



Allergies: How Detoxification Can Better Support the Body

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It is no coincidence that inhalant allergies and asthma have steadily increased since the Industrial Revolutions. From an Eastern Medicine point of view, inhalant allergies are the result of dysfunction of the spleen (chronic allergies) and liver energies (seasonal allergies). Both of these energies are affected by pollution and toxins, which are increasingly prevalent in our air, water and diet. We have previously discussed the concept of improving allergies by supporting spleen and liver energy with Eastern herbal products.

It is also important to note that allergies can worsen if someone has a higher level of chemical toxins in their bodies like heavy metals, pesticides, food chemical additives, etc. Today I'll address ways to reduce the toxins and pollutants that can exacerbate these allergies.

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If a person is concerned about allergies, detoxification should be an important area to focus on. "Detoxification" means cleaning the blood and body of potentially harmful substances. The body performs detoxification mainly through the liver and other key organs like the kidneys, intestines, skin, lungs, and lymph system. We are all surrounded by toxins in our environment. When our body's detoxification pathways and mechanisms become less efficient and compromised, impurities can become trapped and stored inside the body. Every cell in the body has

the potential to store toxins and any cells could be negatively affected by this.

Since allergies may be worsened when higher levels of toxins are present in the body, **an efficient detoxification program can be an important tool to supporting the body's natural cleaning processes like healthy organ function, toxin elimination, lymphatic drainage and circulation.**

Simply put, any time you do not feel 100% healthy and vibrant, a healthy detox may be worth your while.

How do you know if you need to investigate detoxification techniques? Any time you do not feel 100 percent healthy and vibrant, a healthy detox may be worth your while.

Many healthcare professionals believe that a person should detoxify at least once per year. The problem with this recommendation is that toxins are around us all the time, making it more important to implement ongoing lifestyle changes instead of a once-a-year program. Please note that many one-day or several-week-long detoxification programs on the market may not be safe for everyone (i.e., children, women who are pregnant or nursing, people with diseases or illnesses). It is important to speak to a healthcare practitioner before beginning any of these types of detoxification programs.

Here are some of my favorite lifestyle practices I prefer and have discussed with my patients. I advise everyone to investigate this information, as well as speak to your healthcare provider so they

can design a personalized program that best fits your needs and situation:

1. Hydration: I try and drink adequate amounts of purified/mineral enhanced water every day. Water is the most important part of detoxification and one of the cheapest and most effective ways to help support the body.

2. Chemical Reduction: Reducing or stopping the use of any products that contain chemicals from the house can reduce the amount of chemicals around us. Household chemicals often come in the form of laundry soap, dish soap, bath soap, skin creams, sunscreen, shampoos and conditioners, toothpaste, deodorant, air fresheners, cleaning products, fabric softener, perfume, cologne, etc. Fortunately, there are many natural, chemical-free alternatives available.

Movement is very important for our bodies in terms of clearing the blood, organs and lymphatic systems.

3. Herbal supplements: Get Well Natural offers products to support and balance the body and key organs involved in detoxification. [Cell Saver](#) works as a whole body, cellular detoxification supporter. [Dandelion](#) has been used for centuries in Traditional Chinese Medicine (TCM) for supporting the blood, kidneys, liver and gall bladder in terms of detoxification and is known to be one of the safest herbs to use in TCM. [Artemisia Capillaris](#) is a wonderful herb used more for supporting healthy detoxification as it pertains to chemicals and the liver.

4. Dietary: I limit the amount of processed and fast foods, and also avoid

smoking and drinking alcohol or caffeinated beverages like coffee. Making the transition to organic foods decreases the risk of ingesting harmful substances.

5. Exercise: Movement is essential to help our bodies clear the blood, organs and lymphatic systems of harmful substances.

6. Trace minerals are very important for healthy blood and a healthy body and are an important part of my detoxification program. These are different from essential and non-essential minerals and are often found in liquid form. Since some trace minerals contain heavy metals, it is important to get these from a cleaner source.

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7. Air Quality: Use of a good Hepa Air Filter can be beneficial, since the U.S. Environmental Protection Agency has reported that indoor air can actually be more polluted than outdoor air and can be one of the top five human hazards in our environment. Simply opening up a several windows in the house to bring in fresh air can be helpful for clearing out airborne toxins. There are also reliable personal indoor air quality sensors available (i.e., the AppliedSensor Indoor Air Monitor) to indicate whether your home is circulating polluted air.

8. Non VOC Paints: Household paints can release low levels of toxic substance emissions called volatile organic compounds into the air for years. Many

companies now sell paints without the use of these VOCs.

9. BPA: There are many companies that now sell products without the potentially harmful chemical BPA. Refrain from using anything that contains BPA to prevent the need for detoxification. Common items that contain BPA include plastic bottles (i.e., water bottles), canned foods and aluminum cans.

10. Aluminum: I often see elevated levels of aluminum in my patient's tests. Reducing the use of anything that contains aluminum would prevent the body from needing to detoxify aluminum in the first place. Common items that contain aluminum are aluminum frying pans that aren't coated (unless they were coated with something like ceramic to protect the ingestion of trace amount of aluminum), aluminum cans and deodorants containing aluminum.

11. Mercury: many of my patients also have elevated levels of mercury. Eliminating foods that are naturally high in mercury would also support the body by not requiring the body to detoxify this heavy metal that a person ingests. Common sources of mercury are fish, shellfish and high fructose corn syrup (contains 0.57 micrograms of mercury per gram according to a 2009 study in the Environmental Health Journal by Renee Dufault).

Many of the GMO vegetables like corn and soy have been genetically modified to allow toxic pesticides to be sprayed on the vegetable without the plant dying

12. Chlorine, Chloramines and other potential harmful elements in our shower water: The use of a whole house filter and/or shower filter can limit or completely remove the amounts of potential chlorine, ammonia, chloramines or other toxins that can exist after a person takes a shower. When a person takes a hot shower, chlorine and ammonia gases may form from the steam and end up circulating inside the air in the home.

Chewing food thoroughly is also a good way to increase the likelihood that food will be broken down efficiently.

13. Enzymes: Enzymes are important and can be found in either dietary supplements or a diet rich in fresh vegetables and fruit. Enzymes are necessary to break down food so that undigested food particles do not enter the blood stream and cause a need for the body to detoxify it. Chewing thoroughly is also a good way to increase the likelihood that food will be broken down efficiently. Vegetables and fruit are also good sources of fiber which is important for detoxification.

14. Stress Reduction: I like stress reducing activities like yoga, meditation, qigong, tai chi, exercise, enjoyable hobbies, breathing exercises and positive thinking/contemplation. In Eastern Medicine, stress can cause a myriad of problems and imbalance in the body. So anything that helps to remove stress can work to detoxify stress from the body and mind.

15. GMO foods: Unfortunately, there are an increasing amount of genetically modified (GMO) foods (or foods that may

contain GMO ingredients) in the United States food supply. Many of the GMO vegetables like corn and soy have been genetically modified to allow toxic pesticides (ie. Roundup) to be sprayed on them without the plant dying. The potential problem with that is that trace amounts of a pesticide can be ingested by the plant and also by everything else that eats those plants such as most farm animals . When possible, I try not to eat any foods that are genetically modified or foods that are fed GMO ingredients like most non-organic chicken, turkey, beef, pork, farm raised fish, bison, lamb. Common foods in the US that may contain genetically modified ingredients can include non-organic foods like corn, corn starch, corn sweeteners, high fructose corn syrups, soy, soy oil, soybeans, soy meal, soy protein, tofu, soy sauce, etc.

16. Sugar: Most sugar alternatives are chemical in nature. In order to reduce chemicals in my diet, I like using natural substances like organic sugar, organic agave, or organic maple syrup.

Table salt (sodium chloride) can often contain up to 30 different chemicals..

17. Table Salt: I like natural sea salt from clean sources such as Celtic Sea or natural sourced Himalayan salt. I choose to not use table salt because it is not natural. Table salt is a manmade substance called sodium chloride and used to mimic the natural sodium flavor. Many people do not know that there is a difference between table salt and sodium; they are really two completely different substances and that's why it is important for people to understand the differences. For instance,

sodium is one of eight important “alkaline” minerals found in nature. Humans need sodium for good health and sodium is used by the body to balance our sodium-potassium levels – a key function in the body. Sodium helps to hydrate our bodies naturally and prevent dehydration which is important for detoxification. In addition to dehydration, a deficiency in sodium can also lead to an imbalance in blood pH as well as poor muscle function. Table salt – or sodium chloride – can often contain up to 30 different chemicals (i.e., potassium iodide, aluminum hydroxide, sodium ferrocyanide, calcium phosphate, stearic acid, magnesium carbonate, and/or sodium bicarbonate). If your goal is to support healthy ongoing detoxification, then it is important to ingest chemical-free foods.

18. Beverages: I limit my intake of beverages that do not contain healthy ingredients. Many bottled or canned beverages contain chemicals, empty calories, high fructose corn syrup, caffeine, and other substances that the body has to detoxify.

19. Other Dietary Supplements: I also take regular amounts of natural vitamin, mineral and other dietary supplements to insure that my body does not become deficient in any important nutrient.

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20. Sleep: Getting adequate amounts of sleep is important for supporting all the healthy detoxification functions of the

liver, kidneys and other organs, as well as the blood.

21. Dietary Oil: I like healthier dietary oils such as coconut oil instead of butter, olive oil, soybean oil, peanut oil, other vegetable oils, saturated fats or margarine. Coconut oil may be added to meals as a substitute for cooking oil and is considered by many nutritionists to be a very healthy oil for the body because of its nutrient value and the fact that it's stable enough to resist damage during high-heat cooking. Surprisingly, olive oil, which is a very healthy source of monounsaturated fats and other health benefits when fresh, is not as good for high-heat cooking. Its chemical structure makes it highly susceptible to oxidative damage in higher-heat cooking and it's more perishable than coconut oil.



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If you have any questions regarding the use of herbal dietary supplements to support your health, contact Get Well Natural at contact@getwellnatural.com or call 1-888-522-HERB (4372) or 408-260-9714, or visit the GWN website at www.getwellnatural.com.

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