

Green Your Body

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Originally published in Natural Awakenings, Wayne County Edition, April 2009

With increased awareness of how we are polluting the planet, “Going Green” is the best way to help promote a balance with Mother Nature and inside our bodies. To become more “Green”, we need to understand the nature of the toxic world we live in so that we can start to decrease and reduce our exposure to toxins.

One of the most common harmful toxins in our environment is made from bromine or bromide. It is used as an antibacterial agent for pools and hot tubs, and as a pest control agent in agriculture and the housing industry. It is even included directly in our food supply in beverages containing brominated vegetable oils, and in bread products through brominated flour. Bromine is also found in some medications, including asthma inhalers and nasal sprays.

Bromine is one of the main chemicals found in fire retardants that are added to many common household items. These items can include the plastics of computers, televisions, radios, and other electronic materials. It is also added to clothing, draperies, carpeting, and upholstery, as well as to furniture foam, such as in mattresses. We are exposed daily to bromine and many other toxic chemicals.

Bromine prevents the thyroid from using iodine to produce thyroid hormones. Bromine and iodine compete with one another. The receptors that are supposed to bind iodine bind bromine instead when there is excess bromine. When there is too much bromine, iodine can be released from the body and excreted.

Some of the symptoms of iodine deficiency include cold hands and feet, hair loss, dry skin, brittle nails, fatigue, depression and weight gain. Restoration of proper iodine levels in the body by detoxification of bromine can be accomplished over time. To avoid the side effects of bromine elimination, a wellness physician must monitor the detoxification program.

The 1976 Toxic Substances Control Act requires that any new compounds be tested for any ill effects before approval, but only if evidence of potential harm exists. Such evidence is rare for new chemicals. In the U.S. there are now 82,000 chemicals in use, 25% of which have ever been tested for toxicity.

Our bodies were simply not designed for such quantities of toxins. Toxins burn precious vitamins, minerals and water in your body. The cells use water to dilute and neutralize toxins. The body gets rid of toxins through water-based elimination channels, such as the liver, kidneys, skin, lymphatic system and your colon. When these channels are clogged, toxins remain in the body too long, leading to localized dehydration and stress.

If a healthy body is about 75% water, what happens when you eat food that contains less than 75% water? Your body must use its own water reserves to process it. This can contribute to dehydration. Less water in the cells directly lowers energy. For every 1% decrease of water inside your cells, cellular energy production is reduced by 10%, resulting in energy loss.

Repeated use of stimulants over burdens your body's natural balancing mechanisms and eventually causes dehydration. Too much caffeine, sugar, tobacco, medications or drugs can have very dehydrating consequences. Trans fats in your diet make stiff, rigid cell walls causing hardening of arteries and dehydration.

Even if you drink a lot of water, you can be dehydrated if it is not effectively getting into your cells. Getting water into the body is not good enough because it must get inside the cells. Increasing the water inside your cells is one of the best ways to detoxify and "Green" your body. There are simple, non-invasive tests now available to determine if you are toxic and/or dehydrated.

According to *Your Body's Many Cries for Water*, by F. Batmanghelidj, M.D. written in 1995, dehydration symptoms include: loss of energy, fatigue, feeling stressed, stubborn weight gain, obesity, depression, anxiety, asthma, allergies, headaches, body pain, immunity problems, high blood sugar, high blood pressure, premature aging, memory loss, difficulty sleeping, hormone imbalances and more.

A body that is out of balance accumulates more toxins, and becomes more vitamin and mineral deficient. A toxic body causes body odor that causes armpit stains in clothing, and makes the feet smell. It is important to help balance the body with organic whole foods and whole food nutrition to reduce the toxicity level and to aid the body in eliminating stored toxins.

To "Green" your body, start your day with some hot water and lemon to help improve your health, and balance your body. This will stimulate the liver to detoxify, and increase bowel elimination. Eat organic foods to avoid increasing your toxin intake. Increase iodine in your diet by consuming sea vegetables and ocean fish.

To become more "Green" increase your intake of green vegetables. Vegetables make your body more alkaline. When fresh organic fruits and vegetables are eaten the body starts cleaning and healing itself as it balances the body. Drink living water to prevent dehydration and to increase toxin elimination.

To "Green" your environment, support companies that produce "Green" products. For example, Apple is now making computers with materials that are highly recyclable and free of many of the harmful toxins present in other computers.

There are many “Green” cosmetics, personal care products, household cleaners that are now available and toxin free. Recycle your waste paper, plastic, cans and glass instead of just throwing them in the trash. “Green” your environment as winter ends, and the greens of spring appear.

Disclaimer: The information in this article is not to be taken as instruction or medical advice. Consult a qualified wellness consultant if you have questions about your personal health and well being, and for personalized recommendations.

Dr. Carol Ann Fischer, B.S., D.C., N.D. is a unique Holistic Wellness Consultant who has helped thousands of people regain their health. She has been in private practice for over 30 years, with specialized training in stress reduction, gentle chiropractic, nutrition, weight loss, natural hormone evaluation and therapy, detoxification, and wellness care. After getting her B.S in Environmental Sciences, she became a Chiropractor to work personally with the health of individuals. Dr. Carol Ann Fischer believes that everyone deserves the chance to see if they can get help to become healthier. For more information on Dr. Fischer or her free public workshops on weight loss and detoxification, hormones and wellness email her at <mailto:drcarolchiro@gmail.com>.

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