


# Detox



## your digestive system

Are you hoping for a clean start in the New Year? Why not start with a detox? Detoxification has been used for centuries to rid the body of toxic accumulations and residues. It's a safe and proven way to help your digestive system and liver to return to optimal function.

 Do you cringe at the thought of having to do a detox? Well, it's not as bad as you think! Detoxification is a great way to begin a new year, and it doesn't have to be difficult. Detoxification encourages removal of toxic waste from the body and has been proved to increase energy levels, fitness and weight loss. It may also help prevent chronic disease and slow the ageing process.

### THE GUT IS THE FOUNDATION OF HUMAN HEALTH

One of the most important organ systems for optimal health is the digestive system. In natural medicine, the gut is considered to be the foundation of human health. If your digestive system gets out of balance you may absorb an increased amount of toxins, leaving you feeling flat, tired and run down.



**DR JASON MALLIA,** Int Med (USA) Sc, ND, BHSc, is a Doctor of Integrative Medicine (UNM, USA), Doctor of Science (OIUAM), Integrative Medicine practitioner (naturopath, acupuncture, manual/spinal therapy), Master of the Institute of Human Individuality (USA) (Blood Type and Genotype Diet), and member of the AIMA, ATMS, NHAA, CAA, CMA and MIFHI. He is founder and director of Integrated Health Australia ([www.integratedhealth.com.au](http://www.integratedhealth.com.au)).

# Nat'Sure Detox Bowel Cleanser

**Ensure the effective  
removal of waste  
and toxins**

A person on a typical Western diet holds eight meals of undigested food and waste material in the colon. For gentle detoxification, one may need some digestion-stimulating herbs to help movement of a lazy colon. This can assist with the following conditions: constipation, joint pains, excess acid within the system, heartburn and bad breath.

Available at leading pharmacies  
and health shops.



Each capsule contains:

Fenugreek Seed (430 mg), Aloe Ferox Bitter Powder (14mg),  
Magnesium Amino Acid Chelate (50mg),  
Vitamin C (Ascorbic Acid, 50mg).

**"Not sure? ....  
take Nat'Sure!"**

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## IMPROVING HEALTH



The type and amount of bacteria in your digestive system play an important role in keeping you and your gut healthy. An overgrowth of bad bacteria or yeast in your gut can make you more toxic and may also reduce your ability to get rid of toxins.

“ Herbs such as milk thistle, watercress, globe artichoke, turmeric and schisandra all work together to support liver function ”

### WEEDING OUT THE BAD FLORA

It is well documented that antimicrobial herbs such as black walnut, wormwood and barberry, and antimicrobial oils such as oregano, cinnamon and thyme, kill off any detrimental bacteria and yeasts that may be upsetting your gut. These herbs can be

# Listen to what your body is trying to tell you!

## Liver and gall bladder signs may be:

- Wake up at 2am - 3am for no reason
- Moodiness, exhaustion, vertigo, elevated cholesterol levels, weak resistance to disease
- Dry itchy skin
- Pain predominantly on right side of head
- Red, itchy eyes
- Bitter taste in mouth, excessive thirst, poor digestion,
- Constipation, haemorrhoids
- Nausea, irritable bowel syndrome
- Unexplained pain in right side of body
  - In shoulder, elbow
  - Hip, knee
  - Big toe

## Kidney and bladder signs may be:

- High blood pressure, aching joints and muscles
- Pain on the top of the head, behind the neck and down the spine,
- Puffy eyes on waking, swollen face, hands, legs or ankles due to water retention
- Too little or slow output of urine, urine which is dark or discoloured has a bad smell or passed too frequently
- Pain on the inside of the left leg, behind the knees. Eczema, fungus, on soles of the feet
- Burning, sweating, painful soles of feet, painful heels, athletes foot

## A. Vogel Boldocynara

### Liver and gall bladder drops

- A combination of 4 organic fresh plant extracts
- Assists with the flow of bile from the liver
- A liver tonic
- Regulates cholesterol levels



## A. Vogel Nephrosolid

### Kidney and bladder tonic drops

- A combination of 4 organic fresh plant extracts
- Acts as a potassium sparing diuretic
- A kidney tonic
- Prevents kidney stones



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**Assists with:**

- ✓ Gain vitality
- ✓ Ease backache
- ✓ Lose weight
- ✓ Stop gout attacks
- ✓ Decrease cholesterol levels
- ✓ Normalize digestion, eat less
- ✓ Sleep better
- ✓ Have more stamina
- ✓ Decrease side effects of stress
- ✓ Improve your skin

**The acid danger**

To find out more about Dr. Auer's Base Powder and how to combat acidity, read **THE ACID DANGER**.

Available from leading bookstores.



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is available at leading health shops and pharmacies countrywide

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combined with a colostrum powder to help prevent harmful microbes from adhering to the gut wall. This powerful combination will help to weed out all the bad bugs that may have made themselves at home, helping to restore your digestive function after the festive season's parties have finally ended.

**PUTTING THE GOOD FLORA BACK IN**

Part of a good detox plan involves not only killing off any bad bacteria and yeasts but replenishing your digestive system with beneficial bacteria known as probiotics.

There are various types of probiotics, and while they are all beneficial for digestion, their functions vary slightly. For example, *Lactobacillus acidophilus* and *Bifidobacterium lactis* are good for restoring general balance and maintaining overall digestive function,

**Fibre Plus**

**'COLON CLEANSER - EASES CONSTIPATION'**

A healthy colon goes a long way to ensuring the health of the whole body. Modern dietary habits make it increasingly difficult to maintain that ideal state of health. The result is a high incidence of colon toxicity which may cause chronic constipation, diverticulitis, colon cancer, haemorrhoids and many other uncomfortable and debilitating problems.



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while *Lactobacillus plantarum* is more specific for medically diagnosed irritable bowel syndrome and *Lactobacillus rhamnosis* is particularly suitable if you are prone to allergies and eczema. There are many different beneficial strains of probiotics available, so you and your doctor will need to choose the most appropriate strain for you, tailoring your detox plan to suit your needs.

### LEAKY GUT AND GUT HEALING

Stress, toxins, alcohol, junk food and processed food and food that is incompatible with your blood type or genotype can cause damage to the delicate cells of the digestive tract. This may lead to a condition known as 'leaky gut', in which undigested food and toxins pass from the digestive tract into the bloodstream, causing digestive upset and inflammation and increasing the risk of food allergies and other diseases. If you have poor digestion and



# Feel Better Than Ever!



## Protect yourself from toxins and feel great in three easy steps!

We can provide you with an advanced detoxification programme to help your body rid itself of dangerous toxins.

### What is the programme?

Simple dietary guidelines combined with a complete and nutritionally balanced beverage – UltraClear Plus. This beverage supports balanced liver activity.

### What is UltraClear Plus?

A rice protein, low-allergy food beverage, backed by clinical research.

What are the food guidelines & how do you use Ultra Clear Plus? Check the 'Modified Elimination Diet' on [www.amipro.co.za](http://www.amipro.co.za)

### Suggested Quick Start Guide

- Step 1:** Initial clearing (days 1 - 6). Slowly eliminate certain high-allergy foods and start with half to one scoop of UltraClear Plus once or twice per day.
- Step 2:** Detoxification (days 7 - 13). Maintain or eliminate low-allergy foods and slowly increase intake of UltraClear Plus.
- Step 3:** Reintroduction (days 14 - 28). Slowly reintroduce foods from steps 1 and 2 back into the dietary plan and slowly reduce intake of UltraClear Plus.

Remember to decrease dietary items gradually. If you discontinue them all at once you might experience withdrawal headaches.

Advanced Liver support in a capsule – Take with UltraClear Plus

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For best advice ask your health care practitioner or call Amipro on 011-802 8101 or visit [www.amipro.co.za](http://www.amipro.co.za) or e-mail us at [info@amipro.co.za](mailto:info@amipro.co.za)





possibly a leaky gut, it would be a good idea to consider using healing nutrients and herbs such as glutamine, aloe vera, liquorice and zinc as part of your detox. These may help reduce your leaky gut, improving digestion and health.

### THE LIVER PHASE OF YOUR DETOX PROGRAMME

Once we have healed the gastro-intestinal system it's time to clean up the liver, which is the body's main cleansing unit. To give yourself a good clean-out on the inside, you need a healthy liver that is functioning at

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**“You can enjoy the festivities this year”**

But keep it safe and protect your liver with Biogen Milk Thistle.

Biogen does not encourage drinking & driving. Celebrate responsibly.

- Shown to support healthier liver function
- Aids in detoxifying and cleansing the liver
- Protects the body from the effects of toxins

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optimal capacity. Herbs such as milk thistle, watercress, globe artichoke, turmeric and schisandra can all work together to support liver function and stimulate detoxification. Ask your doctor which supplements will suit you best.

- **O type:** Lemon, beetroot, ginger, carrot and celery.
- **A type:** Carrot, celery, ginger, grapefruit and beetroot.
- **AB type:** Celery, cabbage, carrot and ginger.
- **B type:** Beetroot, ginger, carrot and cabbage.

#### WHAT ABOUT DIET FOR DETOXIFICATION?

Excessive sugar, alcohol and junk food may upset your digestive balance and can burden

your liver, so reducing these will help detox your digestive system and get your liver back into balance. Add freshly made fruit and veggie juices to a healthy diet that will not react with your blood type to improve detoxification.

Here are some great juice suggestions for the different blood types:

Of course it's also important to make sure you drink lots of pure water while you are detoxing. Correct hydration will ensure that the toxins are flushed out of your body.

#### MAKE A FRESH START IN 2010

Start the New Year in the healthiest possible way, and see how good you will soon begin to feel and look! ●

**An apple a day keeps the doctor away, take Solgar to help keep the 'bloat' at bay. Ask for Solgar in your local health food store.**



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# RECIPES

BY EDITORIAL TEAM

We will be featuring a regular, healthy recipe section in every issue. To give your body the boost it needs after the festive season, we have included 3 detox recipes to help you on your way to health as we step into 2010.

## Detox drink

Take for the first 3 days of the detoxification programme

- 300 ml carrot juice
- 100 ml beetroot juice and a few of the tops (beet greens)
- 60 ml of a combination of broccoli, Brussel sprouts, cauliflower and kale
- 4 large cloves of garlic
- 3 tablespoons of powdered juice of barley shoots

Juice all except the barley juice powder in a centrifugal juicer, add the barley juice powder, whisk in and drink immediately.

by Sally-Ann Creed





## Digestive problems?

**Digestive dysfunction covers a broad range of conditions:**

- Intolerance to certain food groups
- Constipation and diarrhoea
- Irritable bowel syndrome (IBS)
- Leaky gut syndrome
- Intestinal dysbiosis and immune dysfunction

Prof. Patrick Bouic and his team at Synexa Life Sciences offer a range of tests to accurately diagnose digestive dysfunction, enabling effective management of the condition:

<b>Stool test</b>	Quantifies levels of normal and pathogenic gut flora associated with immune system imbalances.
<b>Food Intolerance (IgG) test</b>	Determines the level of circulating antibodies to specific foods that are causing immune-mediated problems.
<b>Calprotectin analysis</b>	A marker of intestinal inflammation, which enables correct diagnosis of IBS.
<b>Secretory IgA test</b>	Determines the mucosal integrity of the intestine.

To learn more about these tests and find out if they could help you, speak to your doctor, call Synexa at (021) 933 9580 or visit [www.synexagroup.com/diagnostics](http://www.synexagroup.com/diagnostics)



## Beverages

Drink at least 8 glasses of water every day, and 3 cups of purifying herbal remedies to purify and enhance kidney function. Steep 1 teaspoon dried or 2 teaspoons fresh herbs in boiling water. Any of the following can be used either separately or in combinations: dandelion, fennel seeds, rosemary, cinnamon, ginger, turmeric and milk thistle (*Taraxicum officinale*). Herbs assist the liver, lymphatic system, urinary tract, skin and digestive system in ridding the body of toxins, while improving the function of these systems. Add 1 teaspoon of honey if you prefer. As an effective liver detoxifying and supporting agent, milk thistle taken as a food supplement has been well researched. Follow dosage instructions on reputable brand containers.

by Dr Arien van der Merwe





### Liver flush tea

- 1 tsp fenugreek seeds
- 1 tsp fennel seeds
- 1 tsp peppermint leaves
- 1 tsp flaxseed
- 4 thin slices of fresh ginger root

Boil the ginger root for 3 minutes in about 4 glasses of water and then add the rest of the ingredients. Let the mixture steep for 10 - 15 minutes. Drink during the course of the day while following a simple vegetarian diet. ●

# Put a **spring** back into your step

Naturopaths believe that the state of your colon reflects the general state of your health. Are you bloated, gassy, gaining weight and/or cellulite, suffering aching joints, fatigued or have less than two bowel movements per day? Then you could be experiencing toxic overload of your key organs and be suffering poor digestive tract health.

Good Health offers a comprehensive naturopathically formulated detox and digestion range to assist improved breakdown, assimilation and elimination of food and nutrients, through better digestive function.

#### The range offers support for the following processes:

- Comprehensive detoxification (without a rigid diet)
- Gentle organ cleansing
- Assists better food breakdown
- Aids nutrient assimilation
- Promotes bowel regularity and balanced intestinal flora
- Offers palatable dietary fibres

Good Health is an accredited GMP manufacturer from clean, green New Zealand and the range is available in independent health stores throughout South Africa.

Try your local health store or call 021 7015000 for more information.  
View the range at [www.goodhealth.co.nz](http://www.goodhealth.co.nz)

