



# HEALTH NEWS

😊 **THOUGHT FOR THE DAY:**

Character is  
Doing what's right  
When nobody's looking.  
J.C.Watts, Jr.  
Politician

**June 2005, Vol. 5, OAKWOOD CHIROPRACTIC, Dr. R. L. DaSo**

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**Eczema Treatment Carries  
Cancer Risk:**

The FDA says it will require two eczema cream preparations that carry a warning about the potential of cancer from use of the drugs. This action is being taken subsequent to the agency learning of cancer development in animal studies, and some human clinical experience, relating to the drugs Elidel and Protopic. The FDA says it is also concerned that the drugs are being aggressively marketed for unapproved uses, such as skin problems in infants. The drugs were approved by the FDA in 2000 and 2001.<sup>7</sup>

7. Reuters, March 10, 2005.  
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😊 **MARY'S DESK:**

**CAN WE SURVIVE IN A TOXIC  
WORLD?**

**Part IV - Am I Toxic? What  
Can I Do?**

We have examined in the previous issues the many ways we are immersed in a soup of toxic chemicals and discussed the damage done to foods that should act as repair materials but instead only add to the body's toxic burden. With all of the exposure to toxic materials we endure on a daily basis, it's not surprising that many display an entire range of symptoms. How can I determine if I'm experiencing toxic overload?

Common symptoms are:

- Headaches
- Candida
- Gas/Indigestion
- Acne
- Fatigue
- Constipation
- Infertility
- Fast Pulse
- Dizziness
- Allergies
- Weakness
- Sinus Congestion
- Obesity
- Insomnia
- Difficulty Concentrating

If you are experiencing these symptoms consider undergoing a detoxification program with the assistance of a skilled health practitioner. Here's why...

The organs the body uses for  
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detoxification are primarily the Liver and the Kidneys, and secondarily the Skin and the Lungs will assist when the Liver and Kidneys are overtaxed. The common symptoms listed above result due to individual differences in our bodies with the weakest link in the chain showing the resultant symptom. For example, rashes, Acne, Rosacea, Eczema, and skin conditions can result for one person with liver dysfunction while another person may experience Asthma, allergies, frequent respiratory infections, or sinus congestion from the same root cause of toxic overload. The good news is that the body is always attempting to cleanse and rebuild itself and with proper support can process a tremendous amount of toxic substances. How?

The liver functions much like an oil filter does in a car, filtering and cleansing the blood supply. Toxins in the system are broken down by the liver using a series of chemical reactions called the Cytochrome P-450 system made up of several different enzymatic processes. The process is fueled by sulfur containing nutrients found primarily in vegetables such as kale, broccoli, radish, beet, peppers, Brussels sprouts, and eggs.

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Supporting liver function by reducing meal sizes, or digestive load, can also be an effective method. Most traditional cultures practice periodic fasting, whether associated with spiritual aspects or just as a time-honored way to cleanse the body and mind. Due to the modern load of toxic exposure, fasting alone may not accomplish the desired result, due to inadequate nutritional support to deal with the intermediate chemicals produced when in between the phase 1 and phase 2 steps which can be more damaging to the body than the original toxic poisons.

This is the reason working with a skilled health practitioner is recommended. Experience with nutritional and herbal support methods, along with specific cleansing therapies, dietary recommendations, and counseling can be very beneficial to a person suffering from toxic overload. Usually a three-week to one month period is suggested as ideal for undergoing a program of cleansing or "Bio-Detoxification" and should be strongly considered at least annually if not twice a year. Obviously, if you work  
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with toxic chemicals professionally as, say, an exterminator or in a construction trade, you may want to consider a Bio-detox program more frequently.

What we haven't discussed is the additional impact emotional stress has on the body's ability to deal with toxic load, and although outside the scope of this article, remember that as we support the body's own detoxification processes with nutrients and diet, we should also allow time for relaxation and rest.

Dr. Sherry Rogers, a noted expert and author in the field of detoxification and on the board of directors of the American Academy of Environmental Medicine is quoted as saying, "most people who think they are tired are actually toxic." Is this you or a loved one? Can we survive in a toxic world? The answer is a resounding yes if we take the following steps:

1. Limit our exposure to toxic substances as much as possible
2. Eat fresh, whole foods high in nutrients that support liver function
3. Eat small meals more frequently to reduce digestive load on our systems

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4. Drink adequate amounts of pure water to assist cleansing
5. Use nutritional and herbal supplements to ensure proper digestive, immune, and detoxification system support
6. Work with a skilled health practitioner and participate in a 21 - day bio-detoxification program at least once a year

Resolve to take steps to improve your health today!

To Your Good Health,  
Mary Stock R. Ph., CCN

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➤ **Diabetic Waist:**

A study of 27,270 men, 884 of whom had been diagnosed with type II diabetes, concludes that waist size is a more reliable indicator of a person's risk than body mass index (BMI). Researchers from Johns Hopkins University found a doubled risk of diabetes when waists measured 35 inches, compared to the 29-34 inch group. At 40 inches, the risk was 12-fold. Other assessments, such as BMI or waist-hip ratios, did not correlate as well.<sup>3</sup>

3. *American Journal of Clinical Nutrition*, March 2005.

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