



# Health & Medicine



## Detoxification: The Solution To Your Resolution



Dr. Kate Thomsen and Silky

Did you know that 75,000 to 80,000 new chemicals have been released into the environment since World War II? Less than 50% of these have been tested for potential toxicity in humans. Did you know that 350 different pesticides can legally be used to treat the food we eventually eat?

Do these toxins actually get into the body? Yes. Some 400 synthetic chemicals have been found in the human body. In the 2003 Body Burden Study, 156 pollutants were found in the blood and urine of volunteers. This included an average of 56 carcinogens in each person. In 2005, the follow-up study found an average of 200 contaminants in newborns' umbilical blood. From arsenic in our picnic tables, pesticides on our fresh cut flowers, preservatives in our skin creams, endocrine disruptors in our plastics - we are exposed to toxins on a daily basis. These exposures have been linked with our current high prevalence of chronic disease - cardiovascular disease, cancer, osteoporosis, arthritis to name a few.

The human body has had to evolve elaborate processes designed to rid itself of toxins, primarily through the liver. A two step process makes fat soluble toxins into water soluble substances that can be removed easily through the kidneys or intestines. But in the 21st century, the burden of toxins is greater than it has ever been. Removal of these toxins may be ham-

pered by an individual's unique genetic makeup or by inadequate dietary nutrients.

Cleansing and detoxifying rituals from water fasts to spas, saunas and enemas have been used by cultures around the world. These are often practiced in the springtime when "cleaning house", new growth, and "fresh starts" are desired. Sophisticated, state of the art programs combine decreasing potential food allergy load while using nutritional foods and supplements that increase the liver's ability to detoxify. Detox programs must be well thought out and tailored for the individual as free radical damage can occur if the two part process performed by the liver is imbalanced. Alkalinizing the blood, dry skin brushing, removing heavy metals, and sweating are other ways of augmenting a detoxification process.

In my practice, I encourage people to cleanse or "detoxify" at least once a year. It can be a two or four week process and is often done more successfully with the support of a group. People will see conditions like rashes, joint pains and headaches disappear. Within three or four days, sleep is improved along with clarity and energy. A four to eight pound weight loss is common and often provides a "jump start" for a new nutritional and exercise program.

It's post-holiday season and you live in New Jersey. Those are two good reasons to talk to your health care providers about a detoxification program that's right for you.



*Dr. Kate Thomsen has a holistic health practice in Pennington, NJ. She is a board certified family medicine physician. For more information see [www.drkatethomsen.com](http://www.drkatethomsen.com). For information about appointments or the upcoming detoxification program call the office at 609-818-9700.*

**THE SOLUTION  
TO YOUR RESOLUTION!**

**Get Rid of the Holiday Blahs...**

*Join Dr. Kate's Four Week  
Detoxification Program*

- ✿ Medically Supervised
- ✿ Body Composition Monitored
- ✿ Group support to make it more FUN!!!

Join us as we get rid of our current toxic load!!!  
This group program will consist of  
**4 Evening Sessions.** Sessions include:

- ✿ A private body composition evaluation using bio-impedance analysis
- ✿ A detox program individualized to your specific needs
- ✿ Group educational sessions on detoxification -- what it is, why you need it and how you accomplish it
- ✿ Group support from other peoples' experience
- ✿ Delicious and healthy dinners, snacks and recipes

**Tentative Program Dates:**  
*Monday Evenings: 6:00pm - 7:30pm*  
**Jan 12, Jan 19, Jan 26 (skip 1 wk) & Feb 9**

*Spots are reserved on a first-come first-serve basis.  
Call to reserve your spot before January 1st.*

Location: Office of Dr. Kate Thomsen  
252 West Delaware Ave. Pennington, NJ 08534

**PHONE: 609-818-9700**