing UltraClear PLUS. As you begin to eliminate foods from your normal diet, detoxifying reactions can result such as disturbances in sleep patterns, changes in body temperature, light-headedness, mood swings, headaches, joint or muscle aches, changes in gastrointestinal function, and changes in body odor or breath. These responses are usually minor and generally lessen in intensity during the program.

This is NOT a calorie restricted program. Many people notice that they are initially hungry, but tends to dissipate. Most people are able to carry on with their normal daily activities while on this program and even experience increased energy. So relax and enjoy the process.

FAQ - Detox diets and Integrative Manual Therapy

• Why can't I just fast for a few days to detox my body?

Fasting with just water or juices has been shown to be both ineffective and even dangerous. Prolonged fasting in particular, may actually weaken organ systems and eliminate essential nutrients that are required for detoxification. While fasting may bring some toxins out of fat cells, it does not help the rid the body of these toxins. They can re-circulate and cause more problems.

• Where do toxins come from?

Toxins can come from a variety of places. Toxins can be in the environment such as pollution, heavy metals, pesticides, and from what we ingest such as drugs, alcohol, smoking, and food additives. Also, toxins can come from inside the body such as the colon, which may have a "leaky gut syndrome".

• Why do I need supplements or Integrative Manual Therapy to eliminate toxins?

In order to eliminate toxins stored in fat tissue, the body needs help with all 3 phases of detox. Phase I deals with pulling toxins out of the body's fat cells, Phase II helps to transform the toxins to water soluble substances and Phase III facilitates the body to rid of the toxins through the routes of elimination.

• What results can I expect from a detox program?

Many people feel "clear" when asked to describe how they feel following detox. Generally people report feeling calmer, happier, more energetic and report significant decreases in body pains.

• How often should I detox?

This type of detox can be done every 6 months with good results. In general, when through with the detox program, one should eat a healthy diet consisting of fresh fruits and vegetables with organic grass fed animal products and healthy oils such as olive oil, avocados, nuts and fish oils.

• What about grains?

In general, having a diet with minimal grains is more healthful than a diet high in grains. Gluten found in wheat products especially has been found to contribute to inflammation and should be avoided.

• What about sugar free products?

In general eating real food and avoiding processed foods including sugar free foods is important to promote health. Nutrasweet® and Splenda® in particular have been shown to adversely affect chronic conditions and should be avoided.

Tips & Tricks - Easy ways to reduce your risk of toxicity

- Avoid high trans-fat foods
- Avoid processed foods especially those with additives and preservatives.
- Eat organic fruits and vegetables to avoid pesticides
- Eat meats from grass fed animals to increase levels of omega 3's. Grain fed animals have lower levels of omega's. This includes beef and salmon.



OMEGA 3



- Drink 4 to 6 cups of high quality green tea daily to aid in elimination and aid in reducing inflammation.
- Take omega 3 rich fish oil supplements daily.
- Avoid grains such as gluten and reduce processed sugar intake. Both gluten and processed sugar can have an inflammatory effect.
- Wear protective clothing around toxic materials.



DOES YOUR BODY NEED DETOX?

Take this simple test to determine if you can benefit from the Detox Program.

YES	NO	
<input type="checkbox"/>	<input type="checkbox"/>	Do you have heartburn regularly?
<input type="checkbox"/>	<input type="checkbox"/>	Do you feel constipated or have frequent problems with diarrhea?
<input type="checkbox"/>	<input type="checkbox"/>	Do you feel bloated even when eating only minimally?
<input type="checkbox"/>	<input type="checkbox"/>	Do you tend to have mood swings, anxiety, irritability or depression?
<input type="checkbox"/>	<input type="checkbox"/>	Do you feel sluggish or fatigued despite sleeping 6 to 8 hours a night?
<input type="checkbox"/>	<input type="checkbox"/>	Do you tend to have dark circles under your eyes?
<input type="checkbox"/>	<input type="checkbox"/>	Do you suffer from frequent headaches or dizziness?
<input type="checkbox"/>	<input type="checkbox"/>	Do you have generalized aches and pains?
<input type="checkbox"/>	<input type="checkbox"/>	Do you suffer from asthma?
<input type="checkbox"/>	<input type="checkbox"/>	Do you tend to have chronic coughs or frequent need to clear your throat?

Results

If your answer is "YES" to more than 3 of these questions, then your body will benefit from either a 10-day or 28-day Detoxification Program, depending on your toxicity level.



Featured Therapist

Christine Wilson, PT



Christine Wilson is a physical therapist at Yonemoto Physical Therapy, who has taken continuing education to new heights. Last year she took 26 courses in Integrative Manual Therapy to perfect her skills in this innovative manual therapy program. Her training took place in the Connecticut School for IMT over the past 3 years and she is now a Certified IMT practitioner. Contrast that to most physical therapists who only take 1-3 courses per year! She definitely is committed to giving the best care possible to her patients. She is continuing her education in manual therapy along with learning more about nutrition and acupressure.

She grew up in the Philippines until the 8th grade when she moved to the US. She received her BS in Kinesiology from UCLA, got her Master of PT from Mount St. Mary's and has worked in Philadelphia and Southern California.

Christine is married, has interests in dance, running, reading and hopes to take up an instrument in the near future. She is a valuable member of the Yonemoto team and is a shining example of our commitment to quality care.

SUCCESS STORIES

Patients Spread the Word

I feel healthier and younger looking than I did last November when I came to you for help with a debilitating back injury.

As part of my physical therapy program, which included learning to breathe properly and daily pelvic strengthening exercises, a dietary change was also suggested for me.

Of all the different remedies, the diet helped the most. I noticed an immediate difference with joint flexibility and decreased muscle swelling. Soon, my skin became more radiant and looked younger, and most importantly, I lost weight, so my clothes now fit better!!

My back is still healing, but I do believe

the healing process was expedited by adhering to the diet. I want to thank you for suggesting this change and for all your simple words of wisdom that have been immensely helpful in sticking with the dietary changes.

I hope other patients coming behind me might try your gluten-free-zero-tolerance approach too; hopefully, they too will feel the good results.

- J.M

I had been going to therapy a few times a week. I was advised to go off sugar, as well as, sugar substitutes. Apparently, this had helped a quite a few migraines sufferers. I decided to give it a shot and it worked.

- V.Z

It's been 4 months and 2 weeks since I've had processed sugar or a diet Pepsi.

When I was told that I had to do this I thought WHAT, how can what I eat or not eat make me feel better. I then thought what do I have to lose. I've been in chronic pain for 3 ½ years, so I'll give it a shot. Giving up Pepsi is a huge event for me; my friends can't believe they see me with

water instead of my diet Pepsi. I used to drink 4-5 44 ounces of diet Pepsi a day.

For the first 2 months on this diet, I didn't see much difference in how I felt. At the 3rd month, I did notice a difference in how I was thinking and living my life. I became more focused on other things in my life,

As a whole, this diet has been a great tool for me to recognize my self-discipline. I am better now and I will continue the diet because I want to feel normal, which means no pain, no pressure, no headaches, no tingling fingers and waking up in the morning ready to move.

Thank you for making me better, encouraging me when I was down reinforcing that the diet was a good thing for me when I need to be reminded.

- R.M





FREE CONSULTATION



Yonemoto Physical Therapy has successfully treated patients since 1982. We provide several therapy programs ranging from Integrative Manual Therapy, FirstLine Wellness programs, Worksteps which provides services for employers, chi-gong, as well as therapy for common orthopedic problems such as backaches, knee injuries and twisted ankles and pool therapy programs.

Other specialties include orthopedics and sports medicine, TMJ, chronic headaches, Bell's Palsy, urinary incontinence, and low back pain from pregnancy.

We have highly qualified staff trained in methods combining the best from Eastern and Western medicine and philosophies.



Our clinic is open on Monday through Friday 7:30 a.m. to 6:30 p.m.



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Toxins and Detox

DETOX: The Big Deal About

In This Issue:

DETOX