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Diagnostic Tools that Aid in Detoxification

How to identify common
barriers to the body's waste
collection and removal.

What we will cover

- Briefly summarize how the body rids itself from toxins
- Tools used to **identify barriers** from effective detoxification
 - Structural barriers
 - Deficiency barriers
 - Genetic barriers
 - Infectious barriers
 - Emotional and energy barriers

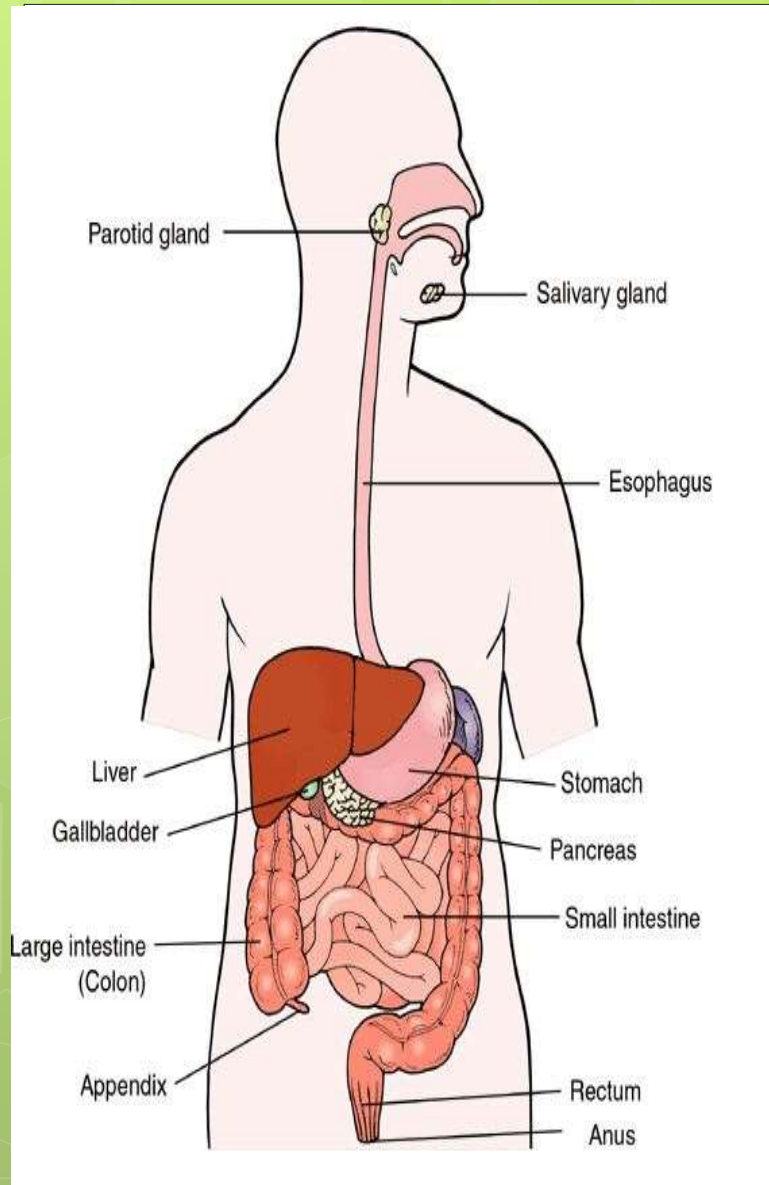
How to work with your providers and build your health care team.



Self Care is the new
Primary Care

How does the body Detox?

- Sweats (**perspires**)
- Shi-Shi (**urinates**)
- Sh#@ (**defecates**)
- Spits (**expectorates**)
- Sheds (**exfoliates**)
- Sleeps (**slumber**)
- Spews (**emesis**)
- **Metabolism, methylation, meditation, exhalation....**
- *...moves things out*



The Gut – from mouth to anus

Simultaneous activities of bringing things in while moving things out.

Enzymes action

Peristalsis (wavelike muscular contractions of digestive tract)

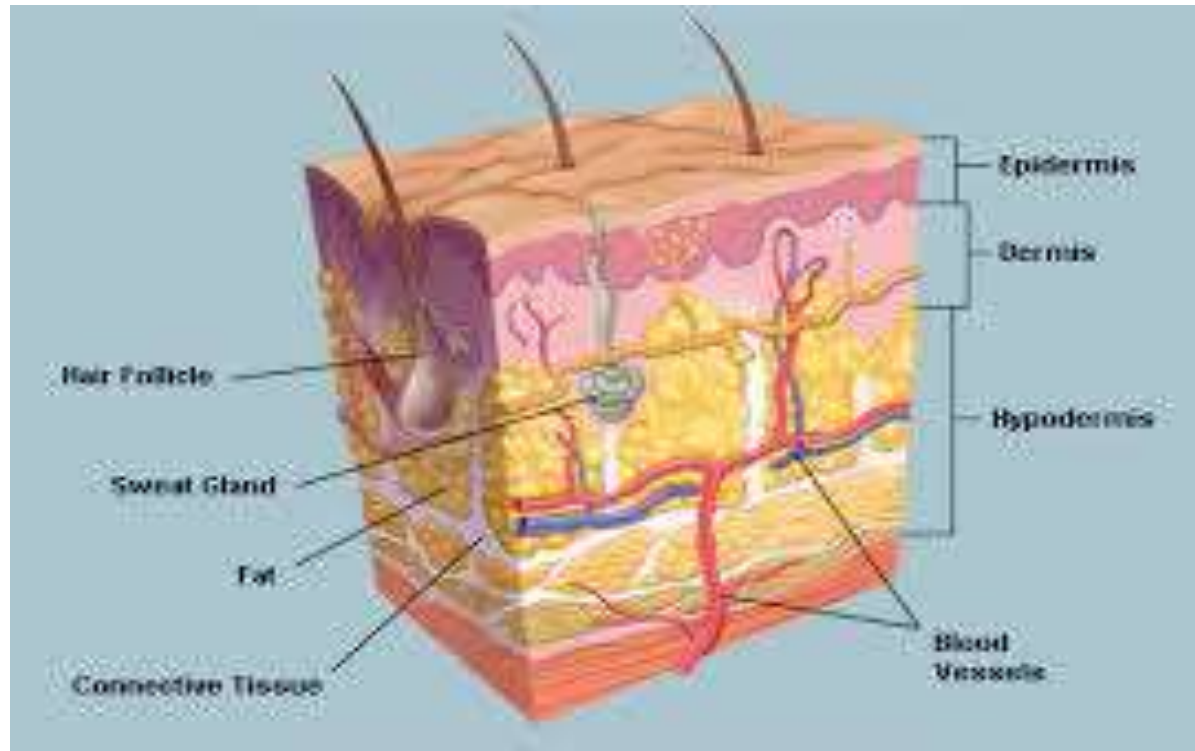
Excretion

(absorption)

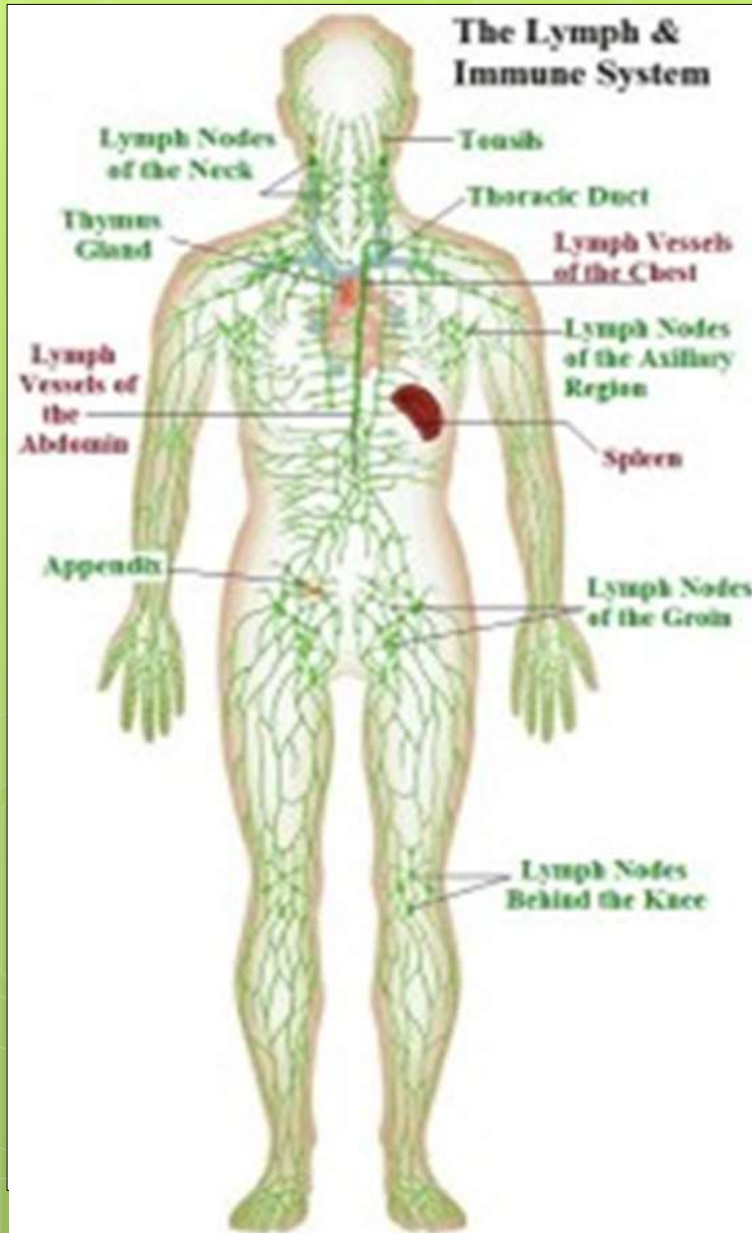
Destruction

Elimination

Skin and its wonders!







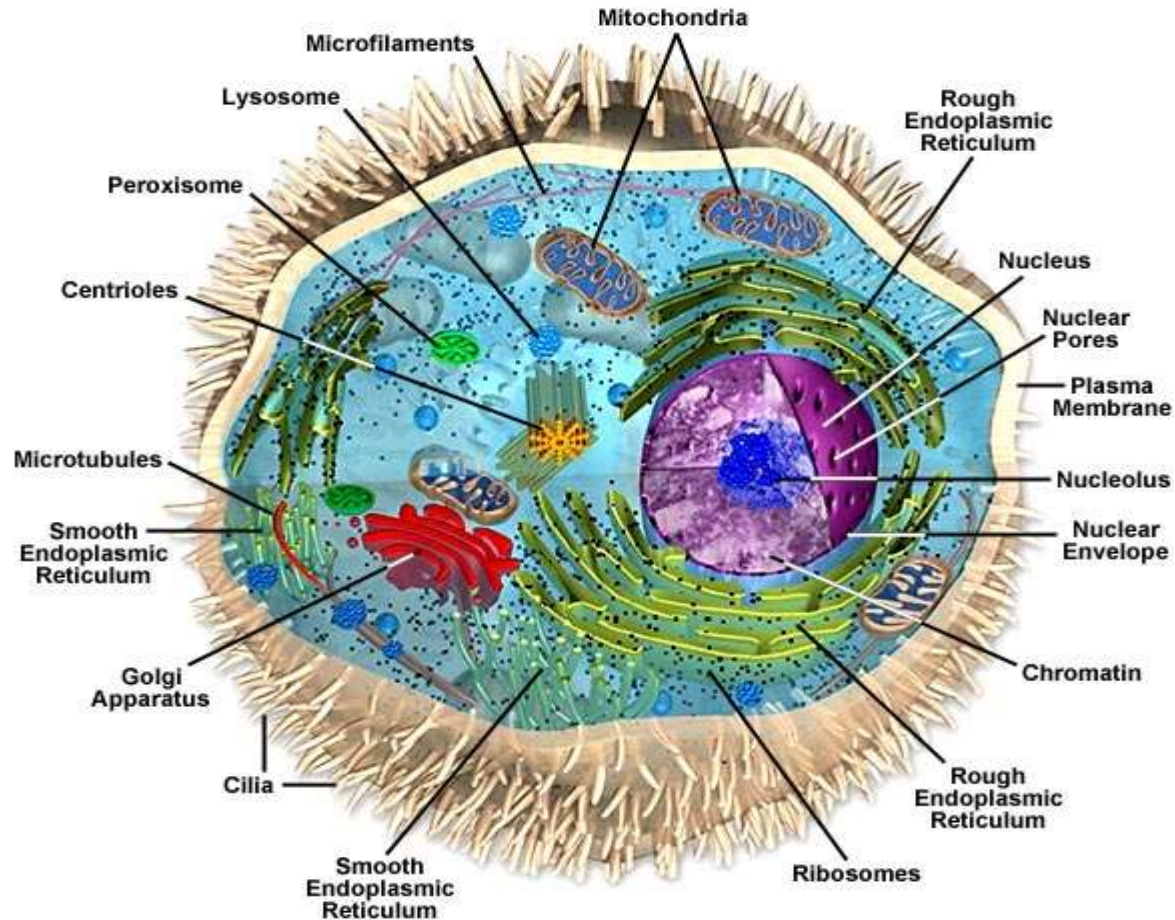
Lymph and Immune System

Super important!

Might survive if damaged but without it, you are dead.



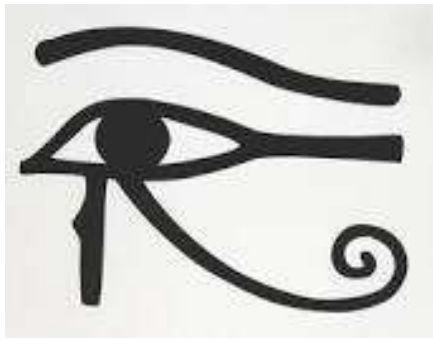
Anatomy of the animal cell



What kind of Toxins are we talkin' about and how do we find them?

- Chemicals (man-made and natural) found in:
 - Environment
 - Food
 - Medications
 - Prosthetics
- Other life forms
 - Parasites
 - Bacterial
 - Viral
 - Fungal
 - Cancers (our body's Frankenstein!)

Basic diagnostic tools we use to detect toxins



- Come back in a week – we will know more...



Common Clinical Work up includes..

- Blood
 - CBC, CMP, lipid panel
- Urine analysis
- Stool analysis (not always in the initial panel)

- What can be learned?
General states of
 - -deficiencies
 - -inflammation
 - -infection
 - -toxic and oxidative stress
 - -hormonal imbalance
 - -function of bone, liver, gut and kidney



Swing leg up and hook heel onto the wall

What barriers to detoxification are we trying to find?

..because we obviously want to over come them....

Other things to look for...

Heavy metals

- Arsenic (metalloid)
- Mercury
- Lead
- Chromium

(sources: hair,
blood, urine, tissues)





Other tests for...infections

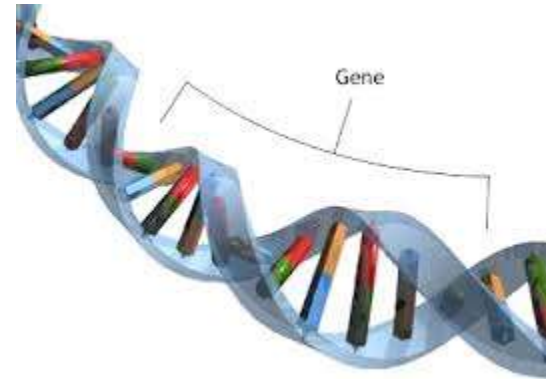
- Lyme disease and other tick born diseases
- West Nile Virus and others
- Worms and Parasites of other denominations

(sources: blood, urine, feces, tissues)

Yeast Infections (Candidiasis)



Genetic Testing

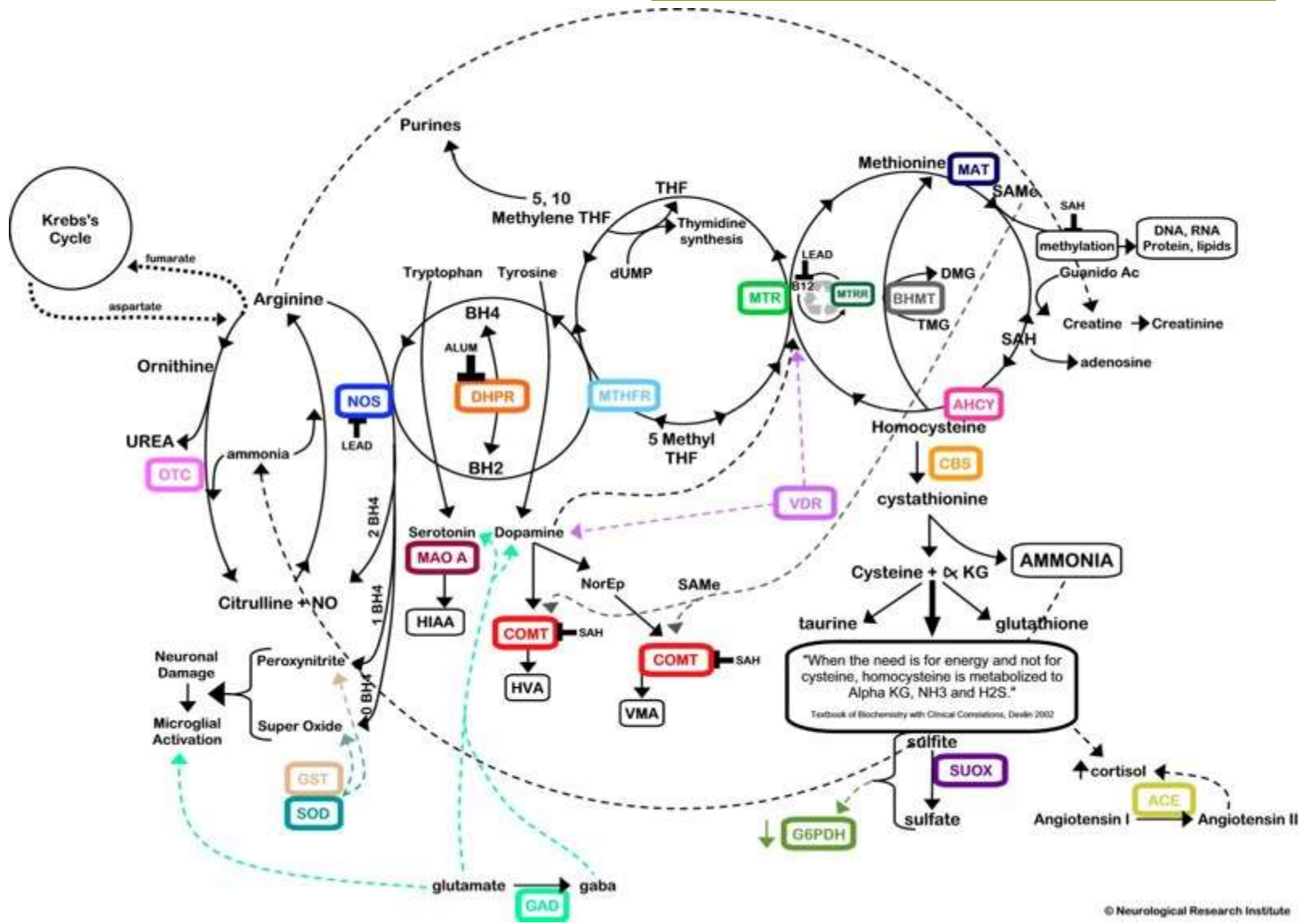


MTHFR gene mutation and SNPs

- Methylene tetrahydrofolate reductase
- Single nucleotide polymorphism

Pre-disposition for cancers and other illnesses

- BRCA1 and BRCA2
- 23andMe



"When the need is for energy and not for cysteine, homocysteine is metabolized to Alpha KG, NH3 and H2S."
 Textbook of Biochemistry with Clinical Correlations, Devito 2002

Package Deals



- NutraEval
- GI Effects
Comprehensive
Profile
- IgG food
Antibodies
- Hormone panel
- Organophosphates
-on and on....

From companies like:

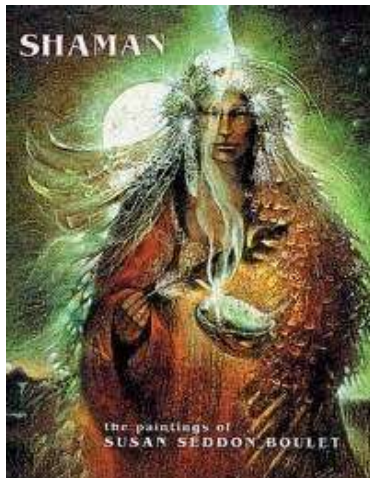
- **Genova
Diagnostics**
- **Metametrix**
- **The Great Plains,
Laboratory, Inc.**
- **LifeExtension**
- **True Health Labs**



Don't forget there are other barriers to healing....*energy* *issues*

Spiritual
Mental
Emotional

There are tests in many areas of neuropsychiatry, energy medicine, hypnotherapy, Reiki, etc... that can help identify problems.



Other healing practices have their own unique diagnostic tools and therapies.

Chinese Medicine
Ayurveda
Shamanism/Spiritual
Homeopathy
Naturopathy

Provider/Client Relationship



Self Care is the new Primary Care

Know your priorities

- Quality of life
- Long life
- Independence
- Direction and motivation

Build your team of advisors and healers

- Certification
- Think outside the box
- Grandma had some good ideas
- Do they respect your decisions

