



Should You Detox?

IT'S A GOOD CHOICE FOR SOME, BUT BE CAREFUL!

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Above: Bryan P. Lowry, DC, of the Advanced Wellness Centre in Richmond explains how detox works to patient.

Many cultures around the world have long known that toxins accumulate in the body and can be an underlying cause of a variety of health problems. For centuries, different therapies have been used to “cleanse” or detoxify, from simple water fasts to sometimes elaborate regimens of bowel cleansing, steams, and saunas.

But Bryan P. Lowry, DC, a chiropractor with Advanced Wellness Centre in Richmond, says that mainstream medicine is getting interested in the process. “Western medicine previously ignored or criticized these techniques for many years,” he notes, “but it has finally started to recognize detoxification as a vital bodily process.” Co-clinic director, William U. Roodman, DC, adds, “When you consider our highly industrialized world – with continued production of more and more toxic compounds that find their way into the air we breathe, the water we drink, and the food we eat — detoxification is critical.”

We also produce toxins within our bodies in the processes of digestion and elimination, combating disease and infection, and dealing with stress. Some people produce additional toxins as a result of food allergy or “sensitivity” reactions.

The body must rid itself of these external and internal dangerous toxins by transforming and then excreting them through our vital organs, most critically the