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TOXICITY *and* DETOXIFICATION



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Toxicity is of great concern in this century. We ingest strong chemicals, use drugs/medications, eat more sugar and refined foods, abuse ourselves with stimulants and sedatives. We're also exposed to more pollution, radiation and nuclear power. Our stressors and emotions can also result in biochemical toxicity. The result has been an increase in toxicity diseases such as cancer, cardiovascular disease, arthritis, allergies, substance abuse, skin conditions and obesity.

How does toxicity occur?

Toxicity occurs when our bodies take in more than we need to achieve a balance in our body functions, or a homeostasis.

What are the symptoms of toxicity?

Symptoms of toxicity can include headaches, fatigue, aches and pains, immune system dysfunction, coughs and digestive problems, chemical sensitivities, mood changes and disturbed sleep patterns.

How does the body get rid of toxins?

Our body processes toxins by neutralizing, transforming or eliminating them. Our body rids itself of unhealthy substances through our elimination systems, including our respiratory system, gastrointestinal system, urinary system, skin and dermal system and the lymphatic system.

What is detoxification?

Detoxification is a natural way to support the elimination systems of the body, and assist to filter excessive wastes and toxins to overall improve our body functions and improve our immune system. It can clear congestions, illnesses and decrease disease potential. It can increase energy levels, rejuvenate us and clear our negative thought patterns. Individuals of all ages can benefit from detoxification.

What can we do to detoxify?

General detoxification includes dietary and lifestyle changes to reduce intake of toxins and improve elimination. This includes drinking extra water, increasing fiber intake and avoiding chemicals from food or other sources. Naturopathic medicine and Lymph Drainage Therapy are wonderful natural therapies used to assist in the elimination process, improve immune function and support the body's self healing mechanisms. A strong immune system and eliminative systems can typically handle the daily exposure to toxins.